



## **Gulmarg Freeride Camp for Beginner – Course Program**

In our Freeride Camps participants will be made fit for skiing in the backcountry. In a phased approach they are taught the necessary techniques and skills to ski in deep snow. The priorities defined for each course day may change depending on the existing skiing skills and the learning progress of the participants.

The course starts at 09.00h and lasts 5 hours per day.

### **Day 1**

- Introduction to the slopes and warm up turns
- Skill level assessment of each participant
- Discovering and stabilizing the individual skiing style
- Building trust in one's personal skiing skills

### **Day 2**

- Explanation and demonstration of powder skiing techniques
- Optimization of the body position and stabilization of body balance
- Exercises for body balance shifting and proper edge use
- First runs in the backcountry near groomed slopes

### **Day 3**

- How to react in avalanche incidents
- Explanation and demonstration of avalanche search and rescue methods
- Field exercises for beacon, shovel and probe usage
- Reading and interpreting the avalanche bulletin
- First extended descents in the backcountry

### **Day 4**

- Full day of powder skiing

### **Day 5**

- Full day of powder skiing on Mt. Apharwat 4'200m
- Introduction to the 3x3 avalanche risk management system
- Tips for safe route selection
- Theory on snowpack evaluation
- Execution and interpretation of snow stability tests

### **Day 6**

- Full day of powder skiing on Mt. Apharwat 4'200m, Drang run, 18km and 2'000 vertical meters

### **Course Management**

- Chris Werren, Ski Coach/Expedition Leader
- Decades of experience in guiding and running freeriding programs worldwide, including over 10 years in the Himalayas
- Trained avalanche specialist, educated at the WSL – Institute for Snow and Avalanche Research SLF in Davos/Switzerland