



Steep Skiing & Snowboarding Clinic

March 18- 19, 2023

Advanced Steep Skiing & Snowboarding

April 1 - 2, 2023



Join us for our annual Spring Steep Skiing & Snowboarding clinic series. This year we are offering two distinct courses! Get ready to dial your steep skiing techniques with professional instruction and feedback! Learn the skills to improve your steep ascending and descending techniques and learn essential ski mountaineering skills to keep yourself safe. We are passionate about saving lives through education. We are stoked for you to join us for some great steep spring skiing and mountain training!

CHOOSING THE RIGHT COURSE

The first steep skiing weekend is for the budding steep skier. We'll go over crampon & ice axe usage, self arrest techniques, techniques for steep ascents and then steep ski terrain techniques for the descent.

The Advanced course is for skiers who are already starting to ski steep lines, have familiarity with crampon and ice axe travel techniques and are confident in their ability to make controlled turns in steep terrain. This course will go over anchor systems to belay skiers, how to belay a skier, and really dial in your steep terrain turns.

STEEP SKIING & SNOWBOARDING WEEKEND [March 18th- 19th, 2023](#)

Where: Mt Washington, Pinkham Notch: Tuckerman Ravine, Hillmans/Dodges
When: Sat 8:00am-6:00pm, Sunday 8:00am-4:00pm
What: Ascending - steep ski climbing, ski crampon technique, ice axe & whippet use
Descending - steep skiing techniques to handle 40° & Steeper slopes
Ratio: 3:1
Cost: \$ 275.00

ADVANCED STEEP SKIING & SNOWBOARDING + SKI MOUNTAINEERING WEEKEND [April 1st - 2nd, 2023](#)

Where: Mt Washington, Pinkham Notch: Tuckerman Ravine, Hillman's Highway, Gulf of Slides
When: Sat 8:00am-6:00pm, Sunday 8:00am-4:00pm
What: Snow Anchors, Rappelling into steep chutes, Belayed Skiing
Application of ski mountaineering anchors & belayed skiing refining yesterday's techniques
Ratio: 3:1
Cost: \$350.00

Acadia Mountain Guides Climbing School & Alpenglow Adventure Sports
92 Main St Orono, ME 04473 / 228 Main St Bar Harbor, ME 04609
888 232 9559 climb@acadiamountainguides.com

Lodging: Joe Dodge Lodge (mention you are an Acadia Mountain Guides student for a discount), camping @ Barnes Field (3 miles away), North Conway (White Mt Hostel), Gorham (Colonial Comfort)

To Register: Call Acadia Mt Guides @ 207-866-7562 10am-6pm

Questions: Call or email Al Mandell @ 207-402-1089 or albert.mandell@gmail.com

Gear Discount: All AMGCS clients receive **15% OFF FOR LIFE** at our two gear stores & online @ AlpenglowGear.com (promo code provided upon registration)

PERSONAL EQUIPMENT CHECKLIST

CLIMBING GEAR

- Boot crampons (aluminum if you have them, such as Camp or BD neve)
- Ice axe/BD whippet (light weight, 60 – 75 cm)
- Ski or climbing helmet
- Climbing harness (BD couloir, Camp Alps, or standard climbing harness)
- 2 locking carabineers
- 1 non locking carabineer
- 1 4' sling
- 1 2' sling

SKI GEAR

- AT Skis, boots, poles
- Climbing skins
- Ski pack that can easily hold skis either A-frame or diagonal
- Ski strap for lashing skis in A-frame style
- Avalanche beacon, probe, shovel

CLOTHING

- Ski pants (soft shell or lighter weight vs gortex)
- Base layer for legs and upper body
- 2 pairs gloves (spring & mid winter)
- Hat
- Sunglasses
- Shell (soft or hard)
- Insulation layer (puffy→something to keep warm when standing around on ridge lines)
- Ski socks

MISCELLANIOUS

- Sun screen
- First aid kit
- Snacks & water
- Lunch



