

Ski & Snowboard Trip Guide: Chamonix Mont Blanc (Feb 9-14)

This document serves as a comprehensive guide for your upcoming ski and snowboard trip to Chamonix Mont Blanc from February 9 to 13. It includes essential information on lift ticket options, rental services for ski and snowboard gear, clothing requirements, and a list of equipment needed for beginners. Whether you're a seasoned pro or a first-time skier or snowboarder, this guide will help you prepare for an unforgettable experience in the stunning French Alps. (Prices subject to change. Prices listed are as of 1/20/2024 for Feb 10-13)

Trip Overview:

- **Destination:** Chamonix Mont Blanc, France
- **Dates:** February 9–13, 2025
- **Activities:** Skiing, snowboarding, and exploring the legendary Mont Blanc Natural Resort

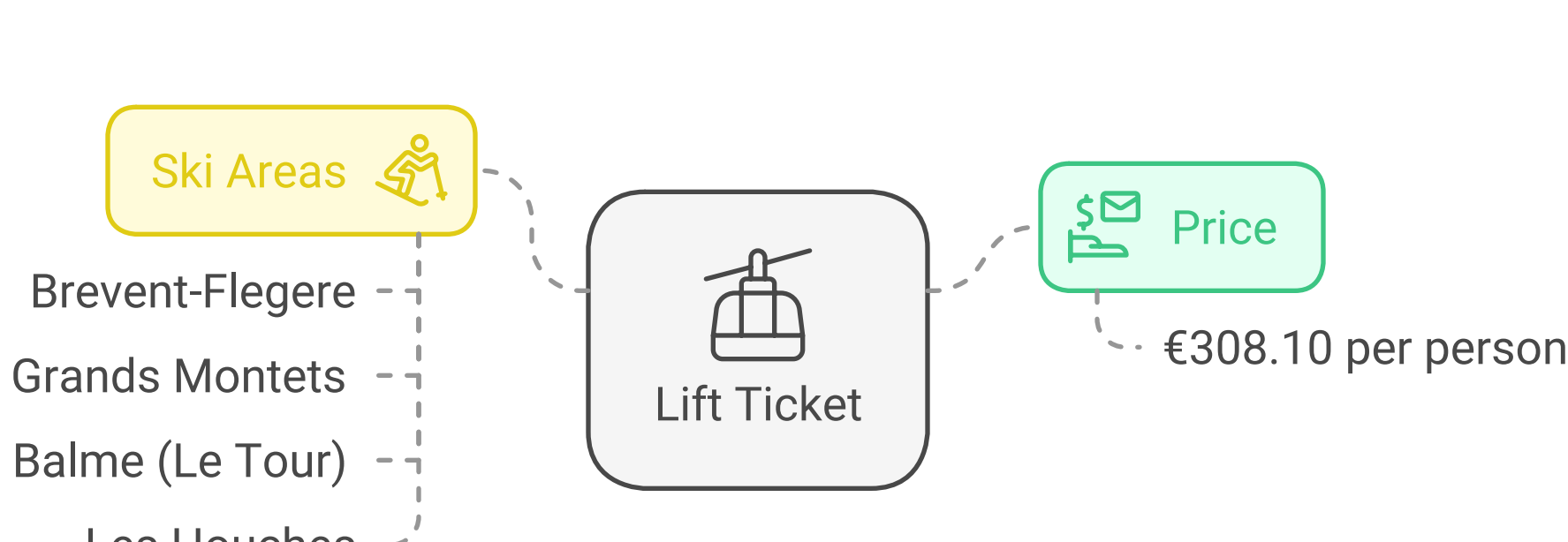
Chamonix Mont Blanc Adventure Timeline



Lift Ticket Options

Lift tickets for Chamonix Mont Blanc Natural Resort can be purchased online at [Mont Blanc Natural Resort](#). For 4 days of skiing or riding, the current cost is:

- **MONT BLANC Unlimited Price: €308.10 per person (for 4 days)**
- The lift ticket grants access to the various ski areas, including Brevent-Flegere, Grands Montets, Balme (Le Tour), and Les Houches.
- Beginners can elect to get the **CHAMONIX Le Pass** for a day to learn. This pass is limited to the lower mountain with easier runs



Ikon Pass

You can collect the Ikon passes from the Monteverns ticket office (at Monteverns train station-35 place de la Mer de Glace – 74 400 – Chamonix).

- Ikon Pass Base/ Ikon Pass Base Plus : 1 to 5 day (consecutive or non-consecutive) « Chamonix le Pass + les Houches » [doesn't include Aiguille du Midi]
- Ikon Pass : 1 to 7 day (consecutive or non-consecutive) « Chamonix le Pass + les Houches » [doesn't include Aiguille du Midi]
- Possible upgrade to a « Mont-Blanc Unlimited Pass » [only for 5 or 7 day consecutive or not (60€) – when you collect your Passes (Aiguille du Midi included)]

Rental Equipment Options

Equipment rentals are available from [Chamonix Ski Rental](#). Below are the rental options for both men and women:

1. Ski Equipment Rentals:

- **Basic Ski Package (Skis, Boots, Poles):**
 - €106 for 4 days (Men/Women)
- **Performance Ski Package (High-end equipment):**
 - €134 for 4 days (Men/Women)

2. Snowboard Equipment Rentals:

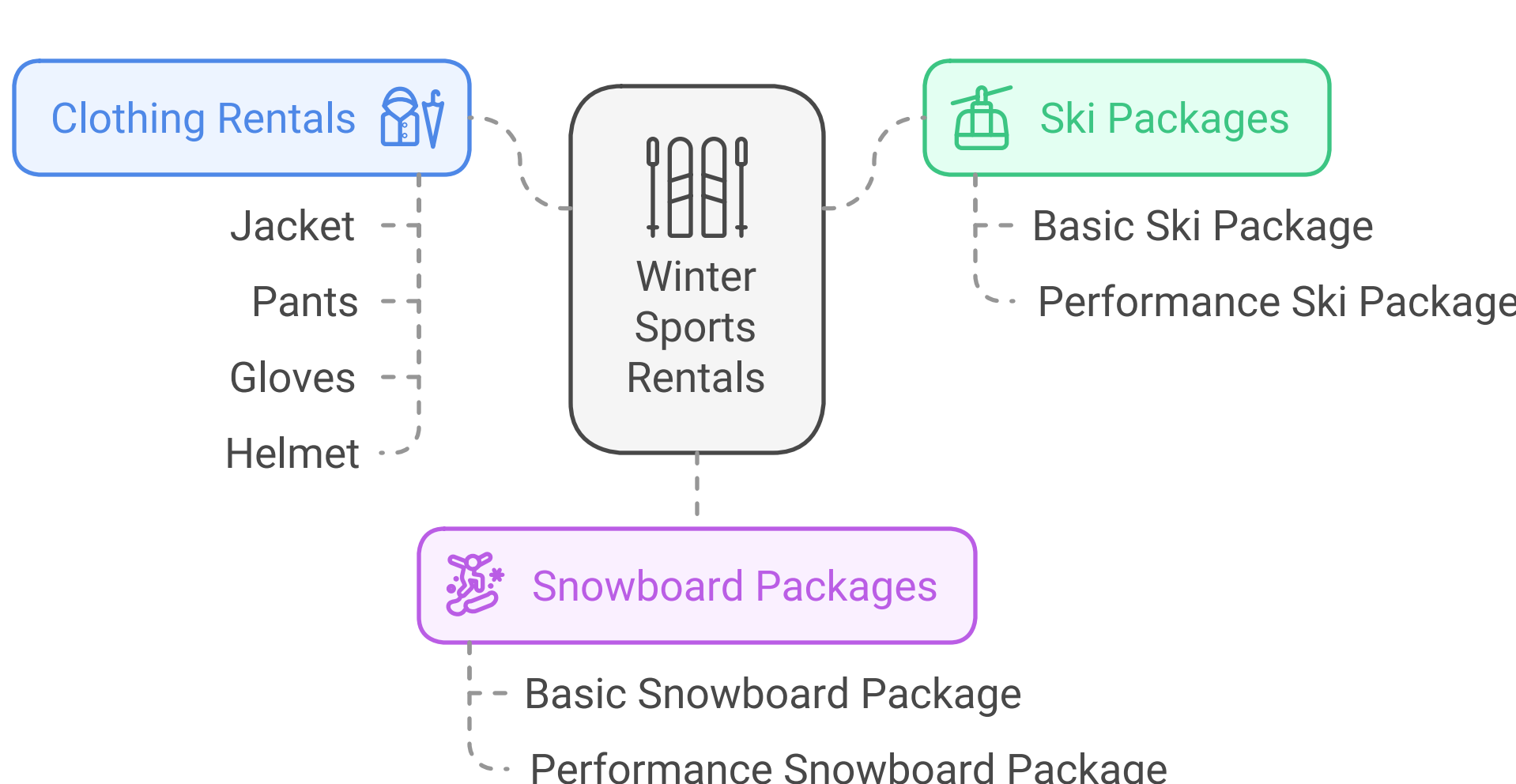
- **Basic Snowboard Package (Snowboard, Boots):**
 - €106 for 4 days (Men/Women)
- **Performance Snowboard Package (High-end equipment):**
 - €134 for 4 days (Men/Women)

3. Clothing Rentals:

If you don't have your own winter clothing, you can also rent:

- **Jacket:** €40 for 4 days
- **Pants:** €32 for 4 days
- **Gloves:** €12 for 4 days

Note: Helmets are highly recommended for safety and are often available for rent at around €12 for 4 days.



Equipment/Gear Checklist for New Skiers or Snowboarders

Whether you're skiing or snowboarding, having the right gear is crucial for comfort, safety, and an enjoyable experience. Here's a complete list of what you'll need:

Clothing:

- **Base Layer (Thermal Under Layer):** Wicking material to keep moisture away.
- **Mid Layer (Fleece or Insulating Layer):** Keeps you warm.
- **Outer Layer (Jacket & Pants):** Waterproof and windproof to protect against snow and wind.
- **Socks:** Wool or synthetic ski/snowboard socks (avoid cotton).
- **Gloves or Mittens:** Waterproof and insulated.
- **Hat or Beanie:** To wear when not wearing a helmet.
- **Neck Gaiter/Balaclava:** Protects your face and neck from cold wind.
- **Goggles:** Protect your eyes from snow glare and UV rays.

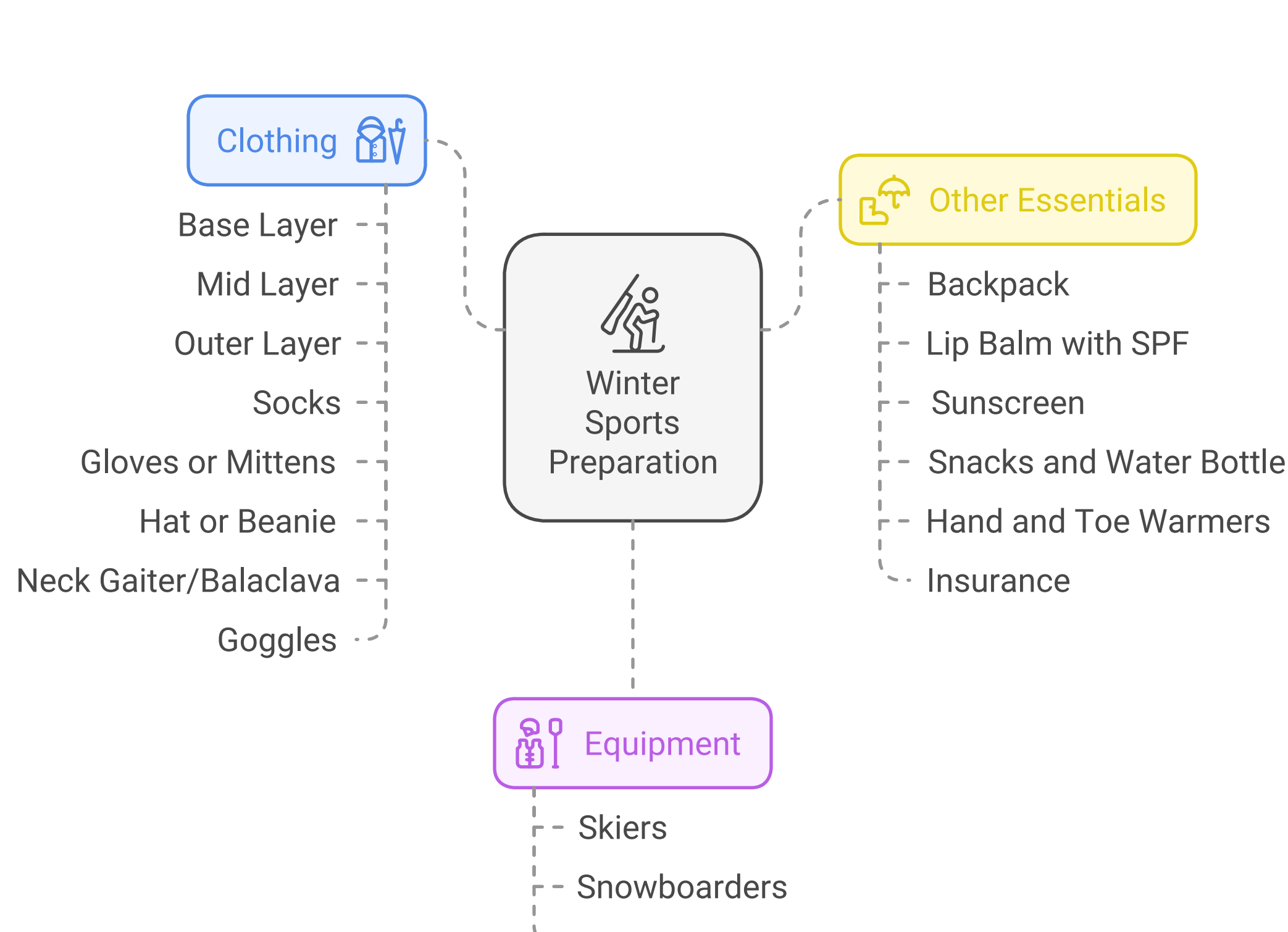
Equipment:

- **Skiers:** Skis, ski poles, ski boots, and helmet.
- **Snowboarders:** Snowboard, snowboard boots, and helmet.
- **Optional:** Wrist guards (helpful for snowboarders to avoid wrist injuries).

Other Essentials:

- **Backpack:** To carry water, snacks, and extra layers.
- **Lip Balm with SPF:** Prevent chapped lips from cold and sun exposure.
- **Sunscreen:** The snow reflects sunlight, so protection is essential.
- **Snacks and Water Bottle:** To stay energized and hydrated.
- **Hand and Toe Warmers:** For extra warmth on cold days.

Insurance: Make sure you have adequate travel insurance that covers winter sports.



Ski Trail Rating Guide: Europe vs. US Standards

Understanding ski trail ratings is essential for navigating the slopes safely and choosing terrain that matches your skill level. Below is a guide to European trail ratings and how they correlate to the U.S. standards of green, blue, and black.

European Trail Ratings:

1. **Green Circle (Europe)**
 - **Description:** Beginner trails, wide and gentle slopes with minimal gradient. Ideal for first-timers or those just starting to ski/snowboard.
 - **Equivalent to U.S.:** Green Circle (Beginner)
2. **Blue Square (Europe)**
 - **Description:** Easy intermediate trails, slightly steeper and more challenging than green slopes, but still manageable for those with basic skiing or snowboarding skills.
 - **Equivalent to U.S.:** Blue Square (Intermediate)
3. **Red Triangle (Europe)**
 - **Description:** Advanced intermediate trails with steeper gradients and more technical features, such as tighter turns or more variable terrain. These are for confident skiers/snowboarders.
 - **Equivalent to U.S.:** Advanced Blue Square or Easy Black Diamond (Intermediate to Advanced)
4. **Black Diamond (Europe)**
 - **Description:** Expert-level trails with steep gradients, moguls, and/or narrow paths. These are designed for experienced and skilled skiers/snowboarders.
 - **Equivalent to U.S.:** Black Diamond (Advanced)
5. **Double Black Diamond (Europe)**
 - **Description:** Extremely difficult trails reserved for experts only. These may include off-piste terrain, highly steep descents, and natural hazards.
 - **Equivalent to U.S.:** Double Black Diamond (Expert)

