

Tour Difficulty Rating	Skiing	Fitness	Backcountry Skills
Moderate BC Intro Tour	Strong Intermediate	Good 5-10km distance 500-1000 metre climbing	None
Moderate + Guthega Backcountry	Strong Intermediate	Stronger 10km+ distance 1000+ metre climbing	A few days or none
Challenging Main Range Tour	Advanced	Higher 15km distance 1200 metre climbing	Preferably some
Tough Western Faces Tour 3Pks High Route	Advanced	High 15-25km distance 1500+ metre climbing	Experience essential

We offer basic introductory tours through to advanced arduous tours. Your required fitness level will depend upon the level of tour undertaking but you should have at least a good level of fitness.

We recommend that each newcomer to backcountry skiing should initially undertake our *Backcountry Intro Course* unless you have prior experience in the backcountry or have a strong level of fitness & skiing skills.

If you hold a good level of fitness & skiing skills with no prior BC experience you may be okay for a lot of our tours as we can guide you through the usage of the BC equipment. If you have some familiarity with BC equipment but do not have an adequate level of fitness or skiing ability you may struggle on some of our advanced tours regardless of your prior experience. Your BC experience is important but your skiing ability & fitness level is more vital. When it comes to our TOUGH tours your BC experience becomes more relevant. These are big days where we need to make a lot of ground so being familiar & comfortable with the gear helps us to achieve our goals.

Although it is difficult to get it right all the time we do our best to match the group & this is where it is very important you are honest with your self appraisal so as not to jeopardise the groups' experience. It is rarely a problem but if it is plainly obvious you are struggling from the outset we will make other arrangements.

That doesn't mean you can't ski with us, our BC Intro Tour is the least demanding of all our tours and a great way for you to gauge your ability. We can also provide customised tours for groups or one on one tours but we will need advanced notice for this. For our TOUGH tours the Western Faces Experience & 3Pks High Route the guide to client ratio is 1:3, ideally these tours are best booked out by a single group.

Please see our FAQ's page for answers to your questions.