

SKI

TIGNES SKI TOURING TRAINING CAMPUS

Pre-season in Tignes with Pablo Ral: upgrade
your ski mountaineering



B4Experience

FRANCE



Pre-season training camp in Tignes (France) with Pablo Ral. Improve your ski mountaineering technique and take it to the next level with a renowned coach. Three weeks tailored to level and goals. Level-based groups. Check the FAQs or contact us.

[View Web Program](#)

<https://b4experience.com/tignes-ski-touring-training-campus>



RECOMMENDED MONTHS

NOVEMBER



PRICE

From 2.500€ /person

Group discounts

Ski

info@b4experience.com / +34 613 03 77 00





Highlights

- GAIN TOOLS TO IMPROVE IN SKI TOURING.
- LED BY PABLO RAL, SPANISH SKI CHAMPION ATHLETE.
- LEARN FROM A SPORTS SCIENCE AND HIGH-PERFORMANCE EXPERT COACH.
- 3 GROUPS: COMPETITION, MASTERS +50 AND SKI TOURING.

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
✕ No private group options available, only open groups				

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	N° days	Seats available	Starting point	Price
TIGNES WEEK 1: COMPETITION	09 Nov 2025	6	6	Tignes	2.500€
TIGNES WEEK 2: SKI TOURING	16 Nov 2025	6	6	Tignes	2.500€

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Included

- 6 nights in a chalet in Tignes in rooms for 2 to 4 people
- Meals for the whole week (breakfast, lunch and dinner)
- Technical workshops on gliding, turning, and transitions
- Coach to coordinate and support all activities
- Theoretical training workshops after skiing
- Access to gym, climbing wall, and pool for scheduled activities
- Technical and gear advice.

Not Included

- Round trip to Tignes (we will coordinate to share vehicles whenever possible).
- Meals in restaurants (not included) and drinks.
- Ski passes for the resort's lifts (not included).
- Accident insurance.
- Mountain guide services (this is a training camp, not a guided mountain excursion).
- Anything not listed in the "INCLUDED" section.



Itinerary

DAY 1 : TRIP TO TIGNES (ARRIVAL TIME 17:00-18:00H)

You are expected to arrive in Tignes between 5:00 PM and 6:00 PM.

Accommodation: Mountain cabin

Meal: Dinner

DAY 2 : FIRST DAY OF SKIMO

On the first day of ski touring, we will work on technical skills and in the afternoon we'll go to the gym.

Accommodation: Mountain cabin

Meals: Breakfast + lunch + dinner

DAY 3 : SKIMO TRAINING

In the morning, we'll have ski touring training focused on gliding technique, and in the afternoon we'll go to the climbing wall.

Accommodation: Mountain cabin

Meals: Breakfast + lunch + dinner

DAY 4 : DOUBLE SKIMO SESSION

A double ski touring session is planned, focusing on transition techniques.

Accommodation: Mountain cabin

Meals: Breakfast + lunch + dinner

DAY 5 : SKIMO FIELD TEST AND GYM + POOL IN THE AFTERNOON

Field test of ski touring in the morning to practice techniques, followed by gym and pool sessions in the afternoon.

Accommodation: Mountain cabin

Meals: Breakfast + lunch + dinner

DAY 6 : SKIMO TRAINING IN THE MORNING AND CLIMBING WALL IN THE AFTERNOON

The day will begin with a morning ski touring training session focused on improving technique and endurance. In the afternoon, we'll head to the climbing gym for a session on strength development and climbing skills.

Accommodation: Mountain cabin

Meals: Breakfast + lunch + dinner

DAY 7 : RETURN TRIP (DEPARTURE TIME 9:00H)

The return trip is scheduled for 9:00 a.m.

Meals: Breakfast.

Payment and cancellation policy

Initial Booking: To secure your spot, a 30% deposit of the total trip cost is required at the time of booking.

Final Payment: The remaining 70% must be paid no later than 60 days before the departure date.

Extras: Additional travel costs such as insurance, flights, or other optional services must be paid in full at the time of booking.

Cancellation Insurance: Clients may purchase cancellation insurance to recover the full amount paid (subject to the insurer's terms and conditions).

Travellers may withdraw from the booked trip and are entitled to a refund of the amounts paid, except for the penalties outlined below. Once the trip is confirmed, the client must also pay the specified cancellation fees. If the trip is cancelled due to insufficient participants, the client may retain credit for future trips or request a full refund of the booking.

Cancellation Policy 3:

FULL REFUND WITHIN 24 HOURS OF PURCHASE

Up to 60 days before the trip: 100% refund

Up to 45 days before the trip: 50% refund

Less than 45 days before the trip: no refund will be issued

- €250 administrative fee applies
- Cancellation costs for already issued bookings are non-refundable. Any other non-refundable issued costs will also be deducted from the total refund
- Issued flight cancellations are 100% non-refundable.

Packing List

Ski equipment

- Your ski gear: skis, poles, ski boots, climbing skins, and helmet (optional)
- Ski crampons and/or regular crampons
- Ski bag and boot bag (mandatory)
- Avalanche safety gear in your backpack: shovel, probe, and transceiver (mandatory)

Other recommended or necessary items for these trips, besides your usual travel gear

- Sports clothing for the gym, swimsuit and towel for the pool. If you have your own climbing gear, feel free to bring it
- Backpack (between 20 and 35 liters) with ski-carry straps
- Ski socks
- Ski touring pants
- Thermal shirt (first layer)
- Fleece or similar mid-layer (second layer)
- Gore-Tex-style jacket and pants (third layer)
- Light primaloft or down jacket
- Neck gaiter
- Thin fleece gloves and warm gloves
- Warm hat and sun cap
- Sunglasses and ski goggles
- Headlamp
- Water bottle or thermos, at least 1 liter. If using a Camelbak, remember the tube might freeze, so a spare bottle is recommended
- Sunscreen and lip balm
- Snacks (bars, gels, nuts...) for eating on the mountain

Optional: spare batteries, camera, power bank, personal first-aid kit.

FAQs

How long does the Tignes Training Camp last and on what dates does it take place?

The camp lasts 7 days and takes place in November 2025. There are three guaranteed departures: November 9-15, November 16-22 and November 23-29, 2025.

Where is the campus located and how to get there?

The camp is located in Tignes, France, at an altitude of over 2,100 meters in the Alps. It can be reached by car from Lyon or Grenoble (approx. 3 hours), and there is also a shuttle bus connection or private transfers from Geneva airport (180 km). Once in Tignes, the chalet is located by the lake, within walking distance of the center and the slopes.

What technical level in ski mountaineering is required to participate?

It is recommended to have a minimum previous experience in ski mountaineering (skimo) and an intermediate level that allows you to face uphill and downhill days in different types of snow. If you need guidance on whether your level is adequate, you will have a previous interview with the trainer to make sure you fit in the corresponding group.

What equipment should I bring to the campus?

Each participant must bring their own skimo equipment (skis with skins, boots, poles, and light bindings). In addition, it is essential to bring technical clothing in several layers (thermal, polar and waterproof), helmet, sunglasses and goggles, thermal gloves, and light mountain backpacks with safety equipment (DVA, shovel and probe).

What is the accommodation and living arrangements like with the other participants?

The camp offers 6 nights of accommodation in a chalet located on the shores of the lake of Tignes. You will sleep in shared rooms and we aim to create an atmosphere of conviviality with the other skiers and the team of coaches. The aim is to make it comfortable to rest, socialize and recover energy before each day.

How many participants are there per trainer and how are the groups organized?

The campus is divided into three groups according to level and objectives: Competition Program, Ski Touring Program and Master Program (+50). Each group has a specialized coach and the approximate ratio is 6-8 participants per coach, so that feedback and technical correction is individual and continuous.

What is the daily itinerary of the campus like?

Each day includes: a physical assessment test in the morning (to measure evolution), snow technique sessions (turns, transitions and descents on different types of slopes), tactics and route planning practices, and a block of endurance training. In the afternoon there are theoretical workshops, video analysis and stretching for optimal recovery.

What happens if weather or snow conditions are not optimal?

The program is flexible: in case of bad weather or low visibility, we adapt sessions to indoor activities (video-feedback, physical preparation, theoretical lectures on meteorology and safety) or we seek alternative terrain. The goal is to get the most out of each day, and the trainer adjusts the plan according to the forecast and the snow conditions.

What level of fitness should I have and how should I prepare myself before the camp?

It is advisable to arrive with a good base of endurance (continuous running, cycling or roller) and some ski touring practice so as not to start from scratch. Before the week in Tignes, it is advisable to do uphill/downhill series with a light backpack, work on core and leg strength, and do some 3-4 hour training sessions with accumulated elevation gain. This way you will optimize your experience and avoid overloading in the first days.

What happens if there is no snow during the week of the campus?

Historically, skiing in Tignes has been possible since the first week of November. Its north-facing conditions, high altitude, good snow production capacity and the use of snow farming, combined with the opening of the ski resort on the glacier, make Tignes a safe place to start the season with guarantees. However, if the conditions are not suitable for the training camp, the option of a new date or a change of destination will be discussed with the participants.



Contact us!

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