



TRAVEL AGENCY  
SKI & SNOWBOARD SCHOOL  
HIGH MOUNTAIN GUIDING

Chamonix-Mont-Blanc • Megève • France

[aavchamonix.com](http://aavchamonix.com)





## → YOUR TRAVEL AGENCY

- \* TAILOR-MADE ACTIVITIES & STAYS
- \* PERSONALIZED COACHING BY PROFESSIONALS
- \* 7/7 AVAILABILITY & SERVICES

Let us know your needs for a peaceful stay, we take care of everything: accommodation, activities, equipment rental, reservations and delivery of ski passes to your home, airport and/or resort transfers...

*CONTACT US FOR A TAILOR-MADE  
ALPINE EXPERIENCE*

## → SKI & SNOWBOARD SCHOOL

SKI & SNOWBOARD PRIVATE INSTRUCTION

CROSS COUNTRY SKIING

## → HIGH MOUNTAIN GUIDING

INITIATION - TRAINING TO SKI TOURING

OFF-PISTE EXPERIENCE

VALLÉE BLANCHE

OFF-PISTE SKIING  
& AVALANCHE RESCUE TRAINING

STEEP TRACK SKIING

## → AUTHENTIC EXPERIENCES

SNOWSHOEING OR BASIC HIKING

ROMANTIC ESCAPE

IGLOO - MEGÈVE

«TRAPPER» EVENING

FREE FALL IN HIGH MOUNTAINS

BIATHLON EXPERIENCE

SNOWSHOEING & FONDUE IN A TEEPEE

YOGA - QI GONG - TAIJI

TAILOR MADE HOLIDAYS

## → CONTACTS & BOOKING





# SKI & SNOWBOARD SCHOOL

## SKI & SNOWBOARD PRIVATE INSTRUCTION



### EXCLUSIVE TAILOR MADE TEACHING

Private tuition offers a highly flexible and focused learning environment where both confidence and progress develop quickly and simultaneously. Make the most of your precious time on the snow.

### RATES PER INSTRUCTOR

#### → Chamonix

Full day	9:00 am - closing	490 €
Half-day - Morning	9:00 am - 12:15	280 €
Half-day - Afternoon	1:30 pm - closing	280 €
Have a lie in'	10:00 am - 02:00 pm	390 €
2 hours lessons	Outside school holidays	185 €

#### → Megève

Full day	9:00 am - closing	520 €
Half-day - Morning	9:00 am - 12:15	295 €
Half-day - Afternoon	1:30 pm - closing	295 €
Have a lie in'	10:00 am - 02:00 pm	425 €

*Up to 6 people per instructor. Our programmes can be adapted by the guide according to the mountain conditions and the technical level of the participants.*







# SKI & SNOWBOARD SCHOOL

## CROSS COUNTRY SKIING



### THE IDEAL WINTER SPORT FOR THE WHOLE FAMILY

Cross-country skiing is suitable for young and old alike and allows you to walk and exercise at your own pace in the middle of nature, giving you a real sense of freedom and gliding.

### RATES PER INSTRUCTOR UP TO 3 PEOPLE

→ 2 hours lesson	185 €
→ Half day lesson	280 €
→ Additional person	45 €

*Up to 6 people per lesson.*

**Not included:** Equipment hire and access to the slopes.





### GET HIGHER UP IN THE MOUNTAINS

Supervised by our mountain guides, start or improve your level with a pro (walk, training, cardio... at your own pace).

The descent will take place in off-piste terrain...

A minimum intermediate level in skiing is essential.

### RATES PER GUIDE

- Full day 550 €
- Ski touring course from 3 days per day 500 €

Programme adapted to the weather conditions and your level. Children from 12 years old. The course is reserved for good off-piste skiers. **Included:** Safety equipment for up to 4 people.





### INTRODUCTION TO POWDER SKIING

Take advantage of the combination of knowledge and experience to gain a better technique in off-piste skiing accompanied by a ski instructor (non-glacial terrain) or AAV mountain guide.

### RATES PER INSTRUCTOR

→ Full day	9:00 am - closing	550 €
→ Half-day - Morning	9:00 am - 12:15 pm	350 €

*From 1 to 5 people per instructor (depending on snow conditions).  
**Included:** Safety equipment for up to 4 people.*





### THE MOST MYTHIC DESCENT IN THE WORLD

The holy grail of glacial off piste itineraries and arguably the most famous in the world. Come and experience all 22km of the breathtaking Vallée Blanche, accessed via the Aiguille du Midi 3842m cable car and under the supervision of one of our fully qualified and experienced high mountain guides.

A guaranteed day to remember, so don't forget your camera!

### RATE PER PROFESSIONAL

→ Full day 550 €

*Up to 5 people per guide - depending on conditions.  
Good level of skiing or snowboarding required.  
Children are welcome from 12 years old with the required level.  
Ski down to Chamonix possible if conditions and participants' fitness levels allow.  
**Included:** Safety equipment for up to 4 people.*





## HIGH MOUNTAIN GUIDING

### OFF-PISTE SKIING & AVALANCHE RESCUE TRAINING

#### *BECOME AN ACTOR OF YOUR SAFETY!*

You like off-piste skiing and you want to train to improve your safety and that of the people accompanying you.

During a day of off-piste skiing we will cover all aspects of avalanche search.

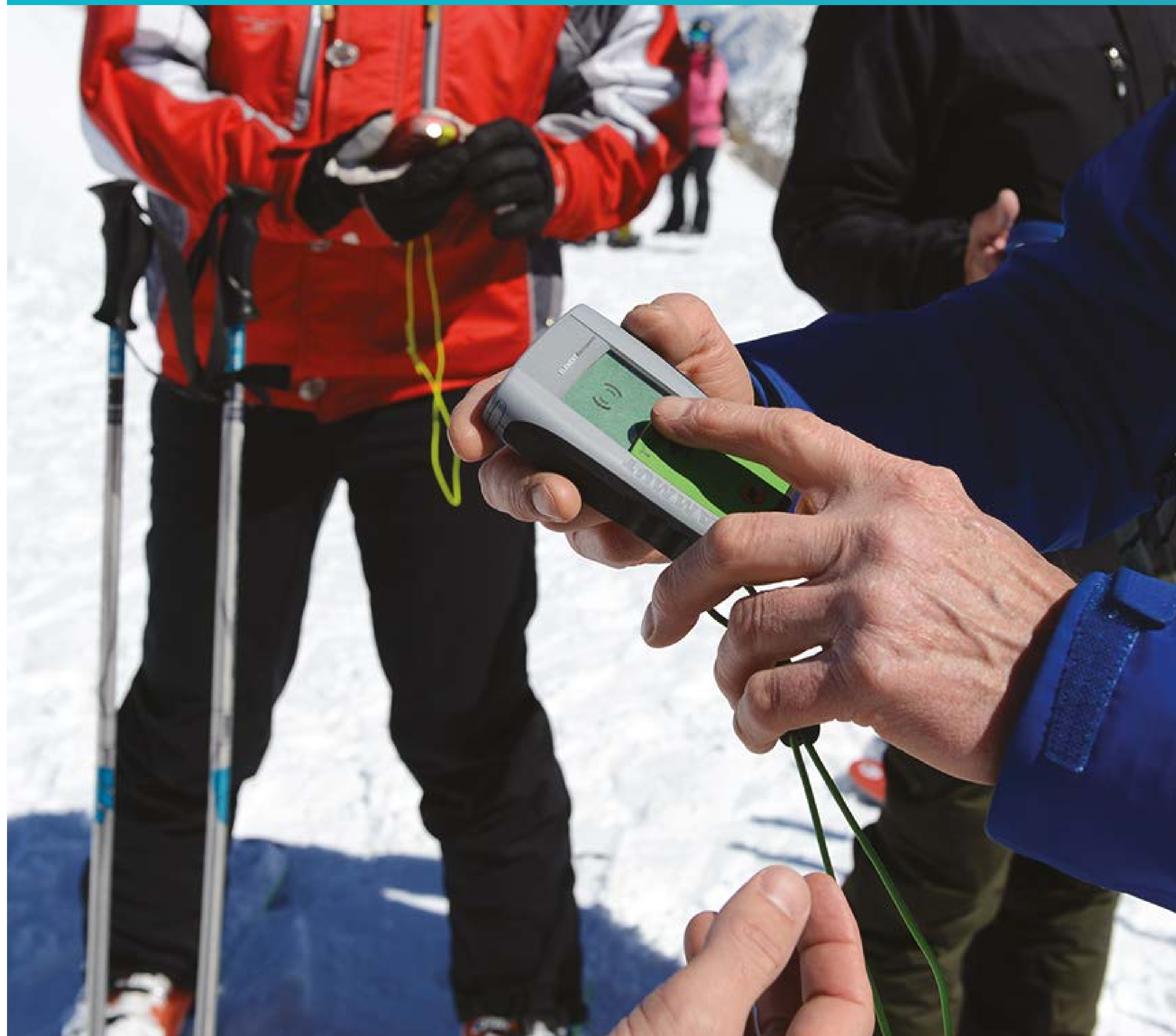
Prevention that can save lives.

#### RATE PER PROFESSIONAL

→ Full day

From 500 €

*From 1 to 6 persons per instructor (depending on conditions).  
**Not included:** Safety equipment (avalanche transceiver, probe, shovel).*







# HIGH MOUNTAIN GUIDING

## STEEP TRACK SKIING



### *YOUR PERSONAL GUIDE, YOUR EXCEPTIONAL OFF-PISTE ADVENTURE*

Discover the most prestigious slopes of the Mont Blanc massif.  
Alone with your mountain guide.

For very good skiers only.

### RATES PER PROFESSIONAL

- Full day 600 €
- Please contact us for more information.

1 person per guide. **Included:** Safety equipment.







### DISCOVERING THE PANORAMAS OF MONT-BLANC

Snowshoeing is a gentle way to discover the magic of winter and a completely different approach to the mountains.

You will go from the muffled atmosphere of the spruce forests to the mountain pastures offering the most sumptuous panoramas of the Mont-Blanc massif.

### RATES PER GUIDE

→ Half-day	260 €
→ Full day	380 €

*All levels, children from 8 years old are welcome.  
The walk in the forest is also possible with the little ones...  
Don't forget to take a sledge!*

**Equipment hire on request** from AAV, on booking,  
additional cost of 8 € per adult and 5 € per child per day.





## AUTHENTIC EXPERIENCES

### ROMANTIC ESCAPE



#### *A UNIQUE EXPERIENCE UNDER THE STARS*

Stay in a totally transparent bubble with a breathtaking view, for an evening and a night, in a romantic cocooning atmosphere.

In the middle of nature, admire the sunset over the Mont Blanc massif, curled up in your bubble, and let yourself be invaded by the magic of a starry night.

Please contact us for more information and reservation for this prestigious experience.

*A private transfer option is available on request.*







### AN ORIGINAL & UNUSUAL ACTIVITY

At snack time or at nightfall, let your snowshoes guide you to the secret igloo. You will be welcomed on the spot with delicious local products for either a snack or an aperitif.

Spend a moment in the middle of nature before returning to the village by a short hike.

### RATES

- Activity for 1 to 5 people 350 €
- Additional person 45 €

*The activity lasts approximately 3 hours.  
Please inform us of any food allergies.  
**Equipment included:** snowshoes, sticks and headlamps.  
A private transfer option is available on request.  
Dogs are not allowed unfortunately.*





### A UNIQUE & FRIENDLY EXPERIENCE

With family or friends, dare a hike at nightfall (with snowshoes & headlamps) supervised by your guide, followed by a delicious Savoyard-style dinner, in a friendly atmosphere.

The itinerary is adapted to the conditions and abilities of the participants.

### INDICATIVE RATES PER PERSON

- Adult 195 €
- Children (up to 12 years) 125 €

*Departure from 18:00. **Included:** equipment for up to 8 people. Don't forget to mention any food allergies or intolerances. Reservation of your private transfer on request. Activity dependent on weather conditions and availability of the mountain restaurant.*





### ADRENALINE ABOVE MONT-BLANC MASSIF

Do you dream of jumping in a fabulous place above the snowy mountains? Let yourself be tempted by this incredible adventure in Mont Blanc country!

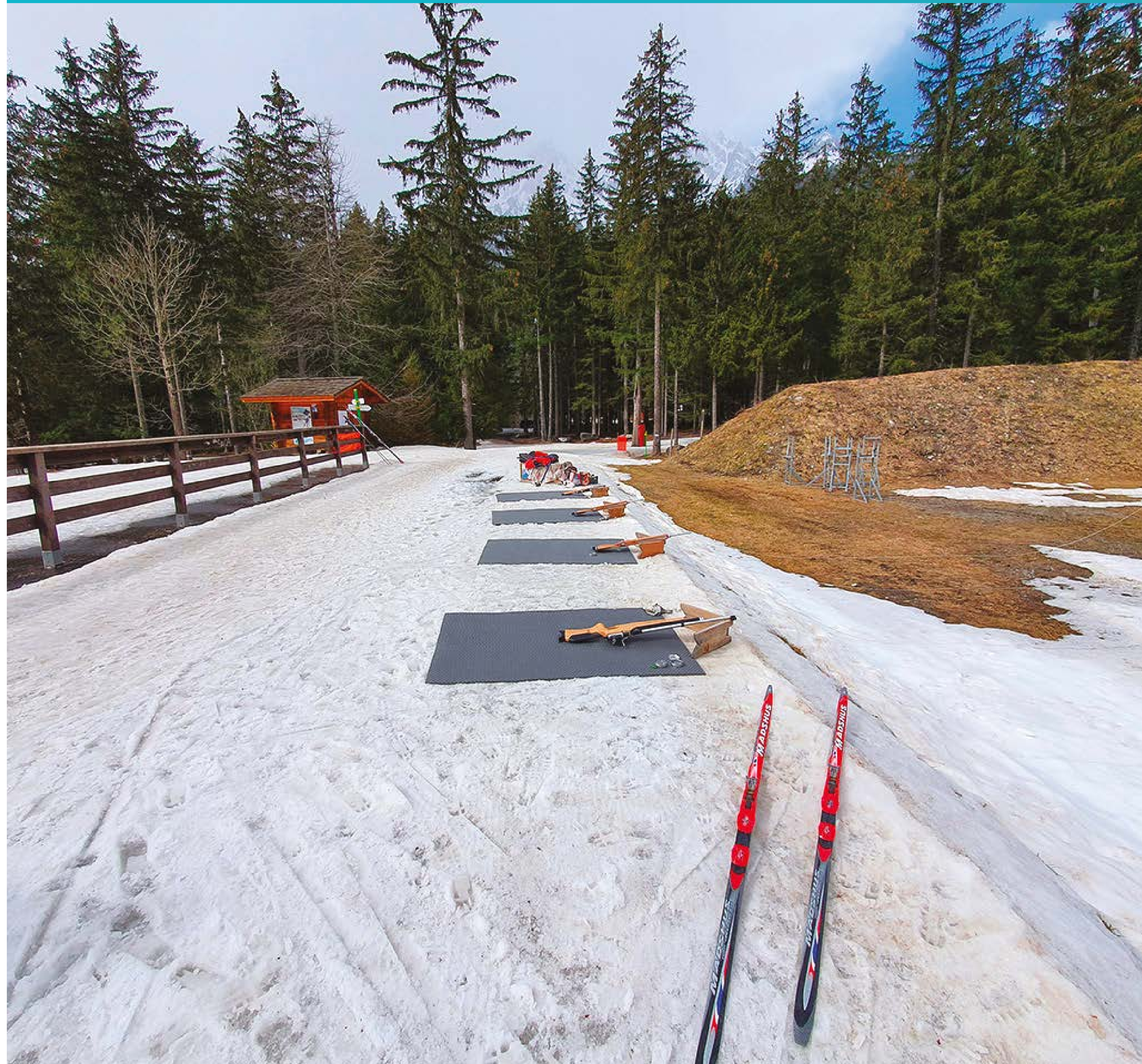
You will be in free fall at 5000m and you will be able to admire the beauty of the whole Alps chain. The Mont Blanc will pass in front of you and you will have the sensation of touching the Aiguille du Midi, the Drus, and all the peaks of Chamonix.

### RATES

→ Please contact us...

*The final dates depend on the weather conditions and the priority of the helicopters. Children according to size and build. The maximum passenger weight is 90 kg.*





### CROSS-COUNTRY SKIING & INTRO TO SHOOTING

A complete physical activity with cross-country skiing and shooting, combining endurance, concentration and precision, individually or as a family.

Activity possible without skis for non-skiers.

Duration: 2 hours in a private session.

### PRIVATE SESSION

- From 1 to 3 persons 375 €
- From 4 to 6 persons per person 105 €
- From 7 to 10 persons per person 100 €

*From 8 years old, for beginners or advanced.*

**Not included:** Ski equipment rental, access to the slopes.

**Included:** Shooting step.





### AN EVENING OF NATURE & AUTHENTICITY, CONVIVIALITY & TIMELESSNESS

Treat yourself to a unique experience, an authentic evening in the great outdoors, with family or friends, to make the most of your mountain holiday.

After a snowshoe hike (or walk, depending on the conditions) that your guide will adapt to your pace, sit down in a teepee to enjoy the famous Savoyard cheese fondue. The fire will warm you up in this friendly, timeless atmosphere.

### RATES

- Per adult 90 €
- Per child up to 11 years old 85 €

Minimum 6 people. **Included:** hiking equipment (snowshoes, headlamps, poles). Drinks included with the meal: mulled wine, hot apple juice, white wine, herbal tea - Champagne can be ordered for an additional 40 €.





### *FOR A TOTALLY RELAXING HOLIDAY IN THE COUNTRYSIDE OR AT HOME*

**Yoga...** An aid for the body while working on breathing to help the mind focus and centre itself to make the most of the holidays. Your teacher will adapt to your age, fitness level and flexibility.

**Qi Gong** «Subtle and quiet power»... Gentle exercises suitable for people of all ages, incredibly effective in transforming your body and your relationship with life.

**Taiji or Tai Chi...** A martial art practised to increase health and happiness, closely related to Qi Gong, it is a distinct and vigorous discipline. Like yoga, it can be used to transcend the experience of duality, or to enhance mental and physical combat skills.

### RATES

→ Please contact us for this tailor-made activity...





## AUTHENTIC EXPERIENCES

## TAILOR MADE HOLIDAYS

*ENJOY OUR SERVICES  
WITH FAMILY OR FRIENDS*

Let's plan your tailor-made stay together.

We select the type of accommodation you want: \*\*\*\*\* hotels, luxury chalets, spa resorts and top of the range residences in the Chamonix or Megève valleys.

We manage everything from A to Z: transfers, activities, restaurants. You'll have a real holiday!

Do not hesitate to contact us  
for any request or information.







CONTACT US



## INFO & BOOKING

TAILOR-MADE ALPINE EXPERIENCES

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