

# Requirements for ski touring & freeriding

Whether a tour is right for you depends on your endurance and technique. Our graphics provide clear guidance so that you can easily assess the requirements of a tour or trip.



	Easy	Intermediate	Demanding	Difficult
Technique	No prior alpine skiing experience is required, but you must have solid skiing technique to safely navigate descents in easy terrain off-piste with a backpack in varying snow conditions.	Safe skiing technique on steeper, varied off-piste runs. Basic knowledge of climbing techniques (e.g., kick turns, crampons) is required. You can safely follow the ski guide's tracks even in changing snow conditions .	Good skiing technique in all types of snow and terrain, including moderately steep terrain and short steep sections up to approx. 40°. Easy summit ascents with rock and ice passages, sometimes with crampons and ice axes, are no problem for you. You are proficient at kick turns even in steeper terrain.	Very good skiing technique even on very steep slopes (>40°), exposed passages, and technically demanding ascents. Experienced mastery of climbing passages (up to II) with skis on your backpack, confident walking with crampons, climbing with an ice axe.
Endurance	Average basic fitness level required to complete tours of approx. 5 hours per day. This corresponds to 500–800 meters of elevation gain or loss, at a speed of approx. 250 meters per hour.	Good physical condition for day trips of 6–7 hours. Ascents and descents of 800–1,200 meters per day, at a speed of ~300 meters per hour.	Very good physical condition for 7–9 hours of hiking per day. Ascents and descents of 1,200–1,600 meters in altitude, at a speed of ~350 meters in altitude per hour. Even on multi-day tours, you can carry a heavy backpack (approx. 10% of your body weight) without difficulty.	Excellent physical condition for 9–12 hours of hiking per day. Ascents and descents of 1,600+ meters in altitude, at a speed of ~400 meters per hour. Even on multi-day tours, you should be able to carry a heavy backpack (approx. 10% of your body weight) without difficulty.