



2025 AJ Bell 3 Valley Rally Rules

Welcome to the 2025 AJ Bell 3 Valley Rally for Snow Camp!

To bring you the best possible experience with us in Val Thorens, please ensure you've familiarised yourself with this full set of rules before arriving at Hotel Le Fitz Roy. A printed copy will also be included in your welcome pack on arrival.

Event Overview

The 2025 AJ Bell 3 Valley Rally consists of teams of 4 taking on 6 snowsport challenges over 2 action-packed days, whilst fundraising for Snow Camp and collecting points for your team's collective performance.

Points are added up as the event progresses, with a mid-point leaderboard shared on Day 2, and the final finishing position announced at the Awards Dinner on the Saturday evening.

WhatsApp groups will be set up for each team. This is where you'll submit your orienteering checkpoints explained in more detail below.

All WhatsApp groups will then be included in the 3 Valley Rally WhatsApp Community where live announcements will be shared throughout the event. In the Whatsapp Community, you'll also see the 3 Valley Rally Lounge where we invite you to connect and chat amongst your fellow teams.

The 6 challenges are split over 2 days as follows:

Day 1: Friday 25th April

- Orienteering all day across the whole Val Thorens valley, including Orelle!
- Snowshoe Hike (randomly allocated time slot for your team)
- Biathlon (randomly allocated time slot for your team)
- Zip Wire challenge (randomly allocated time slot for your team)

Day 2: Saturday 26th April

- Team Distance Challenge (AM)
- Parallel Giant Slalom (PM)

On Day 1, please be outside Le Fitz Roy terrace no later than 8.40am, fully kitted up with all ski equipment, ready to officially begin the 3 Valley Rally at 9am.

Orienteering (Day 1 – Friday)

The orienteering challenge consists of all 4 team members collecting as many checkpoints as possible from across the whole of the Val Thorens Valley, and Orelle Valleys, including the Orelle Valley depending on snow conditions.

This challenge runs throughout all of Day 1 from 9am to 5pm – starting with a Le Mans start from Le Fitz Roy Terrace, then finishing back at Le Fitz Roy at 5pm.

You will receive a full list of checkpoints with clues & photos at the welcome dinner on Thursday evening. It's up to you and your team if you want to plot them on a piste map or not. This is all part of the fun and the strategy!

Please do not remove any checkpoints whilst taking part. If a checkpoint sign has been removed for any reason, teams can still claim the checkpoint by taking your photo in the correct location.

A successful checkpoint is complete when you submit a clear photo to your teams Whatsapp Group, with all 4 team members present, and the checkpoint number clearly in shot.

- Any team member can submit your photos to your WhatsApp Group, and selfies are allowed, so long as they meet these criteria.
- Please submit your photos after reaching each checkpoint throughout the day.
- All photos must be submitted no later than 6pm on Friday evening.

1 point will be given for every successful checkpoint / clear photo submitted.

You are welcome to finish the orienteering challenge anytime you wish, however you must be back at Le Fitz Roy and check in with the Snow Camp team by 5pm at the latest.

1 point will be deducted from your team's final total for every 5-minutes accrued after 5pm, so don't be late!

Biathlon, Snowshoe Hike and Zip Wire, plus your Hot Lunch (Day 1 – Friday)

Each team must complete the biathlon, snowshoe hike and zip wire challenge during your allotted time slots, in-between collecting as many checkpoints as possible throughout the day.

Your time slots for the biathlon, snowshoe hike and zip wire challenge will be picked at random at the Welcome Dinner on the Thursday evening (along with your teams' bibs which must be worn throughout both days of the challenges).

Once your time slots have been allocated, they cannot be changed or swapped.

All 3 of these challenges are positioned in favourable locations to suit any orienteering strategy your team come up with – clearly explained at the welcome dinner. All teams will also receive a map clearly showing the location of each challenge.



We are also delighted to offer a delicious ‘grab & go-style’ hot lunch station (with refreshments) from 12pm-3pm at The Snow Camp Hub positioned on the Espace Junior piste. Look out for the Snow Camp flags and we’ll look forward to seeing you there!

Snowshoe Hike

The Snowshoe Hike consists of all 4 team members completing a 1km lap (approximately) around a clearly marked course.

For the snowshoe hike, you wear your normal footwear (typically walking boots or sturdy trainers with good grip) and attach them to the plastic snowshoes provided.

If you want to carry your normal footwear in your backpacks throughout the day, that’s absolutely fine.

If you would like your footwear to be taken to the snowshoe hike for you (then returned to Le Fitz Roy at the end of the day), please give them to the Snow Camp team in the hotel lobby straight after dinner on Thursday evening, or no later than 7am on Friday morning.

On arrival at the snowshoe hike, your normal footwear (for those who handed them in) will be awaiting you in clearly marked bags at the start of the course. The Snow Camp team will be on hand to help you change footwear and click into the snowshoes if you need assistance.

Once your team is ready, you’ll be given a 5, 4, 3, 2, 1 countdown to set off to complete the course.

An average of all 4 team members' finishing times will determine your team's final finishing time.

Teams will then receive points based on their final finishing time: 20 points for fastest team, 19 points for the second fastest, and so on.

Please arrive 5-10 minutes before your slot. You may not be able to complete your challenge if you are late!

Biathlon

The Biathlon consists of 2 laps of a flat course on your normal skis, with 2 rounds of shooting.

The Snow Camp team will give you a warm welcome, explain the challenge, and how the guns operate.

After a 5, 4, 3, 2, 1 countdown, the clock starts and all 4 team members ski off to complete their first lap of the course, before approaching the shooting area. Each team member will then remove their ski’s (or leave them on should you wish) and position themselves in a shooting bay where your rifle & pellets will be waiting for you. Each team member then has 5 attempts to hit your targets – supported by our trained professionals if needed.

Once your 5 shots are complete, you put your skis back on to repeat the same again – one lap of the marked course followed by another 5 shots.

When each team member has fired their final 5 shots, they complete the course by running over the finishing line. The clock stops when the last team member has crossed the finishing line. The Snow Camp team will be cheering you on!



For each target missed, 5 seconds will be added to your overall completion time. Teams will receive points based on their final time and position: 20 points for the fastest & most accurate team, 19 points for the 2nd fastest & most accurate, and so on.

Please arrive 5-10 minutes before your slot. You may not be able to complete your challenge if you are late!

Zip Wire Challenge

The Zip Wire Challenge consists of all 4 team members completing the 1800m double zip line, starting from 2,500m at the top of the 2 Lacs gondola, and finishing in the heart of Val Thorens village. The descent is split into 3 sections.

Everyone receives a warm welcome from the Snow Camp team, then an official briefing from the zip wire team. Your skis or snowboard will be on your back, so you can set straight off (James Bond style!) and continue your orienteering (or head for some hot lunch) as soon as you land.

3 points are awarded for every individual team member who successfully completes the zip wire, and therefore a maximum of 12 points per team. Snow Camp staff will be present and will confirm all participants who have completed the course.

Please arrive 5-10 minutes before your slot. You may not be able to complete your challenge if you are late!

Please note the following terms of access for the zip wire, determined by the Val Thorens tourist office:

- Accessible to adults & children (aged 14+) over 1.40m tall.
- Minimum weight 50kg, maximum weight 120kg with equipment included. Depending on wind conditions, these weights may vary.
- Opening subject to weather & snow conditions.

Note: Snow Camp won't penalise any participant if they fall outside of the above terms.

In the unfortunate event that the zip wire can't operate due to wind & snow conditions, full points will be awarded to all participants. Snow Camp will notify all participants on the day in this circumstance.

End of Day 1 – Friday

Day 1 concludes at Le Fitz Roy terrace with the 80's Après Party kicking off from 5pm to 7pm!

On arrival, teams will be checked in by the Snow Camp team, then invited to grab your celebratory Après drinks bucket to enjoy with your teammates. Of course you're very welcome to freshen up in your rooms first and change into your 80's Après outfits, or borrow some of our retro ski suits available on the terrace.

As a reminder:

- 1) You're welcome to arrive back at Le Fitz Roy anytime you wish.
- 2) Point deductions will be given to any team who arrives back at Le Fitz Roy after 5pm.
- 3) All orienteering checkpoints must be submitted to your team's WhatsApp group by 6pm.

After the 80's Après Party, all teams head out to eat wherever they wish in Val Thorens.

Team Distance Challenge (Day 2 – Saturday)

Day 2 begins with the Team Distance Challenge; to ski as far as you possibly can in 2 hours as a team!

Please send one team member to collect your teams GPS tracker in the hotel lounge between 8am and 9am. Then please ensure all team members are outside Le Fitz Roy terrace no later than 9.10am, fully kitted up with all ski equipment, ready to officially begin Day 2 at 9.30am.

After a 5, 4, 3, 2, 1 countdown, the Team Distance Challenge begins with another Le Mans start!

The Team Distance Challenge is not a race. All skiers must ski within their capabilities and adhere to the Ski Way Code, including controlling your speed, choosing your routes carefully, and above all else, respecting the safety of all other slope users.

The trackers measure up and down, so lifts are counted, and you can use whatever means you like to gain distance, so long as you are all together, on ski's, on foot or on the lifts.

You may only use the same piste a maximum of 3 times during the Team Distance Challenge – we'll be watching!

All team members must always ski together as a team!

- 1) The Snow Camp team will around the resort and keeping an eye out.
- 2) Furthermore, every team must submit a photo (to their WhatsApp group) 3 separate photos, at least 30 minutes apart, with all 4 team members present, and a public clock clearly visible in each photo (most commonly found at the lift stations). Your own watches/phones etc are not acceptable.

Trackers will all automatically stop tracking at 11.30am, 2 hours from the start of the challenge.

The event finishes at 'The Snow Camp Paddock' at the bottom of the Chloé Trespeuch piste. The exact location will be shared in the events Whatsapp Community.

Your teams tracker must be returned in no later than 11.45am.

A dedicated area will be clearly visible in The Snow Camp Paddock. If you are late, 2km will be deducted for each 5-minutes accrued after 11.45am.

Teams will receive points based on their final position based on distance travelled: 20 points for the team that travelled the furthest distance, 19 points for the 2nd, and so on. The TracTrac league table is final!

After the Team Distance Challenge finishes, teams enjoy a delicious BBQ lunch at The Snow Camp Paddock.

Parallel Giant Slalom (Day 2 – Saturday)

The final event of the 3 Valley Rally will be the Parallel Giant Slalom, set by Thibault and his team at Club des Sports, and the wonderful Claire from Prosneige. The course won't be particularly steep, don't worry.

In Parallel Giant Slalom, two teams compete against each other at the same time, relay style, on two identical slalom courses (the red and blue course) set next to each other on the same slope.





After a 3, 2, 1 countdown, the 1st skier from each team starts the course. As soon as your 1st skier crosses the finish line, Snow Camp will release the 2nd skier from your team, and so on.

A full briefing will be given to everyone around 12.40pm, ready for a 1pm start.

Based on the standings from Day 1, teams will be seeded and split between an even number of pools to give our running order for the slalom. This ensures the highest placed teams from Day 1 won't face each other in the early rounds of the slalom etc.

Each team will race twice during the heats, and each race will be timed. The winning team from each pool will advance to the quarter finals, along with the fastest losers across all pools where necessary. Teams then progress into the semi-finals and final. The two losing semi-finalists will be awarded 3rd or 4th position based on their time in the semi-finals, with the remaining two teams going for glory!

To ensure the smooth running of the event, please make your way back up to the start of the slalom course as soon as you have finished your first heat. After your second heat, only teams progressing to the knock-out stages need to head back up to the start of the course. If you get knocked-out during the quarter or semi-finals, there is no need to return to the top of the course.

It's possible in the pool round that each team wins one race. In this case, the team with the fastest time in either of their races, will advance automatically.

For the teams who don't progress to the knock-out stages, final placings will be based on your fastest time in any of your heats.

On completion of the slalom, teams will receive points based on their final position: 20 points for the winning team, 19 points for 2nd, 18 points for 3rd, and so on.

One last thing for the slalom:

Jenny Jones and Chemmy Alcott will be commentating throughout, plus you'll be up against 2 former Olympic skiers in Graham Bell & Sam Temple in the slalom itself, so make sure you bring your A game!

End of Day 2 – Saturday

The Parallel Giant Slalom will be finished by 3.30pm, after which, all teams head straight to Bar360 for our 2nd Après party running until 5pm. The owners, Stephanie & Mike, can't wait to give us a very warm welcome!

After the Bar360 Après session, all teams head back to Le Fitz Roy to freshen up ahead of the Awards Dinner and After Party to bring the 2025 AJ Bell 3 Valley Rally to a close.

Awards will be given to the 3 best placed teams, plus the 3 highest fundraising teams; no doubt with a selection of special acknowledgements for some standout individual performances.

From all the Snow Camp Team, thank you for the support, and good luck!

Dan

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