

Nordic Ski 'Fitness' Training

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£895 or 985 Euros

Intermediate

So you walk, run, cycle or work out regularly but feel the effect of the winter blues? Try cross country skiing to maintain and build that fitness level during the winter months. This week is designed to give you the chance to learn an excellent method of winter ?cross-training? by trying both skating and classic ski-styles. Arguably the most aerobic of sports, this low impact exercise, is a great way to improve your fitness - *at all levels.*

Your days will be spent working on technique and as that develops we gradually build up the daily mileage and different training intensities to allow you to work at your fitness. Not only will you experience 6 days of *?personal training on skis?* but you will also enjoy the sense of freedom that cross country skiing provides and with ski tracks in a variety of terrains and locations it's a fabulous way to explore the Alps.

- Experience 6 days personal training on skis
- All inclusive package - staying in a beautiful chalet with hot tub
- Visit a variety of locations

[Departures](#)

Day 1 Arrival in Chamonix Valley

We meet you at your hotel the evening you arrive to brief you on the days ahead and answer any questions. Your guide will be at your accommodation at 6.30pm.

Day 2 Introductory Day

Our morning is spent fitting our skis and taking time to find our ski legs and have a look at good technique. After lunch we re-visit those newly learned skills and develop them. We finish the day with a ski, exploring the perfectly groomed tracks.

Day 3 Classic Ski Technique

We head towards the Swiss side of the mountains today. We will revise our new skills and work

on our technique. Our ski tracks take us through beautiful mountain villages following an ancient stagecoach route. After a relaxing lunch with views to the stunning Dents de Morcles we head back to the tracks for more ski technique. At the end of the day you can enjoy a well earned hot tub, and sauna.

Day 4 Skating Lesson

Today we switch our classic skis and boots for 'skate' equipment and an introduction to this alternative method of Nordic track skiing. Skating takes place on a wide prepared track which has been well groomed and pressed. The skis are shorter, stiffer and lighter than 'classic' skis. Skating is best described as the action of an 'ice skater' but on skis.

Day 5 Journey Day

Today we take time to consolidate our new skills. You can choose whether to focus on 'classic' or 'skate' technique or both! In the afternoon we will aim to cover more distance where we get to experience the enjoyment of making a journey through the winter landscape.

Day 6 Interval Training on Skis

Today we pick up the pace and try some 'interval training' - to be embraced not dreaded. This session is designed to raise the heart rate and burn some calories at what EVER level you are at. The afternoon is then free to either enjoy a rest or join your guide for another voyage through the snowy forests. After a week of instruction you will be surprised as to how far you can travel. Evening out to explore Argentiere and to eat at a restaurant of your choice.

Day 7 Val Ferret, Italy

Today we travel into Italy. We head up the beautiful Val Ferret and ski the tracks through the trees. The mountain views of jagged ridges, spires, and glaciers are stunning. We can explore up to 20 km's of tracks here! We lunch in a remote mountain chalet before returning to Chamonix for a final and well deserved meal.

Day 8 Departure

Today is departure day.

Accommodation



Our accommodation for this week is in the Arignone lodge.

The chalet has a sauna, hot tub and wonderful views of Mont Blanc. The bedrooms are twin or triple bedded, so you should be prepared to share your room with one or two course participants. The group has the use of the comfortable lounge area which has a real fireplace, satellite TV & DVD and free WIFI. There is a secure underground car park, ski lockers and overnight ski boot warmers in the basement. All meals (breakfast, lunch, afternoon tea and three-course dinner - except on one evening), are included.

Price

Included: The price includes full board accommodation (except 1 evening meal), based on two people sharing in a chalet and from the ski area via mini bus, the ski passes, ski hire, trip organisation, the fees of a qualified BASI Nordic Ski Instructor/International Mountain Leader/ Personal Trainer and their expenses are also included.

Not included: Insurance, flights & transfers (but we can advise on the best options), drinks, one evening meal and any ski lifts which may be used as an alternative itinerary.

Minimum numbers

This trip requires a minimum of 4 clients to run. We take a maximum of 8 clients.

Insurance

Please note that you must have the appropriate insurance for your chosen activity. You must be covered for helicopter rescue, repatriation and medical costs. With regard to this please be sure

you have read the [Insurance section in our Terms and Conditions](#)

Further Information

We prefer not to specify exactly where we will ski each day, but have given a *possible* itinerary (this is dependant mainly on weather/snow conditions at the time).

Previous cross country or alpine ski experience would be an advantage. Upon booking a full list of the necessary suitable clothing will be provided. Our starting point in Argentière is easily reached by airport transfer, car, train and bus from Geneva airport. It is a drive of approximately 1 hour 15 mins

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No



Val Ferret Ski