

# Italian Ski Weekends

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£625 or 755 Euros

Introductory

Join us for a wonderful weekend of cross country skiing in Italy. These holidays are a perfect introduction to cross country skiing, as well as being ideal for those wanting to refresh their skills. Perhaps you are a downhill skier looking for something different, you enjoy the gym, hill walking, or are a runner or cyclist but feel the effect of the winter blues? Well why not try cross country skiing to maintain and build that fitness level during the winter months.

Based in the beautiful Val Ferret near Courmayeur, we get to enjoy stunning views of the Italian side of the highest mountain in Western Europe - Mont Blanc, or Monte Bianco. Think cross country, cappuccino, and comfort!

- Learn or improve your basic cross country skiing skills
- Ski in remote valleys surrounded by stunning alpine peaks
- Enjoy true Italian hospitality with good food high on the agenda!

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## [Departures](#)

This weekend is designed to give you the chance to learn the art of cross country skiing and you can use it as a means of 'cross training' for your other sports. We try both skating and classic ski-styles. This low impact exercise, is a great way to improve your fitness - *at all levels!*

## Day 1 Arrival in Aosta Valley

We meet you at your hotel the evening you arrive to brief you on the days ahead and answer any questions. Val Ferret is a charming valley at the head of the Aosta Valley, near Courmayeur, which 'takes you away from it all' instantly. Enjoy mountain views from your bedroom window.

## Day 2 Introductory Day in Val Ferret

Our morning will be spent fitting our skis and taking time to find our 'ski-legs' and have a look at technique. After a fantastic Italian lunch and thick hot chocolate(!) we re-visit those newly learned skills and develop them further. We finish the day with a journey, exploring the beautiful groomed tracks in the Val Ferret. Enjoy the mountain ambiance amidst the wonderful forests and magnificent stretches of snow. The ski tracks wind along the entire valley, up to the village of Lavachey and then to Arp Nouvaz. The pistes which are always tracked and groomed, have many detours where we can lengthen or shorten our journeys

## Day 3 Cogne

Today we will be taking a drive along the Aosta Valley to the valley of Cogne, in the Gran Paradiso National Park. This picturesque location is famous for the Gran Paradiso, Italy's highest peak. With its typical stone-house village and eighteenth-century chapel, the area is steeped in history. This excellent venue is where many regional and national competitions take place and where we can explore upto 45km of trails. Like Val Ferret, we have plenty of options for varying lengths of excursions and terrain to practice our skills while enjoying the mountain and woodland scenery. We will return to La Palud to our accommodation and for our evening meal.

## Day 4 Val Ferret & Skating Opportunity

Our final days activity will be back in Val Ferret where you will have the opportunity to try the art of 'skating', a different method of cross country skiing. Alternatively you can enjoy exploring the trails and having time to practice your 'classic' skills. We will aim to have lunch in Lavachey where the cakes really cannot be avoided!

In the afternoon choose from either more skating or switch back to your classics and enjoy a last journey in this well hidden part of the Alps. Our final afternoon takes us to enjoy '*après ski*' in the chic ski town of Courmayeur. Choose from departing this evening or tomorrow.

## Day 5 Departure Day

Today is departure day. However, if you would like to extend your long weekend you might like to try snowshoeing to the wonderful Bonatti Refuge which sits high above Val Ferret - ask for further details on how to arrange a guide.

## Accommodation

For these weekends we stay in Palud village, the gateway to Val Ferret, and situated close to the cross country ski tracks. Our hotel offers a true Italian experience. The food & hospitality is excellent and the views of Mont Blanc and its glaciers are incredible.

## Price

**Included:** The price includes half board accommodation, based on two people sharing in a 2\* hotel, transport between ski venues and 3 days of instruction by a fully qualified BASI Nordic Instructor.

**Not included:** Insurance, flights & transfers, lunch & drinks, ski hire (approximately 35 euros for the 3 days) and ski passes (approximately 18 euros in total), any uplifts which may be used as an alternative in bad snow conditions.

# Minimum Numbers

This trip requires a minimum of 4 clients to run. We will 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

Please note that this itinerary is dependant on the weather and snow conditions at the time. Therefore changes to the itinerary may occur.

Previous cross country or alpine ski experience is an advantage but not at all necessary. Upon booking a full list of the necessary suitable clothing will be provided.

Val Ferret is in the Aosta Valley, near Courmayeur, and only 30 mins from Chamonix, France. Chamonix is easily reached from other European & Worldwide destinations by road, rail, coach or plane. Courmayeur is a small town offering all the facilities that you may require including cash machines

The closest airport is Geneva which is 1 hour 40 minutes from Courmayeur by road. Turin or Milan are the closest Italian airports which are about 2 hours away by road. Each airport provides either public transport, car hire or a transfer service to Courmayeur. You can also travel from the UK by train on the Eurostar then onto to Chamonix and onto Italy by bus.

For suggested travel links please refer to our [Packing & Information](#)

If you are arriving into Geneva you may wish to consider a group transfer to Chamonix which is normally about 25 Euros each way. For this we recommend [Mountaindrop Offs](#) who will give you their best rate if travelling during peak times. Upon booking quote TAT01.

By prior arrangement your instructor may be able to meet you and assist in a transfer to the Aosta Valley from Chamonix.

Alternatively the cheapest way to travel to Val Ferret from Geneva is via the Italian bus service from Geneva to Val d'Aosta via Chamonix.

[Public buses from Chamonix/Geneva to Courmayeur](#)

La Palud is just outside Courmayeur so to reach your hotel via public transport from Courmayeur you take the local service which runs regularly at about 8 Euros each way, or a taxi will cost you about 25 Euros each way.

Please contact us so that we can help you arrange your specific travel requirements.

**This trip is run in conjunction with the our partners The Telemark Ski Company**

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Val Ferret