

# Carrington Ski Trip – Folgaria, Italy

February half term,  
2023



# Itinerary

Day	Activity
Friday 10 <sup>th</sup>	Depart Carrington @ 2pm, dinner en route (ferry or coach)
Saturday 11 <sup>th</sup>	Breakfast at services, arrive resort early lunch, ski fit
Sunday 12 <sup>th</sup>	Snowsports day 1
Monday 13 <sup>th</sup>	Snowsports day 2 + Tubing (£7 cost for participants)
Tuesday 14 <sup>th</sup>	Snowsports day 3 + in house quiz
Wednesday 15 <sup>th</sup>	Snowsports day 4 + Bar Heaven disco
Thursday 16 <sup>th</sup>	Snowsports day 5, shower, change & depart resort after dinner
Friday 17 <sup>th</sup>	Arrive Carrington around lunch time



## Executive Coaches

- DVD player & TV monitors throughout
  - Full climate control, A/C
  - Toilet on Board
  - Reclining seats
  - Good leg room
- Breakfast stop en route



## The Journey

- 805 miles
- Depart Friday 10<sup>th</sup> @ 2pm
- Holdall or small suitcase
- Evening crossing to France
- Watch films / listen music
- Drive through the night
- 13 hours from Calais
- Arrive early lunchtime in resort



# On board the coach

- Passport
- GHIC / EHIC
- Comfy travel clothes
- Some Euros (Ferry food, toilets & breakfast at services)
- Travel pillow
- Headphones
- Book / magazine
- Toothbrush & paste
- 1 pair of Ski socks

## Food on the journey

- Non smelly snacks that travel well
- No nut products please
- Drinks in bottles not cans







### Pistes Kms

Blue	63
Red	35
Black	6

Resort height	1200m
Highest lift	1850m
Kms Piste	104Kms





## Breakfast – buffet style

Varied selection from bread rolls, cheese, cold meats, cereals, cooked options, tea, coffee, juices

## Lunch –

Hot lunch supplied on the mountain.

## Dinner – buffet style

Varied selection from soup starter, anti pasta appetiser, meat or vegetarian main, pudding

- **Hotel Lares** features accommodation with a restaurant, a bar and open lounge.
- This 3-star hotel offers ski storage space. The accommodation provides a sauna and free WiFi
- At the hotel, rooms have a wardrobe, a flat-screen TV and a private bathroom.
- Local Village & ski slopes: 500m  
Recently refurbished



## Ski Tuition

- 5 hours per day for 5 days plus opportunity for additional skiing with qualified staff
- Students put into ability groups, generally 1:12 ratio
- 2½ hours in the morning
- Hot lunch with drink on the mountain
- 2½ hours in the afternoon
- Certification of progress at the end of the week
- Skills can be checked against GCSE PE criteria



# Ski Clothing

Students must have the following personal pieces of ski wear

- Salopettes
  - Ski Jacket
  - Goggles (not sun glasses)
  - Ski socks
  - Gloves

## Ski layering

Students will need the following personal pieces of ski wear

- T-shirts
- Long sleeve tops
- Hoodies / jumpers





# Ski Clothing Suppliers

Students must have the following personal pieces of ski wear

- Salopettes
  - Ski Jacket
  - Goggles (not sun glasses)
  - Ski socks
  - Gloves
- Our local partners based at Redhill Aerodrome



Ski Clothing extras / Stocking fillers  
Students may wish to have the following personal items for the mountain

- SPF lip balm
- SPF sun cream
- Thermal base layer
- Hand warmers
- Snood / balaclava
- Bobble hat





## Resort Clothing for après ski

Same ski coat acts as evening coat so please only bring 1 coat for the week

- Warm layers, jeans, leggings
  - Hoodies, jumpers
  - Bobble hat
  - Thick socks
  - Gloves
  - Snow proof footwear



## Chalet clothing

- Comfy, warm, indoor clothes



# Après ski options

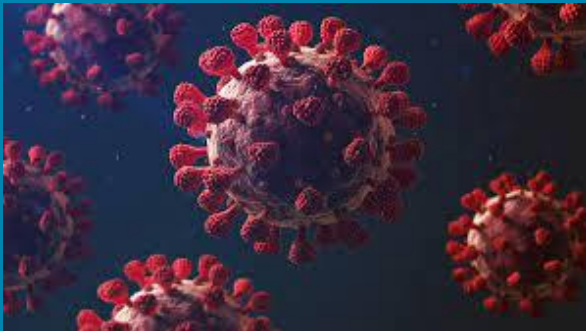
- Ice skating
  - Tubing
    - Quiz night
      - Bowling
        - Disco Heaven





# Administration

- Valid passport with a minimum of 6 months from the date of return (17<sup>th</sup> Feb = 17<sup>th</sup> August 2023)
  - Valid GHIC (replaces old EHIC)
    - COVID jabs advised
    - Pocket money
    - Medication





# Ski Injuries & fitness

- 5 hours exercise a day is physically hard work, be prepared to ache
- Be prepared to fall over, face plant into the snow and ache at the end of each day.
- Be prepared and ensure your personal levels of fitness are high. Walking, running, cycling, swimming are all good aerobic sports to help get in shape.

## Strength fitness

- Lateral lunges
- Forward lunges
- Reverse lunges
- Squats
- Mountain climbers
- Planks
- Push ups
- Sit throughs

## Aerobic fitness

- Burpees
- Jumping jacks
- Skipping
- Punch outs



# Let's off – Ski

- Be a part of a trip that you will never forget
- Learn a new life skill
- Visit an amazing country and explore it's culture
- Experience the breath taking landscapes and scenery of the mountains.
- Laugh, fall over, ache and exhilarate as you carve down the mountain

