

# Carrington Ski Trip – Sestriere, Italy

Easter, 2024



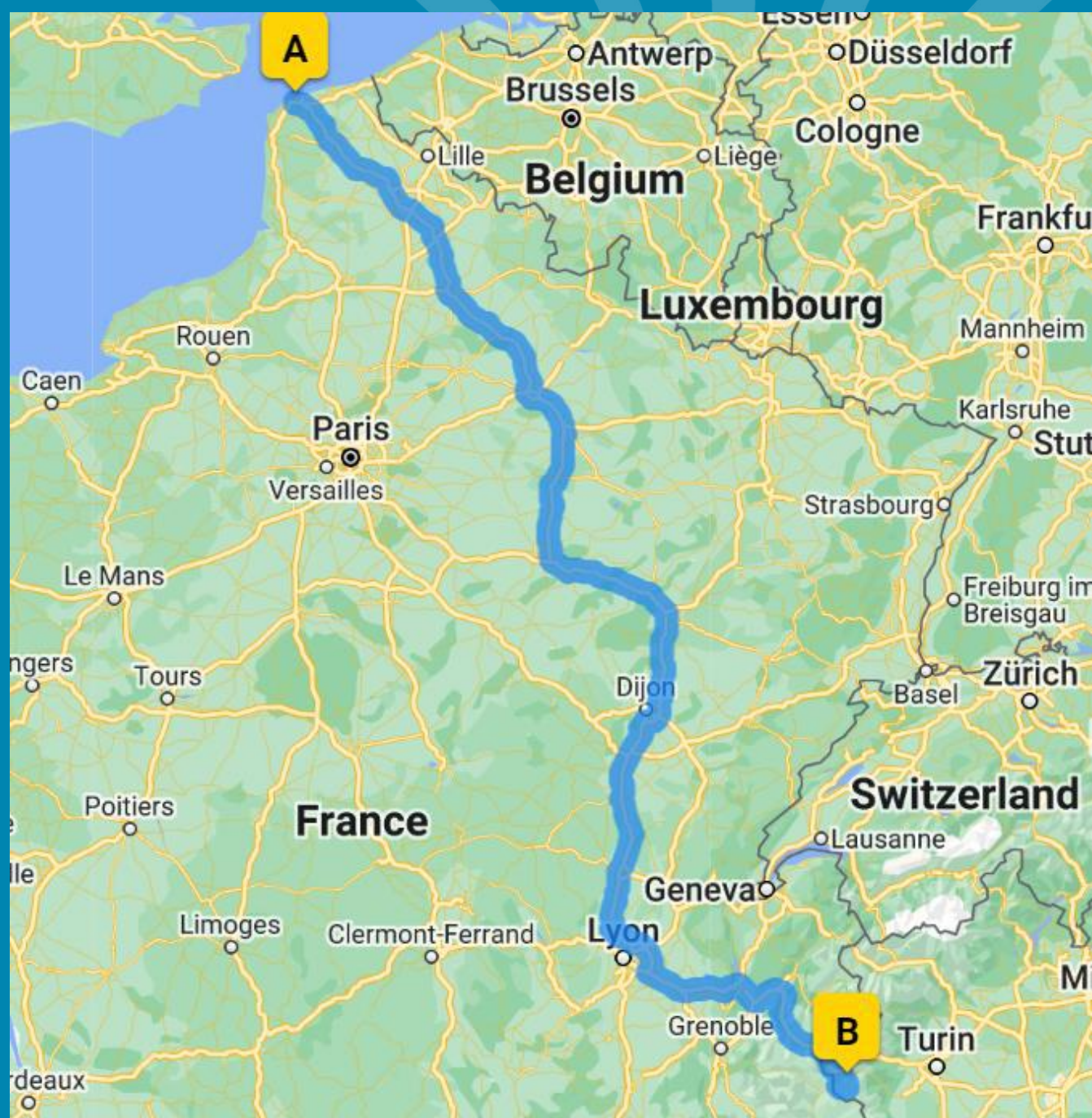
# Itinerary

Day	Activity
Saturday 30 <sup>th</sup>	Depart Carrington late morning, dinner en route (ferry & coach)
Sunday 31 <sup>st</sup>	Breakfast en route, arrive resort for ski fit, unpack, dinner
Monday 1 <sup>st</sup>	Snowsports day 1
Tuesday 2 <sup>nd</sup>	Snowsports day 2 + evening activities
Wednesday 3 <sup>rd</sup>	Snowsports day 3 + evening activities
Thursday 4 <sup>th</sup>	Snowsports day 4 + evening activities
Friday 5 <sup>th</sup>	Snowsports day 5, shower, change & depart resort after dinner
Saturday 6 <sup>th</sup>	Arrive Carrington around lunch time



## Executive Coaches

- Holdall or small case
- DVD player & TV monitors
- Full climate control, A/C
- Toilet on Board
- Reclining seats
- Good leg room
- Brunch stop en route



# On board the coach

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

## Food on the journey

- First meal in resort is Sunday evening
- Non smelly snacks
- No nut products please
- Drinks in bottles not cans



Sestriere  
 Snow  
 Forecast - 7  
 and 14 day -  
 26 Nov  
 2023 | J2Ski



Pistes	
Blue	24%
Red	55
Black	21

Resort height	2035m
Highest lift	2749m
Kms Piste	400Kms



## 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 Uappala** features accommodation with a huge restaurant, a bar and open lounge.
- This 3-star hotel offers ski storage at foot of slope. The accommodation provides a fitness centre and free WiFi
- At the hotel, rooms have a wardrobe, a flat-screen TV and a private bathroom.
- Local Village & ski slopes: 70m Recently refurbished



## Ski Tuition

- 5 hours per day for 5 days
- 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

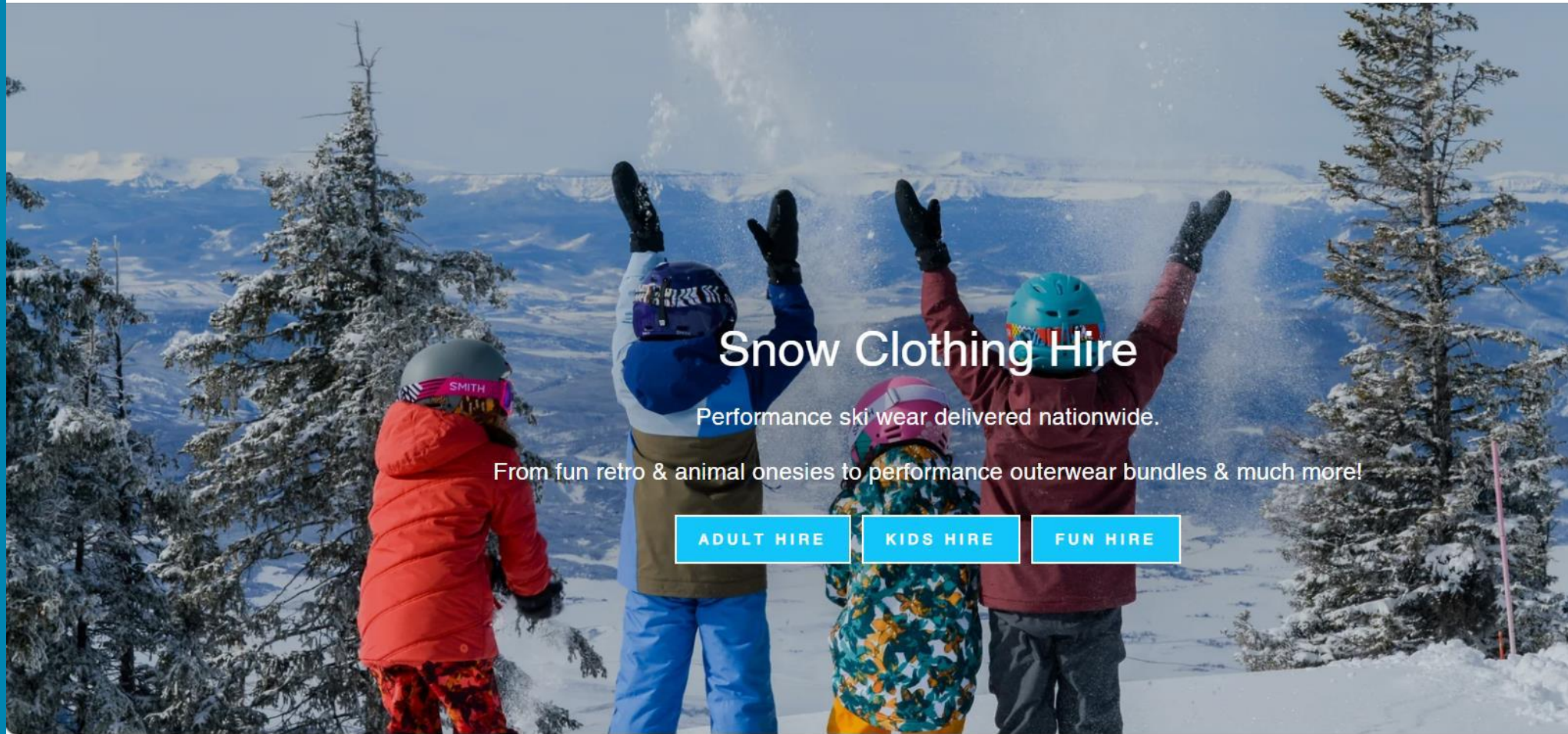


## Ski layering

Students will need the following personal pieces of ski wear

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





## Snow Clothing Hire

Performance ski wear delivered nationwide.

From fun retro & animal onesies to performance outerwear bundles & much more!

ADULT HIRE

KIDS HIRE

FUN HIRE



# 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
  - Adapters



# Après ski options

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



## Administration

- Passport with a minimum of 6 months from return date; 6<sup>th</sup> Oct '24)

Valid GHIC (replaces old EHIC)

ETIAS application required

Schengen visa if applicable

Pocket money

Medication





# Ski Injuries & fitness

- 5 hours skiing a day is 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
    - Any Questions

