



# Snowsport England

[www.ssenordic.org.uk](http://www.ssenordic.org.uk)

## On-snow Nordic skills and multi-activity week

**Kvitåvatn, Norway, 29 March–5 April 2008**

This will be the eighth year Snowsport England has held its highly successful 'On-Snow' course at Kvitåvatn. Based at the welcoming Fjellstoge, it attracts an enthusiastic body of cross-country and free-heel downhill skiers of all levels to share in a truly varied skiing experience. Under the leadership of Senior Coach Patrick Winterton and his talented team, this course has rapidly gained a reputation for the high quality of its coaching.

### Who is the course for?

- Cross-country skiers who wish to improve their skills, whether their interests are in track, touring or free-heel downhill.
- Alpine skiers who wish to improve their downhill skills by converting to free-heel downhill/ telemark skiing.
- Cross country skiers who want to experience a range of Nordic related on-snow activities.

### What will we be doing?

Mornings will usually be devoted to skills training in groups of similar ability. The XC groups will concentrate on classic and skating techniques on local tracks. The free-heel downhill groups will practice techniques, leading up to and including telemark turns, on the piste.

The afternoons will include a range of activities, such as ski orienteering, snow holing, fun races, and ski touring.

There will be the opportunity to alternate between the XC and downhill groups. Assessment for Snowsport England Proficiency Awards will be available.

### The leading coaches are:

**Patrick Winterton** will be planning the week's programme. Regular viewers of cross-country skiing and biathlon on Eurosport and/or Channel 4 will know Patrick for his commentary and in depth analysis of the sport. Patrick skied with the British Nordic Team for eight years, competing on both the World Cup Circuit and at the Olympic Games in Calgary. After retiring from International competition Patrick became a Snowsport England Nordic coach, a position he has held since 1991. He is now a Snowsport England Senior Tutor.

**Andy Stewart** is a qualified BASI Telemark Instructor and a Senior Tutor for Snowsport England in both Nordic and Alpine disciplines. He holds a Mountain Instructor Award and is a 'provider' for the Mountain Leader Training Board. Andy is a specialist in Outdoor Education.

Patrick and Andy will be joined by leading coaches from inside and outside the Snowsport England Nordic Coaching Scheme, to make up an outstanding team.

## Where is it held and where do we stay?

We stay in the hospitable Kvitåvatn Fjellstoge, 1000m above the town of Rjukan. The south-facing site, overlooking a frozen lake, is dominated by Gausta (1883m), the highest mountain in southern Norway. The well-maintained loipe offer excellent skiing over rolling terrain; the freeheel downhill groups will use the nearby downhill pistes and the area provides splendid mountain touring. Accommodation is in 3+ bed and 2 bed bunkrooms and self service meal arrangements include Norwegian style breakfast buffet (where you make your own packed lunch) and full evening meal. Tea and coffee are available all day at no extra charge for residents.

## How do we get there and how much does it cost?

Coaching costs are £285 for the week, with total discounts of £45 available for early booking and membership of Snowsport England Clubs. Coaching fees for Juniors are £160.

**Independent travellers:** Participants may prefer to book their own flight to Oslo and make their own onward travel arrangements to Kvitåvatn. Accommodation and meals will be NK 2590 (approx. £244 for the week) in a three-plus bunk room, or NK 3059 (approx. £288) in a 2-person room, bookable through the organiser and payable directly to Kvitåvatn Fjellstoge at the end of the week.

or

**Exodus Holidays:** Alternatively, a package to include flights from London Heathrow, transfer, accommodation and meals can be arranged through Exodus Holidays. The cost for this will be £629 based on a three/four bunk room. Exodus can also offer a transfer-only package between Oslo and Kvitavatr (£70 return or £40 one way)

## Equipment?

Participants are encouraged to bring their own equipment: lightweight track skis and waxes for the XC course and heavier metal edged equipment for the freeheel downhill course. However, equipment for both XC and freeheel downhill can be hired at the centre and waxes bought from the hotel reception.

## How do I book?

- Complete the booking form and return with £80 coaching fee deposit to the organiser (see below). The remaining balance to be paid eight weeks before departure. Cheques made payable to 'Snowsport England'.

### Independently:

- Accommodation bookable through the organiser on behalf of Snowsport England.
- Book your own flight. (Contact the organiser for advice on times to meet Exodus transfer arrangements.)
- Make your own transfer arrangements or book the Exodus transfer.

### Or through Exodus:

- Telephone or email to book flight, transfer, accommodation and meals.  
Exodus, Grange Mills, Weir Road, London SW1 0NE Tel 0845 330 6009  
Email: [groups@exodus.co.uk](mailto:groups@exodus.co.uk)

**This course is organised by Helen Bell on behalf of Snowsport England.**

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