

JOHN ARNOLD TRAINING WEEK 2024

MAYRHOFEN AUSTRIA

SATURDAY 13/1/24 TO 20/1/24

Our venue for 2024 Training week is Mayrhofen .This resort offers extensive skiing as borne out below

- Total Pistes: 139 km (530km in the Zillertal Valley)
- Blue: 29%
- Red: 47%
- Black: 24%
- Additional Ski Routes: 8.7km
- Lifts: 45 (180 in the Zillertal Valley)
- Altitude: 630m – 2500m

As we target intermediate to advanced skiing in the week the resort offers skiing for all group levels . Whilst the week is not suitable for beginners and we ask that skiers are capable of skiing red runs however the resort does offer plenty of blue runs that can be utilized if conditions become difficult.

For Intermediates Most of the Penken is suitable for intermediates and there is some great cruising across the mountain. The slopes of Eggalm are also well worth exploring and here it's possible to notch up 1000 vertical metres via piste 77. Adventurous intermediates will certainly want to explore the other resorts in the Zillertal, especially the glacial slopes at [Hintertux](#) and the extensive network of linked reds of the Hochzillertal area above [Kaltenbach](#) and [Fügen](#).

For Advanced/Expert & Off Piste Of course there's the 78% Harakari piste, which rightly has a reputation as a very steep and challenging run. Elsewhere the blacks are much less intimidating, but there is some great off piste in the area following fresh snowfall. Advanced skiers will want to clock up the miles by visiting as many of the other resorts in the Zillertal as possible – but note that none of the resorts offer serious challenges for experts.



We are staying at the Strass – Sport and Spa hotel (<https://www.hotelstrass.com/en>) a 4* hotel which is 40m from the Penkenbahn lift with the ability to ski back to the door and 500m from the centre of town. The hotel has extensive spa provisions and an indoor swimming pool.

We are presently limited to 4 coaches and 37 skiers so group sizes will be manageable .

The cost of the holiday is £1525. It includes flights from Birmingham or Manchester, transfers, half board in the hotel, all the coaching and your lift pass which covers the whole Zillertal valley and bus transfers.

- You will need to buy your own lunches each day.
- Ski carriage is free
- Ski hire £52 intermediate and £76 advanced skis additional cost.

This does not include insurance - you must arrange your own insurance and furnish the group leader with a copy of the document + next of kin details.

To join us please complete the booking form below and return it with a nonrefundable deposit of £100 - sorry to be strict about this but the club has invested a lot of money to reserve the holiday.

You must have a full passport and the name on the booking form must be the same as your passport. You should hold a European Health Insurance Card (EHIC). The week is not suitable for beginners.

You must be a MIDLAND SKI CLUB MEMBER to join this trip.

I hope I've given you all the information you need to persuade you to join us but if there is anything else you wish to know please ring me on [07578428864](tel:07578428864) or email bryanarnott@gmail.com.



Please reserve _____ places on the Training Week in Mayrhofen to MIDLAND SKI CLUB 089299 A/C 65362479 OR enclose a cheque payable to Midland Ski Club for my deposit of £100.

as a NON-REFUNDABLE deposit and I undertake to pay the balance of the cost by 20th October 2024.

I understand that the cost includes £185 for the coaching and this may not be covered by insurance.

I have a current (or will obtain) European Health Insurance Card - do check the expiry date. I have a full passport valid for the dates concerned.

Name(s) (as per passport)--

Nationality --

Passport number _____

_____ Issuing office

Passport date of issue & date of expiry ____

Country of residence-

Date of birth-----

Contact Address: -----

Phone & email:

Prepared to share a triple room

Ski carriage? yes/no number of ski bags --

Do you wish to hire skis?: Advanced £76 Intermediate £52

Skiing Experience: I have skied for _____ years and am happiest on blue/red/black runs (delete as appropriate).

Special Dietary needs