

Training week

JOHN ARNOLD TRAINING WEEK January 14th 2023

Due to the COVID pandemic we have had to postpone the training week to 2023

At the moment I can get up to 8 additional places but these are likely to be sold rapidly.

It is easier to book 2 places at a time but obviously from the clubs point of view I would like to fill 8 places within a month if possible .

Staying in the Hotel Sonnschein -. It's Just 400 metres from the Niederau Cable Car, this 4-star hotel in the Wildschönau Valley is surrounded by mountains and forests. It offers a spa area with 2 indoor pools.

Wild and beautiful – hence the name of one of the Tyrol's loveliest and most unspoilt valleys. Even though Innsbruck is just under two hours away it could be a million miles away from the hustle and bustle of city life. Niederau, the first and biggest of its traditional and most charming villages, is ideal for beginner and intermediate skiers, although there are testing runs too. It's linked with Oberau, just 3km away, by free ski bus service. Auffach, at the end of the valley, has some more challenging slopes and is now linked with Alpbach's ski area to form, with Niederau and Auffach, the Ski Juwel Area

Vegetarian options are always available, and other special diets are available at a supplement if booked in advance.

There is plenty of skiing with a good variety of pistes You will ski in a group of about 8 friends with similar experience and a BASI level 2+ coach. done on the move with a minimum of exercises and you will do an amazing number of miles. But with ample time for your coach to give you personal help.

The cost of the holiday is £1360 .It includes flights from Birmingham Gatwick or Manchester, transfers, half board in the hotel, all the coaching and your lift pass which.You will need to buy your own lunches each day. The only other costs are ski carriage at £65 for your own skis, or Ski hire £65.



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 . To join us please complete the booking form below and return it with a non refundable deposit of £150 - 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 Card hopefully this will still be in force.

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.

Birmingham flight details are

16-JAN-2022	LS0935	Birmingham	Innsbruck
		06:00	9:00
23-JAN-2022	LS0936	Turin	Birmingham
		10:10	11:10