

5-Day Ski & Winter Sports Holiday

A five-day winter sports holiday mixing skiing, snowboarding, and alternative snow activities. Suitable for mixed-ability groups with a dedicated rest and alternative activity day mid-trip. Covers resort logistics, equipment, slope conditions, and après-ski.

Day 1 — Arrival & Orientation

Transfer to Resort

Transport

Description:	Transfer from the nearest airport or train station to the ski resort. Mountain roads may require snow chains or winter tires — the transfer vehicle is equipped. The final approach climbs through pine forest into the resort village. Stop at the rental shop en route if equipment is not pre-arranged.
Duration:	2h 0min
Price:	55 €
Start Time:	11:00

Ski Chalet

Accommodation

Description:	Comfortable ski chalet within walking distance of the main gondola. Rooms with en-suite bathrooms, heated boot room, ski locker, and a communal living area with fireplace. Half-board — breakfast and dinner included. The chalet runs a shuttle to the lifts at 08:30 and 09:00 each morning.
Price:	130 €
Address:	Chalet Alpenrose, Resort Village, Mountain Road 14
Check-in:	Invalid Date
Check-out:	Invalid Date

Chalet Facilities & Shuttle

Info

Description:	Heated boot room with individual ski lockers — leave boots open overnight for drying. Boot dryer available for wet inners. Chalet shuttle departs at 08:30 and 09:00 to the main gondola; returns at 16:00 and 17:00. Ski pass pickup at the gondola ticket office — bring booking confirmation and photo ID.
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Resort Overview

Info

Description:	Resort covers 120 km of groomed pistes across three interconnected areas: beginner zone (blue runs near the village), main area (red and black runs above 2,000 m), and the freeride sector (off-piste with avalanche-controlled access). Lift pass covers all areas. Rental shops open 08:00-18:00. Mountain rescue: call 140 from any emergency phone on the slopes.
Group Size:	4-10 guests, 1 guide
Fitness Requirement:	Intermediate — four ski days, red runs and one off-piste session

Equipment Fitting & Rental ●●●●● Easy Activity

Description:	Visit the rental shop for equipment fitting. Skis or snowboard, boots, and poles sized to each person. Helmets mandatory for all participants. The fitting takes 20-30 minutes per person — allow 1.5 hours for the full group. Adjust DIN settings based on ability and weight.
Duration:	1h 30min
Price:	45 €
Start Time:	16:00
Address:	Sport Rental, Gondola Base Station, Resort Village

Welcome Dinner Meal

Description:	Dinner at the chalet. Meet the group, discuss tomorrow's plan, and set expectations for the week. The chalet cook prepares a hearty mountain meal. Early bed recommended — first lifts open at 08:30.
Start Time:	19:00
Price:	30 €

Day 2 — First Ski Day

Morning Skiing — Warm-Up Runs ●●●●● Moderate Activity

Description:	First runs of the trip on groomed pistes. Beginners start on the nursery slopes with an instructor if booked; intermediates and advanced take the gondola to the main area. Focus on warming up, finding ski legs, and getting comfortable with the conditions. Regroup at the mid-station restaurant at 11:30.
Duration:	3h 0min
Start Time:	09:00

Mountain Restaurant Lunch Meal

Description:	Lunch on the terrace of the mid-mountain restaurant, which is where the group naturally regroups after a morning on different runs. Self-service is faster if time is short. Hearty mountain food — soups, pasta, local specialties. Avoid heavy dishes that make afternoon skiing sluggish. Refill water bottles — dehydration at altitude is common and often overlooked.
Price:	22 €
Duration:	1h 0min

Afternoon Skiing — Exploring the Resort ●●●●● Moderate Activity

Description:	Afternoon session working across to the far side of the ski area, which most guests never reach on their own because the link lifts are not obvious. The guide leads the group to the best runs for their level — wide cruising pistes for intermediates, steeper pitches for advanced. Snow conditions change through the day: south-facing slopes soften, north-facing retain quality. Last lift at 16:00 — don't be late.
Duration:	3h 0min

Après-Ski & Spa

Free Time

Description: Wind down after the first full day. The resort has several après-ski bars at the base area, plus the chalet's own sauna and hot tub. Stretch thoroughly — quads, calves, and hip flexors. Foam rolling helps if you're not used to skiing daily.

Duration: 1h 30min

Chalet Dinner

Meal

Description: Half-board dinner at the chalet. Three courses with wine included. Review the day's highlights and discuss tomorrow's plans — the full mountain day.

Start Time: 19:00

Day 3 — Full Mountain Day

Full Day Skiing

● ● ● ● Moderate

Activity

Description: The big day — cover the entire resort from one end to the other. Start at the highest lift and work your way across interconnected valleys. This is the day to push personal limits (safely), try new terrain, and rack up vertical meters. Advanced skiers can access the freeride zone if conditions allow.

Duration: 6h 0min

Start Time: 08:30

Slope Conditions & Safety

Info

Description: Morning grooming report: check the resort app or the board at the gondola station. Avalanche risk level displayed at every lift station — if level 3+ (considerable), stay on marked pistes only. Closed runs are closed for a reason — never duck ropes. The icy section on the north face run between 14:00-16:00 catches people off guard.

Packed Lunch on Slopes

Meal

Description: Packed lunch from the chalet eaten at a panoramic spot or mountain hut. Saves time and money compared to restaurant stops. Thermos of hot tea or coffee is a luxury at 2,500 m.

Optional: Sunset Snowshoe Walk

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Activity

Description: For those with energy remaining — a guided snowshoe walk at dusk. Leave skis at the chalet and strap on snowshoes for a 1.5-hour walk through the forest. The silence of a snowy forest at sunset is magical. Headlamps for the return.

Duration: 1h 30min

Distance: 4.0 km

Fondue Dinner

Meal

Description: Traditional cheese fondue dinner at a local restaurant — a classic mountain experience. Communal pot, bread cubes, and pickles. Local wine or schnapps to accompany. The unwritten rule: if you drop your bread in the pot, you buy the next round.

Price: 35 €

Start Time: 19:30

Evening at Leisure

Free Time

Description:

Rest evening. Tomorrow is the alternative activity day — a chance to recover before the final ski day. Pack dry socks and base layers for tomorrow's non-ski activities.

Day 4 — Rest & Alternative Activities

Sleep In & Relax

Free Time

Description:

No alarm today. Late breakfast at the chalet. A well-timed rest day prevents injury and keeps enthusiasm high for the final ski day tomorrow. Read, nap, or soak in the hot tub.

Duration:

2h 0min

Non-Ski Activity

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Activity

Description:

Choose from the resort's non-ski activities: ice skating on the village rink, toboggan run from the mid-station (7 km descent), winter hiking on cleared paths, or horse-drawn sleigh ride through the valley. All suitable for non-skiers and a refreshing change of pace.

Duration:

2h 0min

Start Time:

10:30

Price:

25 €

Town Lunch

Meal

Description:

Lunch in the village — explore restaurants you haven't tried yet. The bakery near the church square does excellent pastries. A chance to wander the village shops too.

Price:

18 €

Optional: Cross-Country or Snowshoe

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Activity

Description:

For those wanting some exercise — cross-country skiing on the valley loop (10 km, flat to gently rolling) or a snowshoe hike to the frozen waterfall (2 hours return). Both offer a different perspective on the winter landscape without the crowded lifts.

Duration:

2h 0min

Distance:

10.0 km

Spa Afternoon

Free Time

Description:

The resort spa or the chalet's sauna and hot tub. Steam room, plunge pool, and relaxation area. An afternoon of warmth and recovery. Book massage slots in advance — they fill up on rest days.

Duration:

2h 0min

Dinner

Meal

Description:

Chalet dinner. Early-ish night — tomorrow is the last ski day. Make sure all equipment is ready: edges sharp, boots dry, goggles clean. Check the weather forecast for the morning.

Start Time:

19:00

Final Day Plan Info

Description: Tomorrow: morning ski session (09:00-12:00), farewell lunch at the mountain hut, equipment return by 14:00, then departure transfer. Pack main luggage tonight — leave only ski day essentials for the morning.

Day 5 — Last Runs & Departure

Morning Final Ski Runs ●●●●● Moderate Activity

Description: Last morning on the slopes. Revisit your favorite runs from the week. The group rides together for the final descent — no splitting up today. Savor the turns, the views, and the mountain air. Last run tradition: a group photo at the top before the final descent to the village.

Duration: 3h 0min

Start Time: 09:00

Farewell Lunch at Mountain Hut Meal

Description: Farewell lunch at the highest mountain hut with 360-degree views. A toast to the trip, the mountains, and the group. The traditional last-day lunch is always the most memorable meal of the week.

Price: 28 €

Equipment Return ●●●●● Easy Activity

Description: Return all rental equipment to the shop. Check for damage together with the shop staff to avoid surprise charges. Return lift passes for the deposit refund. Change into travel clothes at the chalet.

Duration: 30 min

Chalet Check-out Accommodation

Description: Check out of the chalet. Clear the boot room and ski locker. Settle any bar or extras charges. Tip the chalet staff — they kept you warm, fed, and happy all week.

Check-out: Invalid Date

Return Transfer Transport

Description: Transfer back to the airport or train station. Mountain roads may be icy — the driver knows the conditions. Allow extra time for potential delays. Load skis/boards carefully in the vehicle if taking personal equipment home.

Duration: 2h 0min

Price: 55 €

Trip Wrap-Up Info

Description: Holiday complete — 5 days, 3 full ski days, 1 alternative day. Compile group expenses, collect feedback, and share the group photo album. Legs will be sore for 2-3 days. Start planning next year's trip on the transfer home — it's tradition.

What's Included Info

Description: Four nights at the chalet on half board with a heated boot room, the resort shuttle, a guide for three of the four ski days including the off-piste session, and avalanche safety equipment for that session — transceiver, shovel and probe with a briefing on using them.

What's Not Included Info

Description: Lift passes for the four days, which are the largest excluded cost at roughly 220–280 EUR for a six-day area pass; ski, board and boot hire; helmet; lunches on the mountain; drinks; the optional snowshoe evening; and gratuities. Hire and passes can both be pre-booked at a discount if arranged before arrival.

Insurance & Documents Info

Description: Winter sports insurance covering off-piste with a guide is required for the day-four session, and it is a specific exclusion in most standard policies — covering “winter sports” is not the same as covering off-piste. Mountain rescue and helicopter evacuation must be included. Bring photo ID for the photo-registered lift pass and your insurer's 24-hour number.