

# Ski Day Trip

A full day on the slopes with morning and afternoon skiing sessions, a mountain restaurant lunch, and après-ski. Covers resort logistics, slope recommendations, and equipment management.

## Day 1 — Ski Day

### Conditions & Planning Info

|                      |                                                                                                                                                                                                                                                                                           |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description:         | Check snow report and avalanche bulletin before departure. Confirm lift operating hours, open runs, and any closures due to wind or grooming. Layer clothing appropriately — base layer, insulating mid-layer, waterproof shell. Bring sunscreen and goggles even in overcast conditions. |
| Group Size:          | 2-8 skiers, 1 guide                                                                                                                                                                                                                                                                       |
| Fitness Requirement: | Intermediate — confident on red runs                                                                                                                                                                                                                                                      |

### Drive to Ski Resort Transport

|              |                                                                                                                                                                                               |
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| Description: | Drive to the resort. Snow chains or winter tires mandatory on mountain roads. Arrive before 08:30 for the best parking spots close to the lifts. Allow extra time if road conditions are icy. |
| Duration:    | 1h 0min                                                                                                                                                                                       |
| Start Time:  | 07:00                                                                                                                                                                                         |

### Morning Skiing — Groomed Runs ●●●●● Moderate Activity

|              |                                                                                                                                                                                                                                            |
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| Description: | Morning session on freshly groomed pistes. Start with blue runs to warm up, then progress to reds. Groomed runs are at their best in the first hours — smooth corduroy surface, minimal crowds. Regroup at the mid-station every 3-4 runs. |
| Duration:    | 3h 0min                                                                                                                                                                                                                                    |
| Start Time:  | 09:00                                                                                                                                                                                                                                      |
| Price:       | 55 €                                                                                                                                                                                                                                       |

### Slope Recommendations Info

|              |                                                                                                                                                                                                                                                                                                                                          |
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| Description: | Best runs for the group's level: Start on the wide blue run from the top station (gentle gradient, wide turns). Progress to the red run along the north face (steeper, excellent snow quality). Avoid the black couloir unless all participants are confident advanced skiers. Meeting point: the restaurant terrace at the mid-station. |
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### Mountain Restaurant Lunch Meal

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| Description: | Lunch at the mountain restaurant with terrace views. Self-service is faster than table service if time is limited. Classic mountain fare — hearty soups, pasta, local specialties. Avoid heavy meals that make afternoon skiing sluggish. |
| Duration:    | 1h 0min                                                                                                                                                                                                                                   |
| Price:       | 25 €                                                                                                                                                                                                                                      |

## Afternoon Skiing — Varied Terrain ●●●●● Moderate Activity

Description: Afternoon session exploring different parts of the resort. Snow conditions change through the day — south-facing slopes get softer, north-facing retain their quality. Try different run types: wide cruisers, mogul fields, or tree-lined trails depending on ability.

Duration: 3h 0min

## Après-Ski Free Time

Description: Wind down at the base area après-ski bar. Hot chocolate, beer, or mulled wine — the group's choice. A good time to share highlights of the day and review photos. Stretch calves and quads while still warm.

Duration: 1h 0min

## Equipment Return ●●●●● Easy Activity

Description: Return rental equipment to the hire shop. Check for any damage charges. Retrieve personal belongings from lockers. Change into dry clothes and comfortable shoes for the drive home.

Duration: 30 min

## Return Drive Transport

Description: Drive back from the resort. Roads may be icier in the evening — drive cautiously, especially on shaded sections. Allow extra time compared to the morning journey.

Duration: 1h 15min

## What's Included Info

Description: A qualified mountain guide for the day, return transfer to the resort, and a route planned around the morning's conditions report rather than a fixed itinerary.

## What's Not Included Info

Description: Lift pass, which is bought on the day and is the largest single cost of the trip — budget 55–75 EUR depending on the resort and season. Also excluded: ski or board hire and boots, helmet, lunch on the mountain, drinks, and gratuities.

## Insurance & Documents Info

Description: Winter sports insurance covering on-piste skiing and mountain rescue is required. Standard travel policies frequently exclude winter sports entirely, and those that include them often stop at the piste boundary. Bring photo ID for the lift pass, which is photo-registered at most resorts, and your insurer's emergency number.