

# Italian Cross-Country Ski Short Break

Trip Code: ISW

Version: ISW Italian Cross-Country Ski Break



WINTER



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Ideal for beginners or to improve your cross-country ski technique
- Tuition from fully qualified expert instructors who can truly make the most of your time
- Maximum group size of 8, excellent accommodation (including a spa) and Milan Airport transfers included
- Stunning views of Mont Blanc and the surrounding mountains

**AT A GLANCE**

- 3 days Cross-Country Skiing
- Max Altitude 1760m
- Join at Milan Malpensa Airport

**ACCOMMODATIONS & MEALS**

- 4 Breakfasts
- 4 Dinners
- 4 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

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Based from the beautiful town of Cogne, this short-break is a perfect introduction to cross country skiing, as well as being ideal for those wanting to refresh their skills. Perhaps you are a downhill skier looking for something different, you enjoy the gym, hill walking, or are a runner or a cyclist but feel the effect of the winter blues? Well why not try cross-country skiing to maintain and build that fitness level during the winter months. From our lovely family run hotel accommodation in Cogne, in the heart of the Gran Paradiso National Park. Here we have access to over 45kms of pisted tracks where we can hone our skills and soak up the mountain views. This is a fantastic break away in a winter wonderland. Cross-country, cappuccinos and comfort...who could say no?

**Ski Hire:**

Cross country skiing equipment, which includes, skis, boots and poles can be hired locally and picked up on arrival in Cogne, at a cost of approximately €40 for the three days.

View our full range of [walking and trekking holidays in Italy](#).

**Is this holiday for you?**

This 'long weekend' cross country ski break has been designed for newcomers, or those who had done just a few days previously. Previous alpine ski experience could be helpful, but is not essential. The tuition will be pitched at Beginner level. Full instruction is given on the ski techniques for 'classic' style cross country skiing. All skiing will take place on prepared tracks skiing in and out of parallel grooves, first on the flat progressing to more undulating terrain. Instruction will be given on how to control speed and direction including how to initiate a basic 'snowplough' enabling you to control speed when travelling downhill. Group size is limited to a maximum of 8 so that everyone can be attended to effectively. Note your guide will try to fulfil the itinerary, but this is dependent on the weather/snow conditions. In the event of bad weather or poor snow conditions the guide will use their expertise and local knowledge to determine the best alternative routes to take advantage of the prevailing conditions.

If you are thinking of joining one of KE's more adventurous ski touring itineraries, such as The King's Trail, this is an excellent place to start.

# Itinerary

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## DAY 1

**Meet at the group hotel in Cogne. A single timed airport transfer is provided from Milan Malpensa Airport.**

The holiday starts at the group hotel in Cogne. A single timed transfer from Milan Malpensa Airport is provided.

Your ski instructor will meet you at your hotel and brief you on the days ahead. If you have booked ski hire, they will also arrange for your hire skis and boots to be taken to your hotel.

Meals: **D**



**Accommodation**

Hotel

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## DAY 2

**Introduction to 'cross country' skiing.**

Our morning will be spent fitting our skis and taking time to find our 'ski-legs'. Your instructor will take you through various exercises as a way of introducing you to the techniques needed to enjoy cross country skiing. Cogne has an excellent 'stadium' offering beautifully groomed tracks in a large flat area - no hills! We believe it is the perfect arena for learning to ski without any need for concern about 'stopping' on the first morning. We then aim to have a leisurely lunch, Italian style, which means excellent home made food and the compulsory hot chocolate and cake! The afternoon we will be relaxed about our skiing and you can choose to work more on your technique or perhaps just chill out and head back to our gorgeous hotel.

Meals: **B D**



**Accommodation**

Hotel



**Time**

3 hrs skiing

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## DAY 3

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## Building on your skills.

Cogne is an excellent venue is where many regional and national competitions take place and where we can explore up to 80km of trails! This morning we often ski straight from the hotel door into the gorgeous Valnontey. The trails are flat or gently undulating and are a great training ground. It allows us to build on yesterday, but in a way that keeps the enjoyment factor high and the fear factor low! The valley is very famous for 'ice climbing' and you will see many ice climbers tackling the spectacular frozen waterfalls that line the valley on both sides. We return to the hotel for lunch, and then spend the afternoon cruising the trails in a leisurely fashion.

Meals: **B D**



**Accommodation**  
Hotel



**Time**  
6 - 7 hrs skiing

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### DAY 4

## No longer a novice!

Today we have many options and can choose between heading to the valley of Lillaz with a stop at the lovely woodland restaurant, the Sylvenoire, or heading down the valley to Epinel. Actually, there is too much to choose from and your instructor will make a decision based on where the best skiing is to be found. Another Italian lunch will be on the cards, followed by an afternoon of working it off!

Meals: **B D**



**Accommodation**  
Hotel



**Time**  
5 - 6 hrs skiing

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### DAY 5

## Departure day.

Depart after breakfast. A single timed transfer to Milan Malpensa Airport is provided. Flights should be booked to depart no earlier than 12-midday.

Meals: **B**

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# Holiday Information

## What's Included

- 3 days instruction from a Nordic Ski Instructor who is also an International Mountain Leader with the relevant qualifications required for that country
- Single timed airport transfers
- Hotel accommodation in Cogne for 4 nights
- Transport between ski venues
- All meals except lunches
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## What's not Included

- Travel insurance
- Lunches & Hillfood snacks
- Equipment hire
- Ski Passes
- Miscellaneous personal expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

#### Day 1

A single timed transfer from Milan Malpensa Airport is provided. Our pick up time from Milan Malpensa Airport is scheduled for 16h30.

#### Day 5

A single timed transfer to Milan Malpensa Airport is provided. Timed to leave Cogne at approximately 07h30 in order to arrive at the airport between 10h30-11h00. Your flights from Milan airport should be booked to depart no earlier than 12-midday.

## Meal Plan

All meals except lunches are included in the trip price. You will need to purchase snacks for each day. These can be bought locally. We recommend an allowance of €10 to €15 per day for lunches, snack food and water.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Breakfast will be taken in our hotel each day and will be continental-style. Lunch (not included) will be taken at cafes or mountain restaurants where there will be a choice of different dishes to suit your tastes and budget. Dinner each evening will be a 3 course meal at our hotel. Italian food is world-renowned and this is an excellent opportunity to sample the delights of pizza and pasta or cappuccino and cake!

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this trip, the group will spend 4 nights at the hotel in Cogne. The accommodation will be in twin rooms.

Situated in the heart of the old town our accommodation is perfectly situated to easily access the ski trails, free bus to neighbouring villages, shops and bars. For winter 2018 we be staying at the family run, 19th century Hotel du Gran Paradis, making it Cogne's oldest hotel. It boasts traditional architecture, local Italian cuisine all in a relaxed alpine setting. Make yourself at home with access to their living room with fireplace, little bibliothèque, bar, heated ski room plus it has a small private wellness Spa La Baita. Massages and single room requests are possible but do incur an additional fee.

## Group Leader & Support Staff

The group will be led by a Nordic Ski Instructor who is also an International Mountain Leader with the relevant qualifications required for that country.

## Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

## Spending Money

We estimate that €200 should be sufficient to cover your miscellaneous expenses including lunches, drinks and any other personal outgoings.

You will also need to set aside approximately €45 for ski hire and €27 for ski passes for the holiday (not per day).

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

All luggage has to fit in to the boot of a mini-van for the journey to Italy, so we would ask that you keep both size and weight of luggage to a respectable limit of around 12 kg (and only one bag per person). It is worth noting that you will be required to carry your own bag up and down from your accommodation; luggage with wheels can be useful for this holiday.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.



## Preparing for your Holiday

Cross-country skiing is excellent training for other sports and as a low-impact exercise is a great way to improve your fitness. It makes a lot of sense to spend some time before coming on a cross-country ski trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Jogging, squash, cycling and swimming are good for developing better stamina.

## Climate

The temperatures that we can expect to encounter during the day will be in the range minus 10 degrees to plus 15 degrees celsius / 14 - 59°F, though it can feel much warmer than this in the reflected sunlight high on the slopes away from the forest. In the evening, temperatures will drop below freezing levels. January to March is statistically the time of lowest precipitation in the Alps but mountainous areas do generate their own weather systems so occasional rain, snow and even stormy weather cannot be ruled out.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Maps

### Aosta Valley Everyman MapGuide

A map and guide all in one.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Note: winter cycling clothing is excellent apparel for cross-country skiing.

### You should bring the following items:

- Snow boots or walking shoes
- Waist belt/small rucksack for short journeys - (On a warm day you may need space to stow clothes as you warm up)
- Rucksack – 25 to 30 litres maximum
- Waterproof jacket
- Waterproof overtrousers. Ski salopettes are OK for day trips/lessons but too warm for long journeys
- Thermal baselayer - leggings
- Thermal top – long sleeved
- Thin fleece top – long sleeved
- Thermal gloves
- Warm and waterproof gloves

- Warm hat
- Sunhat
- Scarf or buff
- Warm socks (like walking socks but not too thick or long like alpine ski socks)
- Comfortable underwear

■ Water container (1 litre) NB. Drinks tubes and bottles stowed on the outside of your rucksack usually freeze in winter (we encourage re-filling water bottles rather than single use plastic)

- Toilet paper and small pack of hand wipes
- Waterproof bag for documents

■ Basic First Aid Kit - Our professional tour leaders hold first-aid qualifications and will carry a basic medical kit. You should bring your own personal first aid kit consisting of the following: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment, and re-hydration salts (Dioralite). Glucose tablets are a good idea.

- Sun protection (including total bloc for lips, nose etc.)
- Spare clothing for use in hotels/chalets

### **The following items are optional:**

- Extra pair of warm mittens
- Head/ear band
- Gilet - fleece or wind stopper
- Headtorch and spare batteries
- Camera

- Repair kit – (eg. needle, thread, duct tape)
- Trainers
- Reusable cloth bag for shopping (to avoid plastic bags)

## Cross Country Ski Equipment

- Ski touring boots\*
- Ski-touring skis\*
- Ski poles\*

### Ski Hire / rental:

\*Cross country skiing equipment, which includes, skis, boots and poles can be hired locally and picked up on arrival in Cogne, at a cost of approximately €45 for the three days. You will need to pre-order hire equipment through KE.

We will need to know your height, weight, normal shoe size (you must give us your everyday shoe size and not your personal adjustment for wearing boots) and the measurement of your height up to your armpits (for ski pole hire). You will make your payment directly to the ski shop.

*Please note you will be liable for any damage caused to the specialist equipment due to negligence.*

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Cogne and a single timed airport is provided from Milan Malpensa Airport.

# Why Choose KE

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## Why KE

Expert Knowledge Jayne from the KE office learnt to cross country ski on this holiday - give her a call (or email) with any questions.

**Please Note** This document was downloaded on 18/05/2024 and the trip is subject to change