



Skiing - Downhill and cross country



Things you need to learn

- How to ski
- What to wear in cold conditions
- Where to ski
- All about ski equipment

Internet Link 1

High in the cool mountain air you get off the chair lift, slip on your skis, pull down your goggles and off you go down the hill.

You can ski in Ireland and the UK on dry slopes or you can head to the snow in the Alps. In recent times flight costs have been low enough to allow skiing to become a real possibility within your programme.

You need to be able to ski, so you will need lessons of some kind. They can be had on the dry slopes in Ireland or as part of your adventure.

Kandersteg is a great location for winter sports adventures and you can design an adventure that includes a variety of activities including skiing.

Twinning with a Venture Unit from France, Switzerland or the Nordic countries will turn your adventure into a true international experience.

Additional specialised insurance will be required for this adventure