

DALSETER 2024 - GB NORDIC PART 1 - SKI HOSTS: MARTIN CAMPBELL, DAVID DAVIES & PAM CURWEN

About us

Martin & David will be resident GB Nordic Hosts at Dalseter Hoysfjellhotel from Monday 5th February 2024 to Saturday 24th February 2024. We are delighted that Pam Curwen is joining the Host Team from 14th February to 24th February. Throughout we will offer a daily choice of guided ski programme.

We have previously led numerous weeks over several years as GB Nordic hosts, which is now into its tenth year. We are all experienced cross country skiers and have excellent knowledge of the tracks and routes available from this hotel. We will work closely with the hotelier to ensure everyone booked will have a great holiday and a memorable Nordic ski experience.

We hold current and validated outdoor first aid certificates. We have a basic first aid kit, but this does not include the provision of any medication. We carry a mobile phone at all times.

Method

We will arrange daily a choice of ski programme. One will be a simpler, slower and shorter day; the other a longer more challenging experience. Once Pam has joined the Team further off track opportunities will be offered with Martin. We will outline after dinner each evening the choices being offered for the following day.

Instruction on a group or individual basis will be offered where/when appropriate. This will either be development training or corrective training on appropriate cross country ski skill techniques.

All days are optional. There is always the opportunity to switch to snowshoeing (with Mary Campbell). For those who hire skis through the hotel no additional charge is made. For those with their own skis, a daily snowshoe hire charge is applied. The actual programme will be decided dependent upon those in residence, their skills, abilities and expectations. Key to all of this will be the prevailing weather, snow conditions, wind speed and cloud base.

Primarily this is a track skiing holiday, on freshly prepared tracks. We work closely with the hotelier and will ensure our routes are freshly cut and prepared. On some days/routes we will ski out of track, but on prepared snow. Again this will be organised in advance. The ski equipment (boots, skis and sticks) hired through the hotel is perfect for all these options. A range of waxable skis, along with the latest twin skin skis all with or without metal edges are available. We will arrange and manage the provision of hired ski equipment you need. Grip wax is available to purchase from the hotel shop. (All these are chargeable to your room account)

The arrangement with the hotel is that either a buffet lunch (from 13.30hrs) or packed lunch will be provided. On buffet lunch days a longer morning ski, followed by a short afternoon is offered, so that individually you can choose whether to ski in just the mornings or both before and after lunch. On the other days longer ski programmes will be provided when a packed lunch will be taken with us. (Prepared from the

breakfast buffet – bring your own lunch box). Your own flask can be filled by the hotel daily.
(Tea/coffee/juice)

There may be some additional cost such as the use of a hired coach to take us to or collect from Fefor. The button drag lift from the lake to the hotel can also be used. The costs for these will be advised in advance and added to your room account.

The dynamic of the group changes more or less daily with new arrivals and departures. This is a departure from traditional weekly holidays, and we will incorporate new arrivals daily as required and would ask for the patience and understanding of everyone. Primarily we aim to host these holidays for individuals as part of a group. For safety we will lead the groups on the selected routes. On downhill sections this will often mean we ski at the back of the group. We aim to advise you where we will catch up, so that everyone can ski safely and confidently with each other.

A reasonable level of fitness in advance is useful. We will offer daily warm up exercises for those interested. Also offered to everyone is a 40 minute muscle warm down Aquarobics routine in the swimming pool at 16.30hrs each day. Please bring appropriate swimwear! The hotel has a good sized swimming pool, with separate changing rooms and saunas.

Everyone who has booked the GB Nordic hosted holidays will be allocated to dedicated group tables in the restaurant where we take breakfast, dinner and buffet lunch (selected days). After dinner we have reserved seats in the lounge for tea and coffee and a chance to chat about the ski and snowshoe choices the following day. Bring along your favourite game - cards, Uno or other for the group to enjoy in the evenings. If you have a group quiz or other activity bring that along. A slide show of the four seasons in Espedalen is also shown.

We would like to offer the following advice:

- Have a spare pair of gloves with you at all times
- Bring a good quality pair of insoles with you for the hired boots. Sorbothane or gel insert styles are recommended.

Finally

It is important that everyone who opts into the daily choice of ski routes offered understands that our role is one of hosting the holidays and that we cannot be held liable for any accidents or injuries that occur. Everyone should ensure that they have appropriate insurance to cover themselves for this activity on the dates booked.

All of the hosting arrangements we have outlined above are at no cost to you.

We are really looking forward to being your hosts and offering the services outlined above. This new venture since 2015 has proved to be very popular. It is an exciting opportunity for like-minded people to enjoy each other's company on cross country skis in this fantastic location.

We look forward to welcoming you on arrival at Dalseter Hoyfjellshotel. We wish you a safe and trouble free journey.

Martin, David & Pam