

GB Nordic 2 - 2024

Sunday 25th February - Saturday 16th March

Dagmar Junghanns, Rosie Blades, Glennis Dore, Pam Curwen, Pete Curwen, Nigel Williams,
Tom Higgs

Welcome to GB Nordic 2. We are looking toward to skiing with you and hope you will have a very enjoyable stay at Dalseter.

About Us

We are all freelance ski instructors / leaders invited by Dalseter Fjellhotell www.dalseter.no to provide the GB Nordic 2 skiing programme.

We are all qualified instructors with the British Association of Snowsport Instructors (BASI) and hold current outdoor first aid certificates. Leaders for off-track skiing also hold winter mountain safety qualifications from BASI and/or International Mountain Leader.

We all have led numerous weeks at Dalseter and have excellent knowledge of the prepared track network and the off-track routes available from the hotel.

The Skiing

Dalseter has an excellent network of prepared tracks that take you through woods and meadows and up to higher mountain circuits. Off-track there are limitless possibilities for short and long days out. We know these routes very well and aim to provide a varied programme throughout the week that makes the best of the snow conditions and weather.

We provide choice of ski activities each day, aiming to provide:

- **Sporty track skiing.** Day tours in the prepared track system with opportunities for tips and instruction along the way.
- **Easier, no rush days out on track.** Shorter days or morning and afternoon sessions in the prepared track system. Plenty of opportunities for instruction along the way.
- **Off-track mountain day tours.** Opportunities to reach summits or ski routes in the open mountains. Opportunities for tips and instruction along the way.
- **Easier off-track tours in gentler terrain.** Skiing in the forest or on open rolling terrain. Plenty of opportunities for instruction along the way.

Each day after dinner, we will outline the choices being offered for the following day, these are tailored to meet our skiers' abilities and expectations, taking into account the weather forecast and prevailing snow conditions.

In addition to ski tours each week we offer **half or full day technique sessions**. For on-track skiers we can provide instruction in both classic and skating technique. For off-track sessions we generally focus on downhill techniques, including telemark turns.

We also offer a dedicated **beginner week** for on-track and off-track skiing (for 2024 these are **10th - 16th March**). There may also be opportunities to arrange private lessons.

You can of course also take time out to do your own skiing, and we can help you choose routes and advise on safety considerations.

Leader Fees: Skiing with a GB Nordic 2 leader is £20 per person, per day, payable in GB Sterling to the individual leader (cash or bank transfer).

Off Snow Activities

We also have several off snow activities each week typically including:

- Opportunities to learn about ski equipment, ski care, ski preparation and waxing.
- Evening talks and slide shows about skiing and related outdoor activities.
- Talk/walk looking at wildlife tracks and trails.

Things to bring

Ski clothing and equipment:

- **Socks and insoles**, please bring a selection of newish socks of varying thickness to ensure a good fit in ski boots especially if you are hiring equipment. Also bring insoles that you use in other footwear. Bring sports tape and blister protection just in case.
- **Skiing clothing**, please ensure you bring a suitable range of clothing and equipment suitable for the open winter mountain environment. This will include insulating layers, windproof/waterproof outer layers, hat, gloves. Off-track skiers in particular will need full mountain clothing. Layers are important as you get warm going up, and need extra layers for coming down. Plus a spare hat, gloves/mitts and extra warm layers/jacket.
- **Thermos flask**, lunch box, a sit mat and rucksack.
- Sunglasses, sunscreen
- **Ski waxes** for waxable skis. Can be purchased from the hotel shop if required.
- For off-track skiers, **climbing skins** are useful if you have them but they can be hired at Dalseter.

Other items:

- **A travel kettle** and teabags / coffee are useful bring with you as tea / coffee making facilities are not available in the hotel rooms.
- Your preferred **snacks** to take out with you when skiing.

Travel Insurance

- Please ensure your cover includes cross country skiing (off-track if required).
- Your **travel insurance policy** details including an emergency contact number.

Preparing for skiing

Cross country skiing is well known as an active pursuit, whatever your level or pace. If you want to prepare for your holidays, key areas to consider are:

- Balance
- Flexibility
- Muscle tone
- Overall fitness
- Technique

Please decide what you think is right for you and take appropriate professional advice as needed as to the suitability of any particular element. Here are some links to sites with information and options. Please decide what you feel is helpful and appropriate for you.

<http://www.xcskiacademy.com/blog/cross-country-skiing-warm-up>

<https://www.snowsportengland.org.uk/clubs-facilities> takes you to a list of UK Nordic ski clubs

Hotel Essentials

For all information about the hotel please use the website www.dalseter.no or contact them directly. However, here are key points relating to the skiing.

Ski hire. If you don't have your own equipment, the hotel has a good range of hire equipment for on-track and off-track skiing. You are also able to exchange equipment if you switch between track and off-track skiing. If you are hiring boots you may want to bring your own insoles.

Meals are included in your hotel package:

- **Breakfast.** Help yourself from the extensive breakfast buffet
- **Lunch.** We have a choice of a buffet lunch in the hotel dining room or a packed lunch - our skiing options will include both of these during the week. For those groups that are out all day, a packed lunch will be taken with us. You prepare this from the breakfast buffet. Your own flask can be filled by the hotel (tea/coffee/juice) if you don't have your own travel kettle. Groups that are skiing on a morning and/or afternoon basis will come into the hotel for the buffet lunch. Whichever the lunch option, it is a good idea to have your own snacks to take out with you. We will make sure to take breaks during the skiing for drinks and snacks.
- **Dinner.** Dinner is a 3 course served meal, with salad bar, and followed by tea/coffee.

Questions

For information about the hotel or travel please contact the hotel directly. If you want further information about the skiing aspects please contact:

On-track skiing questions: ontrack.gbnordic2@gmail.com

Off-track skiing questions: offtrack.gbnordic2@gmail.com