

**OVERVIEW**

This trip is open to snowboarders too! Click [here](#) for snowboard information.

We are currently setting the dates and prices for 2011. Please [contact us](#) if you have any questions.

Magnificent peaks, endless terrain, incredible backcountry, awesome parks and breathtaking beauty are just some of the high points of our Ski Switzerland Powder & Park Tour. Enjoy expert coaching while exploring five of Switzerland's best resorts. Experience long backcountry runs, world-class parks and well-groomed pistes by day, and luxury hot springs, nighttime sledding, fondue meals and medieval towns by night. \_uacct = "UA-675615-1"; urchinTracker();

**IS IT FOR ME?**

This is the perfect trip for those who want to sample some of the best ski resorts offered in Switzerland. The trip features a variety of terrain and slopes, so it is ideal for skiers of all disciplines. It is also suitable for all abilities, including beginners.

**HIGHLIGHTS**

- \* Ski the top 5 Swiss resorts
- \* High-quality coaching for all abilities
- \* Be guided on long backcountry runs
- \* Experience some of Europe's best parks and pipes
- \* Visit excellent resorts still largely undiscovered by tourists
- \* Hot springs, nighttime sledding and fondue evenings

**INSTRUCTOR TO GUEST RATIO**

1:5

**MAX GROUP SIZE****ITINERARY****Day 1**

Our Ski Switzerland tour begins! We'll pick you up from Geneva Airport and drive you to Grindelwald - a traditional mountain village nestled in the mighty Swiss Alps just below the Eiger Northface. You'll be free to settle into our accommodation - a beautiful, modern, 4 star hotel in the center of town, and then we'll meet to grab some dinner and explore the town.

**Day 2**

Today we hit the slopes! We have a choice of five incredible resorts so we'll visit whichever offers the best conditions on the day. If the snow's good, we'll start out at Grindelwald-First resort. Grindelwald is a UNESCO World Heritage Site that is famous throughout the world over for its incredible setting. In addition to wide slopes and extensive backcountry, Grindelwald has an awesome freestyle park.

**Day 3**

If the conditions suit, today we'll head to Adelboden, one of Switzerland's largest snowboard resorts which is surprisingly non-touristy. Beginners can continue their development on wide groomed trails, skiers can enjoy long powder and tree runs and freestylers can check out the rails, boxes and kicker lines of Adelboden's park. After a long day of riding, we'll head to a luxury lakeside hot spring followed by dinner in Interlaken.

**Day 4**

Today we will head to Meiringen-Hasliberg, a 'locals-only' resort with no crowds, long backcountry runs and an excellent park. After a full day of coaching, we'll head back for some video coaching, followed by a good dinner.

**Day 5**

Today we'll head to Murren/Schilthorn, the region's highest resort (3000+ m), offering long runs, great steepes, awesome backcountry and panoramic views of the famous Eiger, Munch and Jungfrau peaks. After skiing we'll head to the Swiss capital of Bern, one of Europe's most impressive medieval cities (UNESCO protected), so you can take advantage of

late night shopping and check out its many shops, cafes, bars and restaurants.

**Day 6**

Our final day to ski in Switzerland, so the choice is yours! We can check out Kleine-Scheidegg, the final of the five resorts, or we can head back to whichever resort the group has enjoyed most. At the end of our final day of coaching and video instruction, we'll head back to Grindelwald for our final dinner and party. We'll go to an isolated mountain hut where we'll dine on a traditional Swiss fondue and then jump on sleds for a night time ride down Europe's longest toboggan trail!

**Day 7**

Our ski tour of Switzerland is over. We'll drop you off at Geneva Airport.

**INSTRUCTION****SKI INSTRUCTION**

We are dedicated to offering the highest quality ski instruction on the market. We know there are a multitude of other ski school programs and camps that you could choose from, but we believe that ours is unique thanks to the individual attention we give our clients and to the quality and nature of our coaches. It's also unique because rather than being confined to just one mountain resort, as most ski school programs are, our ski instruction takes place at a variety of different resorts in the magnificent Swiss Alps.

**OUR SWISS SKI INSTRUCTION PROGRAM**

Our Switzerland tour is ideal for those who want to develop their all-round skiing. You can choose to focus solely on freestyle, solely on alpine, or on any mixture of any ski discipline. There will be plenty of opportunities for practicing your preferred style. Presently, we do not offer telemark instruction.

**Beginners**

Our beginner program is tailored to guests who have never or very rarely skied before. To read more about this program, please check out our beginners section .

**Intermediates**

Our intermediate ski instruction is designed to ensure that intermediate skiers optimize their technique, develop their style, and challenge their performance. At the beginning of the trip we'll assess your particular development needs and then work with you to achieve them. To increase your confidence as well as improve your ski technique, you will be taught to exercise more control of your skis through proper steering, making and linking turns, and eventually skiing steep terrain. We will also emphasize your body positioning and center of mass for optimal flexibility. Intermediates interested in freestyle will have extensive instruction on jumping kickers and catching air. Skiers will also be familiarized with different turning techniques (such as carving) as well as exposed to a multitude of ski disciplines, from alpine to telemark skiing. You will also be encouraged to test your ski skills by taking advantage of natural hits and bumps. In addition, our ski school will teach you the correct technique for skiing powder and we will familiarize you with using avalanche transceivers and other backcountry safety equipment. In the evening, we will enhance our ski instruction with video coaching and informal evening workshops on such topics as backcountry safety, waxing, tuning, and edge sharpening. To minimize your chance of injury, we will start each day with a warm-up session targeted specifically to skiers.

**Advanced**

Our advanced ski instruction is for skiers who are very proficient on their skis and who would like to improve certain freestyle tricks or techniques, or who are looking to push their skiing with world-class athletes. You will be accompanied by a professional or former professional skier who can help you with whichever skills you wish to develop, be it perfecting certain tricks or working on picking and perfecting backcountry lines. As with beginner & intermediate level skiers, we will film you during the day and analyze the footage with you in the evening to provide you with additional feedback and tips. There will also be informal evening workshops on such topics as backcountry safety and ski care.

*Please note:* To better cater to your level, coaches may not always choose to work with their entire group at the same time. This will result in more tailored coaching but may mean you are left to practice on your own during some periods of the day.

WE BASE OUR SKI INSTRUCTION ON THE FOLLOWING POINTS:

\* **Individual attention:** most ski school programs and camps process so many clients each week, they cannot afford to give students the individual attention they deserve. Although our ski instruction is group instruction, we treat each client as an individual, identifying their particular development needs and learning goals and working with them to ensure these needs are met.

\* **Low coach-to-client ratio:** in order to ensure clients receive the attention they deserve, we use a much lower client-to-coach ratio than do most ski instruction programs. Our client-to-coach ratio is a maximum of 5-to-1 (often it is much lower), whereas another ski school might use a ratio as high as 10-to-1.

\* **Proprietary coaching program:** our team of expert instructors has worked hard to develop a proprietary coaching program that maximizes client learning in a systematic and enjoyable way and is tailored to the specific needs of our clients.

\* **Maximum flexibility & All-day coaching:** Although we base our ski instruction on a comprehensive plan, we nevertheless keep it as flexible, relaxed, and tailored to the individual as possible. The atmosphere we create is more one of skiing with friends than partaking in a lesson. Our instructors will ski alongside you giving you tips and encouragement; they won't line you up in a group and teach from a generic lesson plan as you find in a typical ski school experience. Also unlike any other ski school, we don't limit you to just a few hours of ski instruction per day; our instructors are available to encourage you and give you tips all day long. You can use them as little or as much as you like, and you can push yourself as much as you choose.

\* **Highest quality instructors:** We work hard to select the best possible instructors. Our coaches are expert skiers (many are professional or competitive skiers) who have extensive coaching experience. Perhaps even more importantly, our instructors are fun, open and easy-going people who love to teach.

\* **Video coaching & workshops:** To maximize your learning, our ski instruction includes the use of video coaching and informal evening workshops.

\* **Long-term improvement:** Skiing can be a challenging sport. There is so much to learn and you may not master all the skills and techniques you desire during your short time with us. One of the goals of our ski school, therefore, is to give you all the knowledge and advice that you need to be able to continue to learn from us months and even years after you've left us.

\* **An unforgettable experience:** Although we want you to maximize your ski performance, our most important goal is that you have a fantastic time while traveling with us. For this reason we work hard to create a supportive, relaxed and fun atmosphere and to create an itinerary that is unique and full of variety.

### BEGINNERS

Our ski trips are open to skiers of all abilities, including beginners who want to learn to ski. If you've never been skiing before you might want to try it out for a few days before you join us on our trip. But once you've decided that the sport is for you, we'd love to have you join us in Switzerland. We offer a systematic learning program for beginners to ensure that you learn to ski correctly from the beginning (or, if you've already been skiing a few times before, to correct any bad habits that you might have developed). Relative to other snow sports, it is quite easy to learn to ski, but it is also easy to pick up bad habits if you do not receive proper instruction from the start. Bad habits can significantly effect your progression as a skier and lead to later frustration. Thus, it is essential that you learn to ski with the right technique from the start. Our instructors have extensive experience in teaching beginners to ski and love introducing new people to the sport. They will teach you at your own pace, in a relaxed and non-intimidating way. After two weeks with our instructors, you'll not only be amazed by how much you progress, but also by how hooked you'll become on skiing.

### Our Beginner Instruction Program

Our beginners program is tailored to clients who have no or very little background in skiing. Depending on your ability, our beginner's program will work on getting you comfortable on your skis by side slipping and skidding on the edges of your skis, linking basic turns and performing 360 slides on the slopes. We will also work with you to ensure you develop correct body-positioning. As your time with us progresses you will learn to ski with increasing speed and smoother turns. If you are ready we may also work on carving and introduce you to basic freestyle elements and/or powder skiing. One of the most powerful tools to learn to ski correctly is to see yourself in action, so we will film you during the day and

analyze the footage with you in the evening to provide you with additional skiing tips. In addition, we will provide you with workshops on how to wax, tune and sharpen your skis. We start each day with warm-up exercises to minimize your chance of injury.

To learn more about our coaching system, please see our intermediate and advanced sections.

### TERRAIN

During our weeklong camp, we'll have the opportunity to visit five of Switzerland's best skiing resorts, all of which are a gondola ride or easy drive from Grindelwald. World famous for its incredible alpine setting, Grindelwald ski resort has 45 lifts and more than 250kms of groomed trails. In addition to steep couloirs, wide-open bowls and awesome tree riding, it has one of Europe's best-shaped superpipes and an awesome terrain park.

Adelboden is one of Switzerland's biggest snowboarding resorts, with 50 lifts and 150kms of trails. It's a 'locals' resort with crowd-free slopes and great opportunities for skiers. Adelboden's 'Gran Masta Park' with kickers, rails, hips, gaps, a pipe, and music is enough to keep freeskiers happy for days. There is a diversity of terrain, from steeps and bowls to backcountry and powder.

Hasliberg is another 'secret', tourist-free spot, and has something for everyone - from steep chutes and open bowls, to easy-access backcountry and secret powder stashes. It also boasts one of Switzerland's best-designed parks with kickers, rails and a huge quarterpipe. With a summit of more than 3000 m (10,000ft),

Murren Schilthorn ski resort is the region's highest resort and features long runs, great steeps, and awesome backcountry. For freeskiers there is a quality park with a variety of kickers, rails and other features. Finally, Kleine Scheidegg is one of Switzerland's premier international resorts. It has endless groomed slopes, long, steep runs and some of the region's most extreme freeskiing terrain.

### ACCOMMODATION

We wish for you to experience the best that ski holidays in Europe have to offer, so we've carefully selected the ideal base town and accommodation for our trip. Our base for the weeklong camp will be Grindelwald, a traditional Swiss mountain village at the foot of the Eiger Northface.

Principally a locals-town, Grindelwald has just enough tourism to provide it with a good infrastructure of bars and restaurants but not so much for it to have lost its natural charm and "Swiss-ness". We will stay in modern 4 star hotel, right in the village centre. It has everything we need for a great week of skiing in Switzerland, including on-suite bedrooms, a bar, bistro, restaurant and spa.

Check out our slide show above for photos of our Swiss snowboard accommodation.

### FOOD

Grindelwald offers a good selection of bars, clubs and restaurants. Every night we'll book a restaurant for those who want to eat as a group. As a base for our ski vacation, Switzerland proves itself as the host of varied, international food (including Italian, Mexican, and French) as well as offering typical local dishes like Fondue, Raclette and Rosti. Budget US\$15-\$25 per dinner and US\$8-\$12 for lunches. In addition to checking out the restaurants in Grindelwald, we'll also spend an evening in Bern (Switzerland's capital city) and the famous resort town Interlaken. One evening we'll also have a traditional fondue dinner in a remote mountain hut overlooking the world famous Eiger North Face.

According to previous guests, one of the most exciting elements of our Swiss Powder & Park Tour was the group dynamic -- the people they met and the fun they had hanging out together. However, should you want a quiet and relaxing week to yourself, it's well within reach. Once you're off the slopes, you're free to do whatever you like and pursue your own individual interests. We do encourage you, however, to take part in some of the group fun, too!

### DATES & PRICES

For detailed dates and pricing information, please see our website at <http://www.accesstrips.com>

### TRAVEL INFO

## 1) ARRIVAL & DEPARTURE INFORMATION

**Arrival and Departure Airport:** If you are traveling to Switzerland by plane, you should fly into and depart from Geneva International Airport (GVA/LSGG). You can also fly into Basel-Mulhouse Airport (BSL/LFSB) or Zurich International Airport (ZRH/LSZH), but we do not provide pickups from these airports, so you would need to take a train to Meiringen, the base town for our trip.

**Pickup information:** We provide airport pickups from Geneva International Airport. We will be waiting for you in the baggage claim area (if you arrive on a domestic flight) or after you pass immigration (if you arrive on an international flight) with a sign saying "Access Trips". If you are arriving by train, we can either pick you up from the Geneva Airport (the train stops at the airport) or from Meiringen train station. Please ensure that your flight or train arrives between 8am and 6pm on the first day of your session.

**Drop-off information:** We provide airport drop-offs to Geneva International Airport. You should ensure that your flight departs from Geneva after 11am on the final day of your trip in order that we have enough time to get you to your flight. If you are departing by train, we can either drop you off at Meiringen train station or at the Geneva International Airport train station. If you would like to be dropped off at the Geneva International Airport train station, please ensure your train departs after 11am on the final day of the trip.

**Airlines and Checking Equipment:** If you intend to bring your own equipment, please check with your airline regarding policies for checking and transporting sports gear and equipment before you book your flight. This includes inquiring as to weight, charges and liability.

**Flights:** We do not book flights or insurance for our clients. For recommendations, [click here](#)

## 2) TRAVEL REQUIREMENTS

**Travel Insurance:** Travel insurance, including emergency evacuation coverage, is compulsory for all our trips. Please do not attend any of our trips without purchasing appropriate insurance coverage. We recommend that you purchase travel insurance that includes cancellation protection so that you will be covered in the event that you are unable to attend our trip (due to injury, illness or other unforeseen circumstances) or in the unlikely event that our trip must be cancelled. We do not provide travel insurance for our clients. Please contact your local travel agent to purchase travel insurance or refer to the insurance page of our website for suggestions.

**Passports & Visas:** All countries require a valid passport (with a minimum of 6 months validity). Citizens of some countries will also require a visa. To learn more about visa and entry requirements for Switzerland, please check out the Swiss Embassy website at: [http://www.eda.admin.ch/washington\\_emb/e/home.html](http://www.eda.admin.ch/washington_emb/e/home.html) or consult your local travel agent. Please note that it is your responsibility to ensure that you have the correct travel documentation.

**Age:** We do not have any age restrictions on our trips. The majority of our clients are between the ages of 25 and 45, but we also have many clients who are older and younger than this.

## 3) HEALTH AND SAFETY

**Emergency Contact:** If you need to contact Access Travel in an emergency, you can reach us during office hours at the following numbers:

Dialing within North America: 1 (650) 492-4778

Dialing outside of North America: +1 (650) 492-4778

If you feel that you need to contact us outside of office hours, one of our staff members will be available on the following mobile lines:

Mobile-phone: +1 650 521 2662 or +1 650 387 4249

If you do not receive an immediate answer when calling the above numbers, please leave us a detailed message and we will get back to you as soon as possible.

**Health requirements:** Please carefully review the health information section of the following webpage for up-to-date health information, including information on the quality of medical care, the availability of medications and the necessity for vaccinations in the destination country: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1034.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1034.html)  
You are responsible for ensuring that you receive any necessary vaccinations before embarking on your trip with us.

**Fitness requirements:** The majority of our trips are open to people who are beginners in our target sports. Nevertheless, you should have a reasonable level of fitness before attending any of our trips and you should enjoy physical activity and the outdoors. During the majority of our trips you will be able to take a rest if you find that you are over-exerting yourself, but in order to maximize your enjoyment of our tours you should ensure that you are in reasonable shape.

**Safety & Security:** To maximize your safety during our tours you should exercise common sense and caution at all times. We recommend that you always stick to set travel arrangements, and avoid unknown areas. We also recommend that you wear minimal jewelry and that you keep valuable items safely stored. Always keep a copy of your passport, airline tickets, travelers checks and credit card numbers separate from where you keep the originals. For information on safety and security in Switzerland, please review the safety and security section of the following webpage: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1034.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1034.html)

#### **4) WHAT TO TAKE**

**Equipment:** To maximize your enjoyment and performance during our trip, we recommend you bring your own equipment and especially your own ski boots. If you are unable to bring your own equipment, however, we have high quality ski equipment available for rent. Please see the following web page for information on our rental equipment: <http://www.accesstrips.com/sports/snowboard-switzerland/swiss-dates-prices/>

**What to bring:** Many of our trips require us to move our base several times, so we recommend that you pack as lightly as possible. There will not always be someone available to help you carry your bags so you should only bring as much as you can carry on your own.

**We suggest that you bring the following items:**

##### **Clothing & Equipment**

- \* skis & bindings
- \* ski boots
- \* ski poles
- \* ski pants and warm jacket
- \* gloves, goggles & warm hat
- \* helmet
- \* avalanche transceiver (if you have your own)
- \* casual winter clothes, jeans, pants, warm sweaters etc
- \* toiletries
- \* money belt
- \* sunscreen
- \* first-aid kit (should contain lip balm, aspirin, band aids, a cream for sore muscles (e.g. deep heat), extra prescription drugs you may be taking)

##### **Documents & Money**

- \* passport (with photocopies)
- \* travel insurance (with photocopies)
- \* airline tickets (with photocopies)
- \* Credit and/or debit card and/or travelers cheques and/or cash
- \* Any entry visas or vaccination certificates required

##### **Spending Money**

- \* Meals: Breakfast - Included Lunch - US\$8-12     Dinner - US\$15-\$25 (1 dinner included) Of course, our estimations

depend on whether you want to eat in very simple restaurants or in more expensive ones.

\* Other expenses - Aside from meals, there are no required additional expenses for this trip, but you might like to take spending money for such things as souvenir shopping, nightlife and Internet cafes.

\* Tipping - It is customary to provide a small tip in Swiss restaurants (5% is more than sufficient). There is no tipping required for other services.

### 5) USEFUL LINKS

**Country Information:** For additional information about traveling in Switzerland check out [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1034.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_1034.html)

**Currency Exchange:** The currency in Switzerland is the Swiss Franc (CHF). For the latest currency exchange information check out <http://finance.yahoo.com/currency>

### 6) ABOUT ACCESS TRIPS

**Who we are:** Access Trips is dedicated to offering a wide range of instructional adventure tours. If you're looking for a vacation that provides a huge sense of personal achievement while still being fun, exciting and rewarding, our tours are right for you. We coined the term `instructional adventure tour` to describe our unique style of travel because as far as we know, we are the only company in the world to specialize in offering a variety of such trips! Instructional adventure tours offer the best of both worlds - expert instruction to help you develop and improve in your favorite pastime (or, if you're a beginner, to help you learn a new pastime correctly from the start), and varied and exciting itineraries to give you a unique and memorable travel experience. Our tours are the perfect mix of a high quality instructional course and an exciting adventure vacation and you'll find there's nothing more satisfying than challenging yourself and reaching new heights in your favorite pastime, while also enjoying a unique and authentic travel experience. Our instructional tours encourage you to develop your potential in a relaxed and non-intimidating setting, regardless of your ability level, and reward you with carefully selected accommodation, delicious food, incredible scenery and unique cultural experiences.

We offer trips in all continents except Antarctica and we currently specialize in snowboarding, skiing, surfing, mountain biking and multisport tours. Our team is made up of instructors who are among the best in the world; we select them not only for their talent and experience (many are professional and competitive athletes) but also for their great personalities and their passion for coaching. Our tours attract men and women of all abilities and ages and, thanks to the fact that all clients have a common interest, our trips tend to be fantastic social experiences in addition to great instructional trips.

**Our commitment to our clients:** Like many travel companies, we are dedicated to offering the highest quality, safest and best value trips that we can. But our client mission is much more than this: on top of offering an excellent product, we are committed to making a positive change in the lives of our clients. We at Access Trips have all benefited in meaningful ways from the remarkable power of having a passion in life - of having a pastime that brings you pleasure, friendships, a sense of achievement and a total escape from the pressures of everyday life. Some of us have found self-confidence, others friendships, and others motivation and drive as a result of our involvement in sports. We want our clients to also experience the pleasure of finding and pursuing a passion. It is our goal that clients return from our trips having found a new passion or solidified an existing one, having made lasting friendships, having experienced a deep sense of achievement as a result of reaching new heights in their favorite sport, and having acquired a new perspective on life as a result of the unique experiences that our trips provide. We have had more than a few clients who have returned from our trips and decided to make major life changes such as changing careers to pursue more meaningful work, moving countries to be closer to the outdoors, and changing universities to be around more like-minded people. We do not expect our trips to have such a dramatic impact on all our clients, but we do hope that all our clients can be inspired in some small way from the experience of sharing their passion with us.

**Our commitment to others:** Although we are ultimately a for-profit business, Access Trips is about so much more than just turning profits. We operate Access Trips because we are passionate about travel, sports and the outdoors and because we love to share this passion with our clients, our employees and the local people we encounter during our travels. It is deeply important to us that our business contributes to the world in a favorable way and that we use our resources to affect as much positive change in the world as we can. We believe that we have three major responsibilities: to our clients, to our employees and to the world at large (which includes the environment and local communities) and we are doing everything we can to serve these three groups to the best of our ability. Please see the

company section of our website (<http://www.accesstrips.com/company/mission/>) to read more about the actions we are taking to fulfill our mission and to effect positive change in the world.

### **7) FINAL NOTE**

The information contained in this document is provided in good faith. Due to the nature of travel, details in this document may change. You should thus use the above information as an indication only and not as a contractual obligation on the part of Access Travel, Ltd.

### **TERMS & CONDITIONS**

Please have a look at our Terms & Conditions at <http://www.accesstrips.com/company/termsandconditions/> before you make your booking. Thanks!