



Ski Adventure in Winter

LEVEL 1:- BASIC SKIING COURSE 04 DAYS

Day 01:- Pick up from Manali bus stand and transfer to Solang, Check inn at 12H00, and evening Introduction to Skiing, skiing equipment & instructors

Day 02:- How to walk with ski, Duck Step, Sidestep, Kick Turn, Fall and Recovery, About Ski Position, how to Balance in Down Hill Skiing & Snow plough & Down Hill Skiing

Day 03:- Snow plough in long turn & Short turn and Snow plough with Down Hill Skiing

Day 04:- Lesson 6:- Basic Swing, Snow plough Long Turn and Short Turn, Basic Swing & skiing competition. Return Equipment's, after lunch drive to Manali bus stand.

LEVEL 2:- BASIC SKIING COURSE 06 DAYS

Day 1 : Introduction to Skiing, skiing equipment & instructors

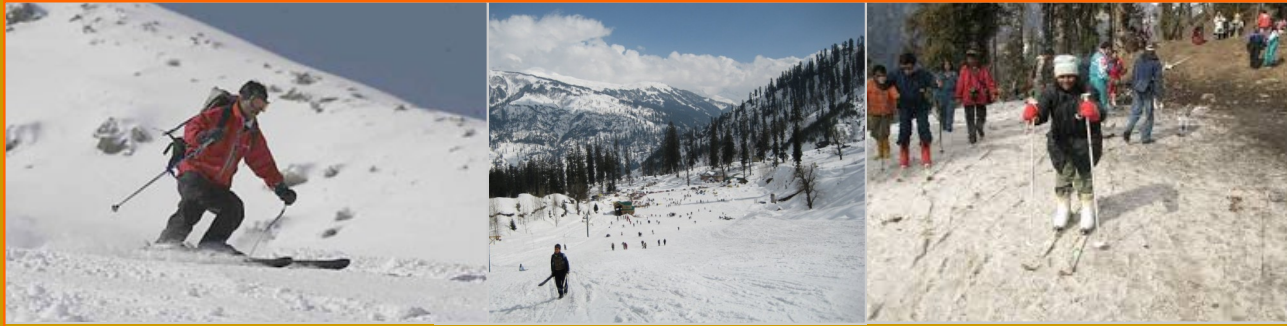
Day 02:- How to walk with ski, Duck Step, Sidestep, Kick Turn, Fall and Recovery, About Ski Position, how to Balance in Down Hill Skiing and Down Hill Skiing & Positioning while Down Hill

Day 03:- Snow Plough and Who to stop in Snow Plough and How to walk in the snow, Details on Avalanche Safety

Day 4:- Snow plough in long turn & Short turn and Snow plough with Down Hill Skiing

Day 5:- Basic Swing, Snow plough Long Turn and Short Turn, Basic Swing & skiing competition. Return Equipment's.

Day 6:- After breakfast free to visit market and evening drop to bus stand.



LEVEL 3:- BASIC SKIING COURSE 10 DAYS

Day 01:- Introduction to Skiing, skiing equipment & instructors

Day 02:- Who to walk with ski, Duck Step, Sidestep, Kick Turn, Fall and Recovery, About Ski Position, Who to Balance in Down Hill Skiing and down Hill Skiing & Positioning while Down Hill

Day 03:- Snow Plough and Who to stop in Snow Plough and repeat Snow Plough and Who to stop in Snow Plough

Day 04:- Short Trek

How to walk in the snow, Details on Avalanche Safety

Day 5:- Snow plough in long turn and position while Snow plough in long turn

Day 6:- Snow plough in Short Turn and repeat snow plough in Short turn

Day 7:- Rest Day

Day 8:- Snow plough with Down Hill Skiing

Day 9:- Basic Swing, Snow plough Long Turn and Short Turn, Basic Swing & skiing competition.

Return Equipment.

Day 10:- After breakfast free to visit market and evening drop to bus stand.
End of the Course

Quick Facts

Available Dates: Any date in January and February Month

Program Fee: Contact us for more detail

Cost Included:-

Pick up & drop from bus stand to Solang.
Accommodation on 03/04 sharing bed.
Hotel on APAI (bed tea, breakfast, lunch and dinner)
Qualified instructor
Ski (ski, Sticks, Shoes, helmets, ski dress)
Alpine ski
Hotel /Guest House at Solang
First Aid Box

What to bring:-

Sun Glass / black
Ski Gloves
P-cap
Warm Cloth
(Jacket, Trouser, Sweater, Cap, Gloves, Socks / Long Socks)
Sun cream
Shoes,
Torch
Day Bag
personal Expanses
Insurance

803, Sears Tower, Nr. White House Panchwati, Gulbai Tekra, Ahmedabad—380006, Gujarat, India.

Email: exchange@vishvetfoundation.org, **Website:** www.vishvetfoundation.org

Phone: +91 79 26403064, **Mobile:** +91 9377780580 , **Skype:** Vishvet_india