



SUMMER SKIING AND SNOWBOARDING AREA

European ski & snowboard school LES DEUX ALPES: Summer Courses, Camps and Activities.

Intensive Improvement Course:

All levels of skier and snowboarder will benefit from our Intensive Improvement Courses.
Courses run every week during the summer, from Sunday to Friday, with two hours of tuition per day for five days and a maximum of four people per group, which ensures priority in the lift queues.

Cost: 180€.

Adults Summer Performance Ski Camp:

18.07.10 to 22.07.10 or
23.07.10 to 29.07.10.

Piste performance: Levels 4/5/6. (Max 8/Group).

Spend five full mornings on the glacier with passionate skiers of similar standards.

This course is designed and programmed to give you a deeper understanding and insight into modern skiing.

During the week video feedback will be used daily to enhance all aspects of your training.

A personalised log book will register progress, improvement and performance ability. The highest level skiers will also get a chance to test their carving on a giant slalom course, checking your skills against the clock and your friends! On this course, you'll learn to enjoy skiing safely at a greater speed.

Each evening video analysis, theory and proprioceptive skill sessions are held, helping you to see, feel and understand the highest level of training techniques.

You'll also learn how to service your own skis, making sure your equipment is in good shape for the following day.

Afternoons are left free to relax but we do like to organise a couple of activities as a team, one being rafting in Venosc and downhill mountain biking... if you're up for it! And of course we're sure to organise a night out on the town, sampling Les Deux Alpes' legendary nightlife...

Cost: 195€ (activities extra).

Kids Pre-Race Summer Camp:

23.07.10. to 30.07.10 or
01.08.10. to 06.08.10 (Max.8/children)

This ski camp is aimed at 8 to 13 year-olds who already ski to a good standard.

Our objective is to give your children an insight into ski racing. They will receive a fun introduction to basic giant slalom and slalom techniques.

The kids follow a weekly programme, with skiing in the mornings and basic fitness and fun summer activities each afternoon. Not only will their social and skiing skills improve, but also we hope to increase their passion for skiing and sport in general.

The course could also help to improve their future sporting opportunities, for example many ski instruction courses require some racing knowledge and background.

This camp is based at our hotel so it's preferable to have all the kids under one roof and around the same table, however it is not essential. We will have your children in our care for skiing on the glacier and for afternoon activities for six days and of course for the ice skating and pancake evening... not to be missed!

We round-off the week with a race and prizes, debrief and

ACTIVITIES

Yes, that's right... summer holidays in Les Deux Alpes with the **European Ski and Snowboard School**.

In our glacial resort, skiing and snowboarding aren't limited to the winter months.

For ten weeks, Europe's largest skiable glacier is open every morning offering piste skiing, park riding and race training to people like you, who are passionate about snow sports.

And that's not all...



After lunch, when the glacier closes, the village of **Les Deux Alpes** comes to life, offering over 60 summer activities such as mountain biking, hiking, bungee jumping and horse riding.

As the sun sets, the atmosphere changes once again as Les Deux Alpes' famous nightlife springs into action with lively restaurants and bars offering you the chance to unwind and have some fun.

Experts in all that Les Deux Alpes has to offer, the **European Ski and Snowboard School** would like to introduce you to our selection of summer courses perfect for individuals and groups, families and young people... if you love the snow and the sun, we have a summer holiday proposal for you!

Spend your mornings on snow, your afternoons in the sun



The glacier in **Les Deux Alpes** is between 3600m and 3200m above sea level, meaning that it's winter up there all year round.

Temperatures are low enough for us to get fresh snow throughout the summer months, as well as lots of sunshine, and the glacier is open from 15th June to 28th August.

You may have skied or snowboarded on our glacier before, so you'll know that the gradient is gentle so it's perfect for beginners and for those looking to learn new skills. In the winter, just a small part of the glacier is open, conserving the snow for summer visitors. But in the summer the full area is in use, offering a variety of pistes and gradients, race courses and a world-class Snow Park.

progress report.

Camp Cost: 210€.

Freestyle Ski Freestyle Camp:

23.07.10 to 30.07.10

This is a six-day Camp for both first-time park users and Freestyle skiers wishing to perfect advanced skills. Every morning is spent on the glacier making the most of this world-famous Snow Park. Afternoons are organised to make the most of the resort's adrenaline activities, with sessions using video analysis, trampolines and dryland drills to enhance technical skills.

Camp Cost: 200€ (activities extra).

Snowboard Camp with SNOWPLANET:

Three separate weeks, starting 18.07.10, 25.07.10 and 01.08.10

A full immersion into the world of snowboarding with six mornings on the glacier in groups of similar levels, from first time riders through to experts

.Video feedback sessions are held at the board test centre and afternoon activities include trampolining, skateboarding, rollo boarding and a bungee jump... all aimed at improving your skills on snow.

Don't worry though, it's not all hard work... most riders are at the pool by 3pm and certainly make the most of the resort's nightlife!

Camp Cost: 200€ (activities extra).



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In order to protect the glacier, the ski lifts close at lunchtime, leaving your afternoons free to explore the local area, soak up the sun or enjoy many more of the numerous activities on offer.

Skiing and snowboarding are our specialities, and most of our instructors love to spend their summer afternoons on their mountain bikes. We can organise equipment hire, guiding and tuition to help you make the most of Les Deux Alpes' 100km of mountain bike trails.

With so many activities on offer, we find summer visitors usually prefer to focus their skiing and snowboarding goals with a specialised course, allowing real improvement and development during the holiday...

Lift Pass discount for all our clients

When you buy your **six-day Lift Pass** from the **European Ski and Snowboard School**, you not only get access to Les Deux Alpes' glacial terrain, you also get access to the outdoor swimming pool, ice-rink, mountain bike trails and hiking paths for for six days, you also get a tennis session, an archery session, a round of golf, a ride on the luge... the list goes on!

And we're proud to offer you all this at the discounted rate of **150€/adult** and **120€ for children under the age of 13**.

That's is a saving of 17,50€/adult and 14€/child... so total of 63€ for a family of four.

Those discounted prices once again...

Adults: 150€

Children under 13: 120€

Accommodation

Accommodation options:

We offer a wide choice of hotels or self-catering options from as little as 45€/night in full board accommodation.

Please consult **Laura**, our accommodation coordinator, at snowplanet@snowplanet.it

Over 60 summer activities...

From our office in the heart of the resorts, we're able to coordinate and provide information on numerous other summer activities. As a summer destination, Les Deux Alpes has something to delight and entertain every member of your group.



You can be as active or relaxed as you like!
Let us put a Resort Activity Brochure in the post to you today, so you can start planning your holiday without delay.

And if you have any questions about our courses or the resort, please let us know by emailing: For extra information please contact:

europenskischool@wanadoo.fr

snowplanet@snowplanet.it

Wishing you a happy, active and relaxed summer, from the team at the European Ski and Snowboard School, Les Deux Alpes.

