

SNOWSPORT ENGLAND ON SNOW NORDIC WEEK

Kvitåvatn, Norway

31 March - 7 April 2019



After a very successful trip to Nordseter in 2018, we are returning to Kvitåvatn in 2019 where we have run this course successfully for many years. In the interim, the centre has upgraded many of its ski trails so this varied network plus the downhill pistes and the excellent Fjellstoge facilities make it an ideal venue.

The course will be led by SSE's top coaches – Patrick Winterton, Alan Eason and Mike Dixon.

WHO IS THE WEEK FOR?

The **skills week** will run from 31 March to 7 April (with coaching from 1 to 6 April) is designed for cross-country skiers and rollerskiers who want to improve their skills. We will stick to track skiing with an emphasis on technique in both Skating and Classic techniques.

Novice skiers are welcome and there is an excellent training area next to the hotel. There are also tracks round (and sometimes on) the lake and, for more advanced skiers, more challenging tracks in the fjells.

This is an intensive coaching week with the emphasis on skills development, so we offer:

6 days instruction - AM and PM Sessions. AM Sessions are usually technique based, in groups based on skiing ability. PM sessions are looser, maybe covering some distance with coaching along the way or a workshop. The course will be divided into groups of around 8, with each session tailored to the group's experience and objectives.

During the week we would cover:

- Coaching for both classic and skating techniques.
- Longer trips enjoying the great Norwegian outdoors.
- Races
- Talks on technique, equipment and waxing
- SSE Nordic Proficiency Award assessment – subject to sufficient numbers.
- Not forgetting the highlight of the week, the fancy dress race.

THE COACHES

The course will be led by Mike Dixon, Alan Eason and Patrick Winterton – SSE’s top coaches, with other coaches invited as required.



All our instructors are highly experienced skiers, having competed internationally. Mike and Patrick work together as commentators on the Biathlon coverage at Eurosport. Alan is the Snowsports Director at Lake Mountain Alpine resort in Australia and runs [Totally Nordic](#) ski instruction.

KVITÅVATN

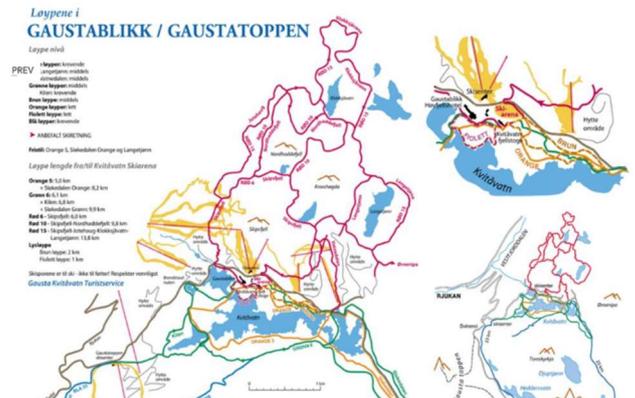
In the heart of the Telemark ski region above the town of [Rjukan](#) at 950 metres above sea level, [Kvitåvatn](#) is in a perfect location, with 80 km of prepared cross-country skiing tracks through forests and open countryside and excellent off-track touring possibilities in all directions including [Gaustatoppen](#).

Cross country skiing

The area is renowned for Nordic skiing with a network of 80 km of prepared [tracks](#) right next to Kvitåvatn Fjellstoge. The tracks run around the lake, through forests and up into the open hills, with a flood lit circuit for evening skiing.

Downhill/ telemark Skiing

Gaustablikk [ski center](#) situated 300 meters from the Fjellstoge has 28 downhill runs, served by 10 tows and two chairlifts. The longest run is over 3.5 km in length with a vertical drop of 500 m.



ACCOMMODATION

[Kvitåvatn Fjellstoge](#), is situated on a plateau above the town of Rjukan on a south-facing site, overlooking a frozen lake which is dominated by Gausta (1883 m), the highest mountain in southern Norway.



The main building has two large lounges with views of Gausta, dining room, cinema, conference room, games room, men's and women's saunas, laundry, drying rooms.

There are various [accommodation options](#) to suit all pockets, in the main building there are bunk rooms that sleep 1- 6 people with communal bathrooms. Arne and Odd Eliassens' houses situated near the main building house rooms with shared and ensuite bathrooms, these can accommodate 1-5 people. All can be booked as single or twin rooms which is of course reflected in the price that you will pay. There are also a range of self-contained huts in traditional and modern styles and varying size dotted about the grounds nearby. There is free wireless internet access throughout.

Meals are taken in the self-service dining hall. Breakfast is a Norwegian style buffet, Lunch is prepared by yourself from the breakfast buffet. A full evening meal finishes off the day. Tea and coffee are available all day at no extra charge.

If you want to share a room but have no one to share a room with, we will try and pair you up.

Please note: participants will need to book their accommodation directly with the Fjellstue. Do not book accommodation until your place has been confirmed.

EQUIPMENT AND FACILITIES

Participants are encouraged to bring their own equipment. However, equipment for both XC and telemark can be hired at the [fjellstoge](#) and waxes bought from the hotel reception. You can rent downhill equipment at the ski centre.

There is a waxing and ski storage hut at the fjellstue, This has several waxing benches, bringing your own waxing iron is a good idea although there is sometimes a hotel one available.

COSTS

Ski course:

To encourage people to book early there will be an early booking discount for the week:

- Bookings received by 31/12/17 - £325.
- Bookings received after 31/12/17 - £375.

Deposit £100pp, balance payable 4 weeks before departure.

The tracks are free.



The legendary fancy dress race

Accommodation:

Full Board (Breakfast and Dinner with a self-made lunch packet from the breakfast buffet).

Towels cost NOK 20 per set.

	Private bathroom	Shared bathroom
Family room (4 people)	NOK 629 PPPN	NOK 516 PPPN
Triple	NOK 682 PPPN	NOK 548 PPPN
Double/Twin	NOK 788 PPPN	NOK 613 PPPN
Single	NOK 1135 PN	NOK 920 PN
Dorm bed		NOK 650 PN

Exchange rate approximately 11NOK = £1

TRAVEL

Most people fly to Oslo [Gardemoen](#) Airport. But there are other flights to [Torp](#) airport. Gardemoen is the most convenient.

A coach transfer from Oslo Gardemoen Airport to Kvitåvatn will be arranged by Kvitåvatn fjellstoge.

If you require coach transfer please book this direct with Kvitåvatn when you book your accommodation. The cost will be between 475 and 675 NOK each way, depending on numbers (approximately £43 to £61).

The transfer bus will be timed to leave around 15:00 from Oslo Gardermoen Airport. The return journey will leave at 9am to be at the airport before 1pm. Please ensure your flights arrive at or before and depart at or after these times, allowing enough time for check in.

It will also be possible for the coach to pick up/drop off at the Hotel Opera, in Oslo town centre,

approximately 40 minutes from the airport. This is the best option if using Torp airport, or if you want to stay and enjoy [Oslo](#) for a day or two.

Alternatively, you can make your own way to Kvitåvatn by public transport, catching the [NSB](#) train to Kongsberg from Gardemoen or the Central Station (Oslo S) and then [Nor-Way](#) express buses to Notodden (TE1), then Rjukan (185), with a final [free bus](#) to Kvitåvatn or you can take the same connecting bus service from Oslo bus station.

Please note: participants will need to make their own travel arrangements. Do not book any flights until your place has been confirmed.

Insurance

Participants should ensure that they have their own personal travel and accident insurance cover for the week in addition to their [European Health Insurance Card](#).

CONTACT AND BOOKING

To register your interest, ask for a booking form or further information please contact:

Alex Skinner
ssenordic@gmail.com
07960 975 603

Please do not book your flight or accommodation until we have confirmed your place.

Acknowledgements will be sent via E-mail.