

# Les Deux Alpes - 2020

The Mall School Ski Trip 2020

Les Deux Alpes, France

Saturday 28<sup>th</sup> March – Friday 3<sup>rd</sup> April



# Staffing

Mr Miller

Mr Box

Mr Lang

Mrs Patterson

Ms Dunkling

The boys will be split into 5 travel groups. The travel groups will be mixed up in terms of year groups but all groups will have at least 1 year 8 boy to help the member of staff and the younger boys. The member of staff for each group will be responsible for their groups: passports, EHIC cards, money, medicine and electronics

# Itinerary

## Saturday 28<sup>th</sup> March

Meet at school at 08:45 (**Must be wearing ski trip hoodie**)

Depart from school at 09:00

Travel by coach to Heathrow airport (approx: 30 mins)

Check in at 10:00

Flight to Grenoble (BA384) 11:55 – 14:45 (1 hour 55 min flight)

Travel by coach to resort hotel (approx: 2 hours)

Arrive at Hotel at 17:00

Meeting with SkiBound Representative

Equipment collection and fitting then unpacking bags

Dinner

Activity

# Itinerary

Sunday 29<sup>th</sup> March – Thursday 2<sup>nd</sup> April (these are rough timings)

- 08:00 - Breakfast
- 09:00 - 2.5 hours ski lessons AM (Instructor Evaluation on Sunday only)
- 12:00 - Lunch
- 14:00 - 2.5 hours ski lessons PM
- 19:00 - Evening meal
- 20:00 - Optional après ski activities (quiz night, sports centre, bowling, shopping, packing bags etc)

# Itinerary

## Friday 3<sup>rd</sup> April

- 08:00 Breakfast
- 09:45 Leave hotel and travel by coach to airport
- 13:15 Check in
- 15:10 Flight from Geneva to Heathrow (Flight BA731)
- 15:55 Land at Heathrow
- 17:00 Coach to school
- 17:30 Arrive at school

# About SkiBound

**SkiBound**  
Snowsports for Schools

- ★ Founded in 1986
- ★ Over 32 years experience of providing ski tours
- ★ Extensive variety of resorts, in Europe and America
- ★ UK Office based in Brighton
- ★ A complete business focussed purely on welcoming school groups
- ★ Our own dedicated health & safety team oversee every aspect of our operations
- ★ Club hotels run exclusively by us and managed specifically for school groups

*"It is a testament to their professionalism that we have used SkiBound for the last 14 years. I have always found them to be friendly, efficient and knowledgeable. I wish them many more successful years of organising school ski trips."*

*Keith Pickering,  
Range High School*





# Cap Vacances

**SkiBound**  
Snowsports for Schools

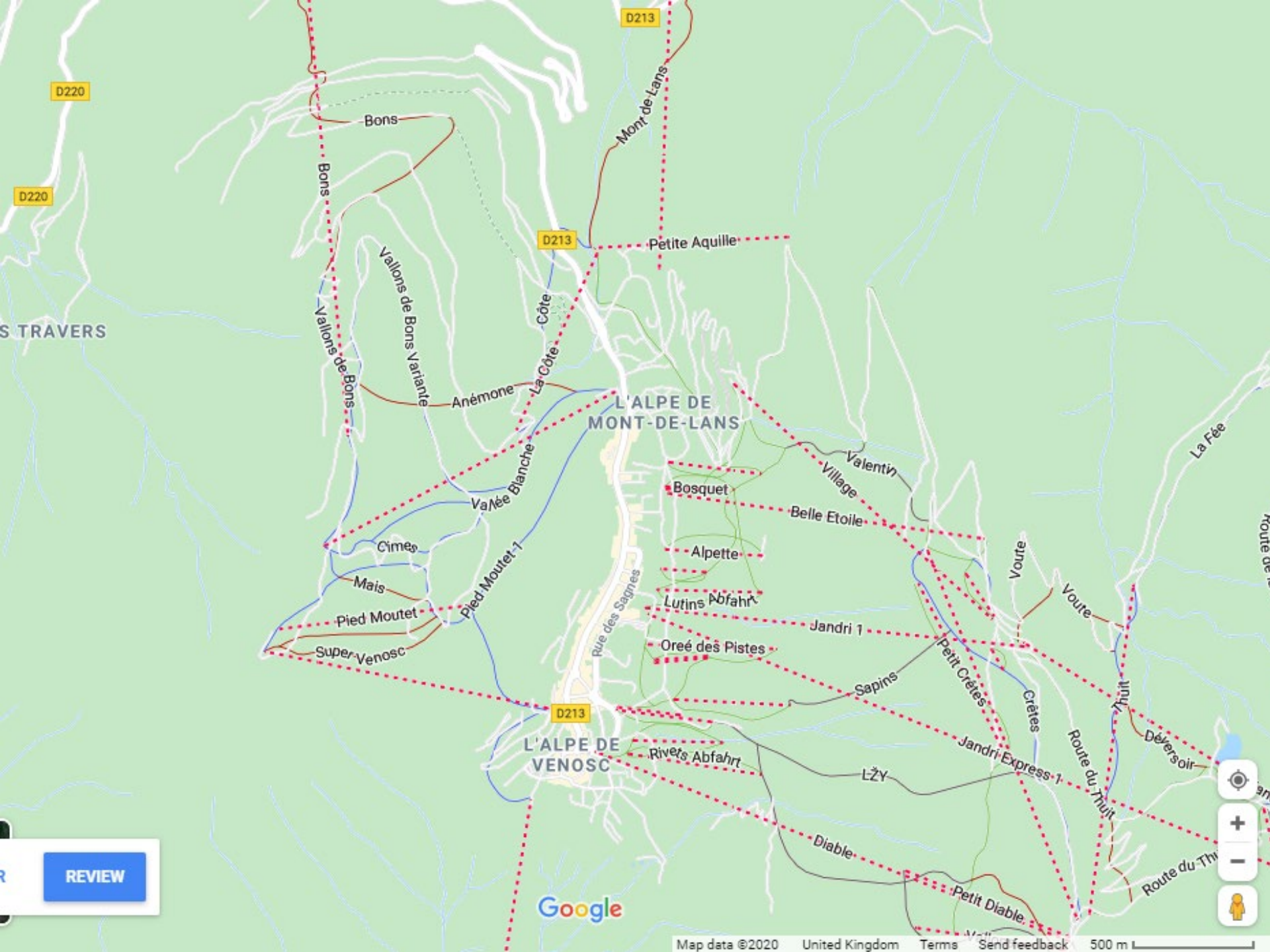




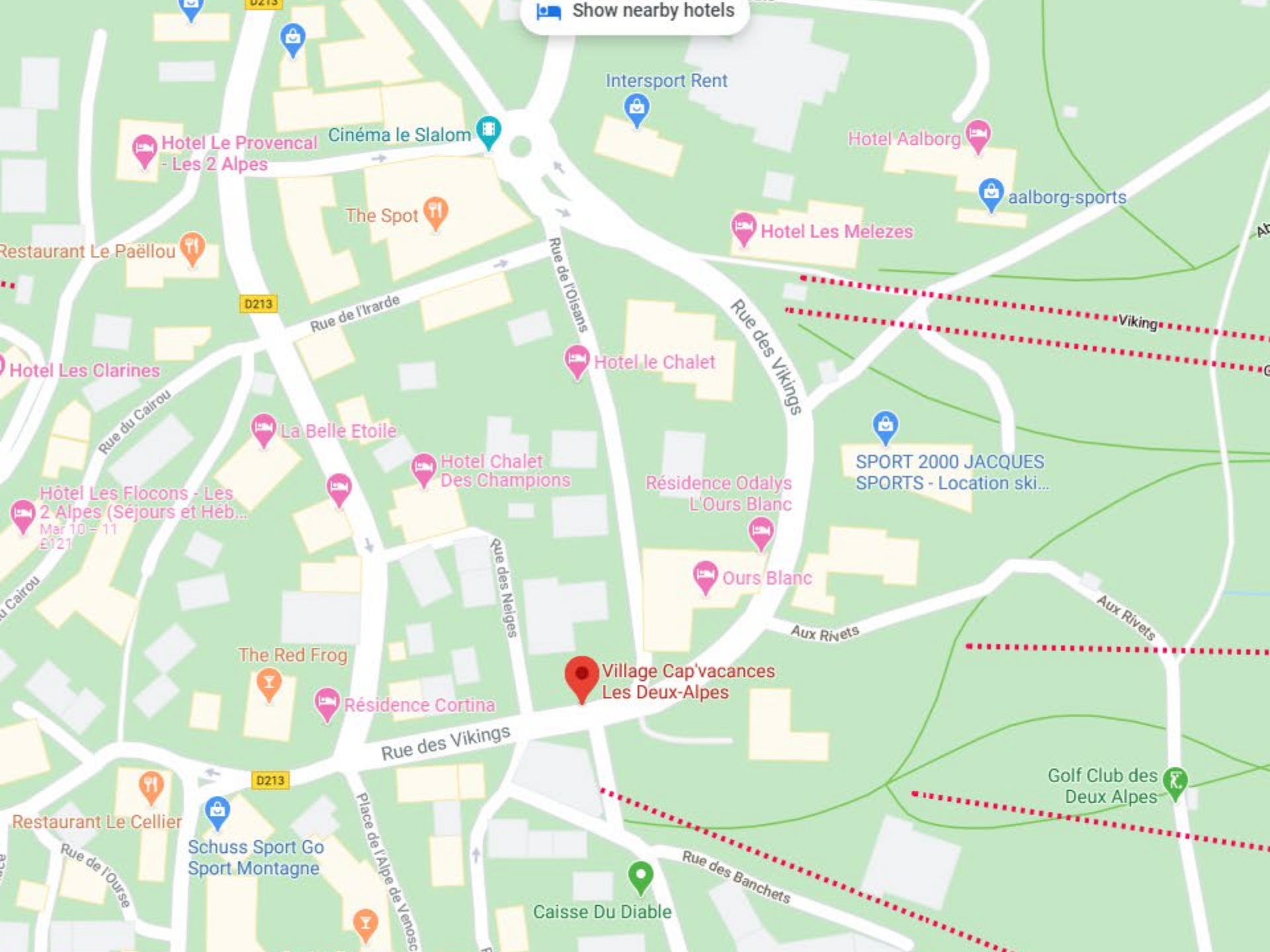
## At a Glance

- ❖ Approximately 50 metres from Le Diable chairlift (heated and covered).
- ❖ The hotel houses a great area to relax in the evening along with an in-house restaurant, bar area and a function room.
- ❖ Dorms to sleep 2 to 4 people each.





Show nearby hotels



Hotel Le Provencal - Les 2 Alpes

Cinéma le Slalom

Intersport Rent

Hotel Aalborg

aalborg-sports

Hotel Les Melezes

The Spot

Restaurant Le Paëllou

D213

Rue de l'Arde

Rue de l'Oisans

Rue des Vikings

Viking

Hotel Les Clarines

Rue du Cairou

La Belle Etoile

Hotel Chalet Des Champions

Résidence Odalys L'Ours Blanc

SPORT 2000 JACQUES SPORTS - Location ski...

Hôtel Les Flocons - Les 2 Alpes (Séjours et Héb...)  
Mar 10 - 11  
E121

Rue du Cairou

Rue des Neiges

Ours Blanc

Aux Rivets

Aux Rivets

The Red Frog

Résidence Cortina

Village Cap'vacances Les Deux-Alpes

Rue des Vikings

D213

Place de l'Alpe de Venosc

Restaurant Le Cellier

Schuss Sport Go Sport Montagne

Rue de l'Ourse

Caisse Du Diable

Rue des Banchets

Golf Club des Deux Alpes



# Les Deux Alpes

**SkiBound**  
Snowsports for Schools



# Les Deux Alpes

Kilometres of skiing – 225

Number of ski lifts – 47 (+ a funicular to the glacier)

Number of Pistes – 96

17 Green

45 Blue

22 Red

12 Black



# Ski School

- ✳ 5 days skiing is included in your package, 5 hours of instruction per day (pupils only)
- ✳ 2.5 hour lesson in the morning, 2.5 hour lesson in the afternoon
- ✳ You will be met by your instructors at the ski school meeting point on the piste
- ✳ Expert instructors from the local ski school will develop your skills over the week
- ✳ Group size are kept small (approx. 12 pupils) to ensure excellent supervision

***You'll spend 5 hours a day with the Ski School where you'll be taught:***

- ✳ Carving & turning
- ✳ Using the inside edge
- ✳ Rhythm
- ✳ Style
- ✳ Speed & control
- ✳ Jumps





- I will ask for passports on Friday 20<sup>th</sup> March.
- It is a good idea to have an up to date EHIC card. Obviously our insurance (or your own private insurance) will cover any issue but as soon as the card is seen things generally move a little quicker. If possible, hand these in with the passport.
- Kit list is on the website.
- Medicines – I have been given various consent forms regarding medicines. We are only allowed to administer medicines if we have signed consent.
- Coronavirus All the information I have sent out via email is also on the school website.
- When we are in France, Mr Box will use Twitter to post a few photographs each day.

# Ski equipment - Provided

*Your ski equipment will be provided when you arrive*



# Ski equipment - Needed

*It's important to wear the correct clothing to stay warm and safe in the snow*

## Ski jacket

Waterproof and windproof,  
with a hood and pockets



## Ski trousers

Waterproof and windproof,  
able to fit over boots



## Base layer

Not cotton, as it  
Doesn't let out  
moisture.  
Synthetic layers  
are best



## Mid layer

This is what will  
keep you warm.  
Fleece or hoody  
is ideal

# Ski equipment - Needed

*It's important to wear the correct clothing to stay warm and safe in the snow*

## Gloves

Gloves are best for ease of movement



## Mittens

Or mittens are best if you suffer from cold hands



## Ski socks

Only ever wear one pair of socks with your ski boots otherwise you'll get blisters. If you get really cold feet try a silk undersock

# Ski equipment

*It's important to wear the correct clothing to stay warm and safe in the snow*

## Hat

75% of body heat is lost through your head so it's essential you wear a hat...



...or a **helmet**



## Sunglasses

Ok to use when it's sunny



## Goggles

For when it's cold, windy and snowing

And don't forget your **sunblock!**





# Safety

- Travel groups
- Lift Pass
- School Information Card
- School Helmet Covers
- Mountain/Ski Safety Quiz



# Flight details

## Outbound Flight

Saturday, 28<sup>th</sup> March 2020

London Heathrow – Grenoble (11:55 – 14:45)

British Airways – BA384

## Return Flight

Friday, 03<sup>rd</sup> April 2020

Geneva – London Heathrow (15:10 – 15:55)

British Airways – BA731



# Before the flight

*There are a few important points to remember before you fly...*

- ✳ Only one hold bag is permitted per person – max weight 20kg
- ✳ All luggage should be clearly labelled
- ✳ One item of hand luggage per person
- ✳ No sharp objects in hand luggage
- ✳ No liquid in containers over 100mls
- ✳ Pupils must be able to carry their own bags
- ✳ Don't forget to hand in your passport and EHIC card to a member of staff.



# Quick recap

## Here are a few of the more important points to remember...

- ✳ One suitcase only per child, plus one piece of hand luggage
- ✳ Ensure your child has the correct clothing to keep them safe and warm
- ✳ Boys MUST wear their hoodie for the out/inbound journeys
- ✳ Only one electronic device allowed (with charger) and they must be named.
- ✳ Remember passport and EHIC card
- ✳ Spending money of 30 Euros (maximum)

The outbound flight departs on:

Saturday, 28<sup>th</sup> March 2020 - London Heathrow – [Grenoble](#) (11:55 – 14:45)

The return flight arrives on:

Friday, 03<sup>rd</sup> April 2020 - [Geneva](#) – London Heathrow (15:10 – 15:55)

