

Course Offer

INTRODUCTION – SAFETY DAY

1-DAY-Group lesson **€ 115,-**
Course days: Sunday or Wednesday from 10 a.m. to 3 p.m.

Safety ABC and technique program
Meeting point: Ski School Lech

SKI TOURS

3-DAY-Group lesson **€ 390,-**
Course days: Sunday to Tuesday or Wednesday to Friday

Day 1 – Safety ABC and technique program
Day 2 and 3 – Guided ski tours with experienced guides in different performance groups (7 persons max.). Day 2 and 3 start at 9.15 a.m. at the Ski School Lech.

5-DAY-Group lesson **€ 595,-**
Course days: Sunday, Monday, Tuesday, Thursday and Friday (No course on Wednesday!)

Day 1 – Safety ABC and technique program
Day 2 to 5 – Guided ski tours with experienced guides in different performance groups (7 persons max.). Day 2 to 5 start at 9.15 a.m. at the Ski School Lech.

Requirements

	Requirements	Level of difficulty
BEGINNERS	<ul style="list-style-type: none">- solid parallel turn technique- basic understanding of skiing in open terrain- physical fitness	<ul style="list-style-type: none">- Ascents of 2–3 hours with a max. of 600m in altitude- Daily quota of up to 4 hours with short breaks
INTERMEDIATE	<ul style="list-style-type: none">- Ability to safely ski on black slopes- Experiences in deep and/or firm snow skiing is an advantage	<ul style="list-style-type: none">- Ascents of 3–4 hours with a max. of 800m in altitude per day, daily quota of up to 5 hours with short breaks, kick turns may need to be executed



Equipment:
Complete ski touring or freeride equipment is necessary: touring skis, functional ski clothing, slope or touring ski boots (freeride ski boots), LVS (avalanche victim search device/ Pieps/3-antenna device – fully charged), shovel, probe, backpack as well as beverages and snacks.

In case you need to rent equipment, here are our partners: Sportalp (www.sportalp.at) and Strolz (www.strolz.at). The local expert staff is happy to help you.

SKISCHULE LECH
Tannberg 185, 6764 Lech am Arlberg, Austria
info@skischule-lech.com, www.skischule-lech.com
Phone +43 (0)5583 2355

Opening times, ticket sales:
Sunday – Friday, 08.30 a.m. – 05.00 p.m.
Saturday, 08.30 a.m. – 06.00 p.m.

SKISCHULE LECH

2020/21 ENGLISH



NEW COURSE OFFERS!
Safety Day and
Ski Tours also for
Beginners



Ski tours-Group courses – days as in fairy tales

Who sets out on a tour expects a lot, dreams of slopes covered in deep snow,...

More and more people share the desire for outdoor activities in the wild, alpine nature. This is why we are happy to newly offer ski touring courses for beginners. In a few days and without prior knowledge you will learn the basics and the right technique to safely enjoy this fascinating alpine sport.

- These modules await you:**
- **Alpine basic knowledge**
 - **Tour planning**
 - **Ascending and skiing techniques in open terrain**
 - **Handling of the LVS equipment (avalanche victim search device)**
 - **Rescue management**

Our Arlberg region is an Eldorado for ski tourers. No matter if you like to leave behind the first meters in altitude by gondola or if you wish to conquer them straight from the valley on your touring skis: Here you will find easy-going tours to enjoy with only a few meters in altitude as well as real challenges with steep ascents lasting for hours that will push your limits. Depending on your personal skills and level of fitness, we offer three-day and five-day courses. The

first day focuses on the most important topic: safety! In the days to follow, we will already be able to practice in the remote quietness of our breathtaking mountain scenery. Step by step and in accordance with your performance and capabilities, you will learn everything there is to know.

Our experienced guides are looking forward to safely leading you to the hidden highlights of the Arlberg mountains.

