

YOU CAN SKI



*The first all inclusive
starter ski kit for adults*

Portes du **S**oleil



THE LITTLE HANDBOOK

Welcome to the Portes du Soleil ski area!

Congratulations ! You have made the decision to learn how to ski, now time to discover the stunning snowy landscapes of the famous **Portes du Soleil** ski area!

Often, learning to ski can seem like a uphill task, not with **YOUCANSKI !** Rest assured, you will take the slopes in total security and on runs that are suited to your ability. With a **fully qualified instructor**, you'll learn all **the fun of skiing** with other adult beginners.

This handy YOUCANSKI guide has all the information you need to hit the slopes for the first time!

We wish you a very happy holiday and above all, wonderful skiing

The Portes du Soleil Team

Portes du **S**oleil

This information applies to all visitors who have pre-purchased a **YOUCANSKI pack** online (3 or 6-day pack)

- ✿ Upon your arrival in resort, go to the ESF (Ecole du Ski Francais/ French Ski School) office or ESS (Ecole de Ski Suisse/ Swiss Ski School) office. A ski instructor will give you a ski hire voucher for renting equipment.
- ✿ With your voucher, you can now pick up your ski gear from one of the YOUCANSKI partner ski hire shops. Simply hand over the voucher given to you at the ski school for your equipment (ski boots, skis, poles and helmet).
- ✿ You're ready to ski! Now all you need to do is go to your first lesson at the time arranged with your ski instructor, with all your ski gear of course! Your instructor will give you a lift pass too, which is valid according to the package you choose, 3 or 6 days.
- ✿ Don't forget...your lift pass is valid according to the package you choose (3 or 6-days pack) but also outside the time of the lesson itself. Which means that you can ski the rest of the day in the resort you choose. If you buy the 6-day pack, you will be able to ski over the whole Portes du Soleil area on your last day!



YOU CAN SKI

OUR SKI SCHOOL INFORMATION

ABONDANCE 

ESF : www.esf-abondance.com

+33.(0)4.50.73.00.67

MONTRIOND 

ESF : www.esf-montriond.com

+33 (0) 4 50 74 75 27

AVORIAZ 1800 

ESF : www.esf-avoriaz.com

+33.(0)4.50.74.05.65

MORGINS 

ESS : www.ess-morgins.ch

+41 24 477 29 49

CHATEL 

ESF : www.esf-chatel.com

+33 (0) 4 50 73 22 64

MORZINE 

ESF : www.esf-morzine.com

+33 4 50 79 13 13

LA CHAPELLE D'ABONDANCE 

ESF : www.esf-lachapelle74.com

+ 33 (0)4 50 73 50 15

TORGON 

ESS : www.ess-torgon.ch

+41 24 481 47 90

LES GETS 

ESF : www.esf-lesgets.com

+ 33 (0) 4 50 75 80 03



YOU CAN SKI

THINGS TO REMEMBER BEFORE THE LESSONS BEGINS



Some useful advice before you start...

Before you head off to your lesson, make sure you have everything you need. Even if it doesn't seem cold in resort, don't forget that it can get very cold at altitude. Here's a short list of things every skier should have:

- ✓ **A ski suit or ski jacket + ski trousers**, waterproof and warm. Base layers should be warm, in fleece material or wool.
- ✓ Depending on conditions, **sunglasses** (UV3 protection as a minimum) or goggles for bad weather.
- ✓ **Ski gloves**, warm and waterproof.
- ✓ A decent **scarf**
- ✓ Thick **ski socks**
- ✓ **Sun cream**, factor 40 minimum (the cold and sun is tough on your skin), and lip balm



Green: easy



Blue: moderately hard



Red: hard



Black: very hard



If you've reach this point, it means you're ready to ski! Head out with confidence and enjoy the pleasures of skiing!

**From all of us in the Portes du Soleil,
we wish you a happy holiday and great skiing!**

YOU CAN SKI

BONUS

Short Glossary of words you are very likely to encounter

Ski: They exist in seemingly all shapes and sizes but the ones you will have are adapted to your experience and height. The edges are sharp, helping you to steer and brake on the snow.

Ski boots: These are especially suitable for skiing. At the ski hire shop, it is recommended to try your ski boots with the sock you will wear while skiing. Woolen socks are the most suitable ones in this case.

Bindings: These hold the ski boot on the skis. They are adjusted according to the ski boot size, your weight and experience, so you can easily get your skis off in case of a fall.

Poles: They provide balance while you ski. They are chosen according to your height.

Pole loops: Handy straps at the top of poles that stop them from getting lost.

Snow plough: This can either mean the snow-clearing machine used on roads, or the ski technique whereby you bring the front tips together and spread the rear tips. This prevents you from going too fast and can be used to stop too.

Ski lifts: There are lots of different types, the aim being to get the skiers up the mountain quickly.

Chairlifts: These ski lifts take skiers in the sitting position. Skiers simply sit down when the chair arrives, bringing the protective bar above their heads and down in front of their body to prevent any risk of falling, and then enjoy the ride and the scenery as they make their way up the mountain. If the chairlift stops momentarily, skiers might start singing. Jumping off is forbidden!

Gondola Lift: A ski lift that's also called a bubble or an egg. The cabins operate on a fixed cable to transport skiers up the mountain. Skiers can be seated or standing, their skis are off and placed in special slots

Cable cars: Similar to the gondolas, these nonetheless operate with two cables, giving them a greater capacity.

Drag-lift: also known as a button-lift, this ski lift features a round seat which is placed between skiers' legs to take them up the mountain. Remember, you shouldn't sit on it!

T-bars: ski-lifts with two places often found in Swiss resorts.

Ski pass: must be shown to use the ski lift network. It pays for ski lift investment, ski slope signposting and security on the mountain. In the Portes du Soleil skiers use "hands-free" or "tag-it" ski passes.

Piste-basher/snowcat: a large vehicle which grooms the slopes, making skiing easier and ensuring the snow stays longer on slopes by compacting the white stuff. Piste-bashers often work at night and until dawn the next day

Snow-makers/ snow-cannons: a machine that makes snow, guaranteeing snowsure conditions all season

