



**Now celebrating our 23rd
year!**

Guest information 2010





Support Totalskidskolan! Be a member!

Totalskidskolan is a non-profit making organisation and needs more members. We aim to support the extra costs incurred by our guests due to the nature of the specialist equipment and instruction they require. We do this by working continuously ourselves to raise money to this end, approx. 100,000 Euro per season. You too can help by becoming a member!

You can support us individually or through finding companies or other sources to sponsor our ongoing program.

Membership 2010 (2009.07.01 – 2010.06.30):

Skier including nearest and dearest company/organisation	250SEK/per year 5000 SEK/per year
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You must be a member to take full advantage of:

Our subsidised prices in skischool. If you do not wish to become a member there is a separate price list included in this document.

Important for those of you booking for this winter!

Booking confirmation and payment.

So that skischool is able to pay all its bills in time, please ensure all invoices are paid within 10 days as stated.

When you have received your booking confirmation and invoice from us:

- 1. Ring or e-mail asap to confirm or cancel the booking, if we don't hear from you within 14 days the booking will be cancelled and given to the next person in our que.
If you wish to change something now is the time to contact us. Alternatively if you have questions on skischool or accommodation at Åre Continental Inn.**

Contact us at:

Country code: (46)

Tel: 00 (46) 647-537 77, office in Åre (bookings): 09.00 – 16.00.

Tel: 00 (46) 70-64 14 222, office in Åre (mobile): 09.00 – 16.00.

Fax: 00 (46) 647-171 71, 24hrs!

E-mail: bokningen@totalskidskolan.se

- 2. Deposit of 500SEK guarantees your place and please quote invoice number when paying, you will only receive one invoice. You can pay your membership fees at the same time, and you can even pay the invoice in full if this is simpler.
PLEASE NOTE: cancellations later than 7 days before arrival will not have deposit refunded.**
- 3. Remaining payments shall be paid at the latest 2 weeks prior to arrival!**
- 4. Accommodation will be invoiced separately for those of you that have chosen Åre Continental Inn!**

Cash payment: Payment can of course be made in cash on the morning of your first lesson, please notify us in advance if you wish to pay by this method.

Credit/debit cards: Unfortunately we have no facility for card payment.

Meeting places, times, transport, etc

Sunday Meetings

We start all our courses with an evening meeting usually at Hotel Åre Continental Inn. This usually takes place at 1900 all information on times and venue is available in the hotel reception area. If you are unable to make this contact us on 0647-17170 (reception) or 070-6414222 (lead instructor between 1800-2200 sunday)

Åre Continental Inn

We work very closely with Hotel Åre continental Inn where we are able to get our guests excellent rates. Skischool information can be found in reception on our display board.

Transport to/from slopes

We go from the hotel to Rödkullen with our minibusses: 08.15–08.45, return to hotel: 15.30–16.30 Transport is available for our guests whobook full day lessons, other transport needs may be available by prior arrangement with skischool (season dependent)

Weather and Clothing!

Tips for the Swedish mountains! Warm gloves, ski goggles, light warm boots (sitski skiers), thin layers for variability of warmth, fleece, suncream, sunglasses, winter jacket and trousers. Swimming gear and training gear for the gym, pool, sauna and jacuzzi.

Taxis

Taxis can be booked via reception or on 0647-10022 or 0647 50555 to take you to the village centre or ski area for the ski area ask for Totalskidskolan, Rödkullen.

Rödkullen/ski area

Our skischool is in an area called Rödkullen, it is located off the E 14 between Åre village and Duved. Here we have all our equipment, warming huts a restaurant and ample disabled parking spaces.

Lunch

In Rödkullen you will find Rautjoxa restaurant and the new large warming hut where there is an abundance of facilities.

Warming Hut

Skistar AB have built a gigantic warming hut with 20 toilets and much more beside the slopes and parking in Rödkullen.

Totalskidskolans pricelist for the season 2008/2009

Skischool for members !

Lessons x 5	2850 kr	1h45-2h
Halfday x 5 days	4.195 kr	12 - 15 hours, season dependent
Fullday x 5 days	6.295 kr	25 - 30 hours, upto week 5, 4995kr
Kids skicamp	4 .195 kr	5 lessons skischool + activityprogram.
Youthweek	4.195 kr	lots of skiing + activity program.

Skischool for NON members !

Lessons x 5	4500 kr	1h45-2h
Halfday x 5 days	6.800 kr	12 - 15 hours, season dependent
Fullday x 5 days	12.900 kr	25 - 30 upto week 5, 10700kr
Kids skicamp	10.900 kr	5 lessons skischool + activityprogram.
Youthweek	10.900 kr	lots of skiing + activity program.

<u>Price list skihire 2008</u>	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Full Package (0-15 years)	150 kr	250 kr	350 kr	450 kr	550 kr	650 kr	650 kr
Full package adults	200 kr	350 kr	500 kr	600 kr	700 kr	800 kr	800 kr
Skis, boots, poles (0-15 years)	100 kr	200 kr	250 kr	300 kr	350 kr	400 kr	400 kr
Skis, boots, poles (adult)	150 kr	250 kr	350 kr	400 kr	500 kr	600 kr	700 kr
Ski tip holder	25 kr	50 kr	75 kr	100 kr	125 kr	150 kr	175 kr
Harness	50 kr	100 kr	150 kr	175 kr	200 kr	225 kr	250 kr
Ski crutches child and adult	100 kr	200 kr	250 kr	300 kr	350 kr	400 kr	450 kr
Warming System	100 kr	200 kr	250 kr	300 kr	350 kr	400 kr	450 kr
Helmet	0 kr	20 kr	30 kr	40 kr	50 kr	60 kr	60 kr

Prices to our guests after lessons

Standing, sitski and cartskiers	100 kr	200 kr	250 kr	300 kr	350 kr	400 kr	450 kr
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The hirer is responsible for returning equipment in the same condition as it was hired out in with the exclusion for normal wear and tear. Damage will be charged for. Helmets are included in with all equipment as is all fitting.

Liftpass prices

	youth (8-15 year) Senior 65 +	adult
Daypass	285 kr	355 kr
2-daypass	570 kr	710 kr
3-daypass	810 kr	1010 kr
4-daypass	1045 kr	1305 kr
5-daypass	1320 kr	1650 kr
6-daypass	1400 kr	1745 kr

Skidirectcard automatic liftpass system costs 45kr extra
Totalskidskolan only organise lift passes for its students, passes can be booked
online at www.skistar.com/are

Accommodation

We work in partnership with Åre Continental Inn, a fully adapted Hotel on the outskirts of the village. Accommodation is available to suit most needs and group sizes. Contact us with your requirements.

Telephone numbers and other useful info !

Totalskidskolan: telephone times: 09.00 – 16.00 (Monday-friday).

Country code: (46)

Office: 00 (46) 647-537 77 (Rödkullen).

Mobile: 00 (46) 70-64 14 222 (Weekly duty instructor in Åre).

Fax: 00 (46) 647-171 71 or 00 (46) 152-122 66.

Website: www.totalskidskolan.se

E-mail: bokningen@totalskidskolan.se

Åre Continental Inn: 00 (46) 647-171 70 (Booking for Totalskidskolan guests).

Taxi: 0647-100 22 (Taxi västerjämtland).

0647-505 55 (Björn Olsson).

All taxis have some accessible vehicles and know where Totalskidskolan Rödkullen, is to get to skischool.

Tourist Office: 0647-177 20.

Åre Health Centre: 0647 166 00

Åre Skischool: 0647 177 00 for friends and family requiring skischool
ensure you book lessons in the Rödkullen area alongside
Totalskidskolan.

Totalskidskolans skischool information

Included in skischool prices quoted above are equipment, liftpass, fitting and personal ski instructor.(stage 2 lessons are for those of you with own equipment and liftpass)

If you select 5 full days skiing, even skiers insurance is included and daily transport between Åre Continental Inn and Rödskullen.

Lesson

Normally 1,45h approx 1.5 hours on snow due to time needed to fit and adjust equipment to the individual skier.

It is possible to book one or many lessons depending on your requirements, please ensure you arrive in good time for your lessons.

Halfday

2.5 hrs skischool, 5 halfdays is the normal minimum time to get you started as a skier.

Fullday

5 fulldays is the requirement for a skicart licence or to learn to sitski, as well as time on snow there is theory in the evenings where we discuss technique, safety, weather, clothing and skicare among other things.

Kids and Youth Weeks

Further information available on request

A warm welcome to Åre and the mountains!