

LRNSC - Who is the holiday for? Here's the Club's guide to group levels and trip types :

Novice - coached trips only

- you've had some cross country ski lessons, learned the basic technique and can ski on flat terrain
- you want to develop your skiing confidence and skills and learn how to control your speed better
- you may have attended an LRNSC beginner roller ski course and want to transfer your skills to snow
- you must have a reasonable level of fitness to take part as tuition is typically 4-5 hours a day with a break for lunch.

Improver [1] - coached trips

- you've got the basic techniques and can ski comfortably in easy terrain, controlling your speed on gentle descents
- you want to improve and expand your skills so you can tackle varied terrain more efficiently and confidently
- you may have previously skied in our novice group at Ramsau
- you must have a reasonable level of fitness to take part as tuition is typically 4-5 hours a day with a break for lunch.

Improver [2] - coached trips and non-coached trips

- All the above plus some experience of ascending and descending more difficult terrain, with the good downhill control.

Intermediate - all trips unless described as for advanced skiers only

- You understand and can ski most classic and skate techniques confidently with effective downhill control
- You want to become a more competent and efficient skier so you can ski varying terrain without undue hesitation
- You can ski at a steady pace on half or whole day tours

Advanced - all trips

- You understand and can ski most/all the techniques in classic and skate styles in varied terrain and snow conditions
- You want to refine and polish all your skiing skills to become a more competent and efficient skier over longer distances and/or more challenging terrain
- You're able to ski for several hours each day, adapting your pace to suit the terrain and group