



**Now celebrating our 25th
year!**

Guest information 2011-12





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. 50-80,000 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 programme

Membership 2011 (2011.07.01 – 2012.06.30):

Skier including nearest and dearest	250 SEK/per year
Company/organisation	5000 SEK/per year

You must be a member to take full advantage of:

Our subsidised prices in ski school. 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 ski school is able to pay all its bills in time, please ensure all invoices are paid 14 days prior to arrival.

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

1. Call 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 queue.
If you wish to change something now is the time to contact us. Alternatively if you have questions on ski school or accommodation at Åre Continental Inn.

Contact us at:

Tel: (0046) 647-537 77, office in Åre (bookings): 09.00 – 16.00.

Tel: (0046) 70-64 14 222, office in Åre (mobile): 09.00 – 16.00.

Fax: (0046) 647-171 71, 24hrs!

E-mail: bokningen@totalskidskolan.se often the easiest!

2. Deposit of 500SEK per person, 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: for cancellations later than 7 days before arrival deposit will not be 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. Ski school information can be found in reception on our display board.

Transport to/from slopes

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

Weather and Clothing!

Tips for the Swedish mountains! Warm gloves, ski goggles, light, warm boots (sitski, skicart and bi ski-skiers), thin layers for variability of warmth, fleece, sun cream, 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 ski school is in an area called Rödkullen, it is located off the E14 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.

Totalskidskolan pricelist for the season 2011/12

Ski school for members!

Lessons x 5	3.350 kr	1h45-2h
Half day x 5 days	4.595 kr	12 - 15 hours, season dependent
Full day x 5 days	6.650 kr	25 - 30 hours, up to week 5, 5745 kr
Kids skicamp	4.695 kr	5 lessons ski school + activity program.
Youth week	4.695 kr	lots of skiing + activity program.

Ski school for NON members!

Lessons x 5	4500 kr	1h45-2h
Half day x 5 days	6.800 kr	12 - 15 hours, season dependent
Full day x 5 days	12.900 kr	25 - 30 up to week 5, 10700kr
Kids skicamp	10.900 kr	5 lessons ski school + activity program.
Youth week	10.900 kr	lots of skiing + activity program.

Price list ski hire 2011-12	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Full Package (0-15 years), skiers, skicart	180 kr	340 kr	480 kr	570 kr	650 kr	720 kr	770 kr
Full package adults, skiers skicart, sitskis	230 kr	420 kr	600 kr	700 kr	770 kr	850 kr	910 kr
Skis, or boots, (0-15 years)	140 kr	250 kr	370 kr	440 kr	510 kr	590 kr	640 kr
Skis, or boots, (adult)	190 kr	330 kr	470 kr	550 kr	630 kr	700 kr	770 kr
Ski tip holder, or pooles	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

The hirer is responsible for returning equipment in the same condition as it was received with the exclusion for normal wear and tear. Damage will be charged for. Equipment fitting and a helmet is included with all hired equipment.

Ski pass prices

	youth (8-15 year) Senior 65 +	adult
Daypass	300 kr	380 kr
2-daypass	600 kr	760 kr
3-daypass	875 kr	1075 kr
4-daypass	1100 kr	1390 kr
5-daypass	1395 kr	1760 kr
6-daypass	1475 kr	1855 kr

Skidirectcard automatic skipass system costs 45kr extra

Totalskidskolan only organise ski passes for its students, passes can be booked online at www.skistar.com/are

Accommodation incl breakfast and dinner

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.



TOTALSKIDSKOLAN's Prices

(Prices are per room and calculated for adults)

**Note! These prices are for booking before 1 November 2011
(price after 1 November 2011)**

<i>Prices include taxes</i>	High Season week 51-17		
	1 day	3-4 days	7 days
PRIVATE			
Single room 1pers			5040 kr (6300)
Double room 2pers			7200 kr (9000)
Double room w. bed sofa 3 ers			8880 kr (11100)
Multiple bed room 3pers			10440 kr (13050)
Multiple bed room 4pers			11520 kr(14400)
Family room 4pers			12960 kr (16200)
Family room 5pers			14040 kr (17550)
Extra bed			1 200 kr (1200)

Telephone numbers and other useful info!

Totalskidskolan: telephone times: 09.00 – 16.00 (Monday-Friday). From 1.12.

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

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 västerjämmtland).

0647-505 55 (Björn Olsson).

All taxis companies have some accessible vehicles and know where Totalskidskolan is at Rödkullen.

Tourist Office: 0647-177 20.

Åre Health Centre: 0647 166 00

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

Totalskidskolan ski school information

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

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

Lesson

Normally 1,5h approx 1, 15 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.

Half day

2.5 hrs ski school, 5 half days is the normal minimum time to get you started as a skier.

Full day

5 full days 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 ski care among other things.

Kids and Youth Weeks

Further information available on request

A warm welcome to Åre and the mountains!