TOTALSKIDSKOLAN Sifski GRUPPEN ÅRE

Guest Information 2026/2027

A warm welcome to Åre and the mountains!

This is Totalskidskolan

Totalskidskolan is a non-profit organization where we offer skiing to anyone with a permanent impairment or disability. Our main idea is to offer skiing and ski instruction to our guests at the same rates as for any other skier.

Ever since we started in 1987, we have been able to offer great skiing experiences to our guests, who steadily increase in numbers. We strive to give everyone the opportunity to have fun on snow and to experience our unique nature in the mountains.

Totalskidskolan is situated in Åre, at Rödkullen, and is currently one of Europe's leading ski schools within adaptive skiing. Our skilled and highly educated ski instructors receive some 250 – 300 guests annually.

Critical for our success has been our constant development of both operations and of the equipment offered to our guests. Today, we offer a wide range of sitski/uniski, biski/dualski and skicarts. The equipment is carefully adapted to each individual guest's specific needs before moving onto snow. We also offer standing skiing whenever possible.

Since our skiing equipment are significantly more expensive than those used by other skiers, we subsidize our skiing rates. We have been able to do so thanks to a wide range of generous sponsors, donators, funds and trusts, partners and good friends. Their loyal efforts make it possible for us to continue to offer skiing for anyone, regardless of disability or impairment, year after year.

Read more about us at www.totalskidskolan.se
Follow us at Facebook and Instagram.
Or call and speak directly to our "Snow boss" Erika Berglund at Rödkullen.

Important information regarding booking

Booking confirmation and payment

We thank you in advance for your kind payment on the due day of your invoices. There are often members queuing up for our ski school, especially during the most popular vacation periods in the winter. Your due payment confirms to us that you are coming.

After receiving your confirmation invoice:

Your first invoice consists of a booking confirmation with suggested date and time.

To confirm your booking, please pay your invoice for booking and membership fees. If you do not pay your invoice on its due date, we may treat it as a cancellation.

The booking fee is non-refundable.

After receiving your booking invoice:

As soon as we have received payment on your confirmation invoice, we will send you a second invoice with all your booking details.

This invoice refers to the remaining costs for your booking with us – fees for ski school and any further bookings, e g for ski and equipment rental.

Any questions or changes to your booking, please contact info@totalskidskolan.se

Please note: The membership fee is charged separately. You will need to be a member of Totalskidskolan in order to book ski school or rent equipment.

As a member, you will receive a discount equivalent to the membership fee on your first ski school booking for the year.

Miscellaneous costs

Everything that you have ordered and not paid for in advance (e.g. t-shirts, ski goggles, extra lessons or membership) will have to be paid for upon arrival. Both cash and card are accepted at Rödkullen.

Lodging information

Lodging

In Åre and its surrounding areas, there is a multitude of lodging alternatives. There are excellent opportunities to find and book what you prefer regarding price, accessibility and service – as long as you book well in advance of your arrival.

Below we list a selection of alternatives among the more frequent and popular choices – ranging from hotels, apartments, boarding houses and youth hostels to large lodging businesses like AGO and Skistar.

AGO Mitt i Åre

AGO rents out apartments all over Åre. There are certain apartments adapted to disabled guests, e g suitable for guests in wheelchairs. As our guest at Totalskidskolan you will get a discount on your rental fee with AGO; in order to obtain a discount code, please contact us at Totalskidskolan. More info at www.mittiare.se

Holiday Club

A selection of hotel rooms and apartments of different sizes, some of which are equipped for wheelchair access. The hotel is beautifully situated at the Åre lake shore. More info at www.holidayclubresorts.com

Åre Fjällsätra

Hotel rooms, some of which are equipped for wheelchair access. This hotel is situated in Undersåker some ten kilometres from Åre. More info at www.arefjallsatra.com

Skistar's lodgings at Åre Village

Recently some 28 apartments at Brunkulla, in the center of Åre, have been renovated and developed into Åre Village, a choice of roomy apartments with modern comfort. Here, you have the opportunity to rent but also to time share apartments as an alternative or complement to your current lodging choice. More info at www.skistar.com

Transportation, lunch and other practicalities

Transport to and from slopes

In Åre, there are several taxi companies and good access to cabs and small buses. If you are a group, there is a lot to gain by travelling to the ski school in your own taxi bus.

Taxis can be booked via your reception or on +46 (0)647 100 22 or +46 (0)647 505 55 to take you to the village center or skiing area. For the skiing area please ask for Totalskidskolan, Rödkullen.

Weather and Clothing

Useful hints for the Swedish mountains! Please bring warm gloves or mittens, ski goggles, light warm boots (sitski skiers), thin layers for variability of warmth, fleece jackets, suncream, sunglasses, winter jacket and ski pants.

Swimming gear and workout gear may also come in handy, especially for lodgers at Holiday Club where guests can use the gym, pool, sauna and jacuzzi.

Rödkullen ski area

Our ski school is situated in an area called Rödkullen. This is in the western part of the Åre ski system, off the E14 between Åre village and Duved. Here we have our office and all our equipment. There is also ample parking spaces for disabled skiers.

Lunch Restaurant and Warming Hut

At Rödkullen you will find the Rautjoxa restaurant where lunch is available. Close by, Skistar has built a warming hut with an abundance of facilities, e g some 20 toilets. You will find the warming hut right next to the slopes and parking at Rödkullen.

Totalskidskolan Price List

Ski school for members

The ski school at Totalskidskolan includes SkiPass for the guest, equipment, adaptation and your own personal ski instructor. This pricelist refers to our members only.

Totalskidskolan - Pricelist (SEK) Ski School winter 2026-2027		
Description	**Price**	**Comment**
Single day - Monday to Friday		
1,5 hour	1 150	
3 hours	2 100	
1 full day	3 850	According to the opening time of the lifts
5 days (Monday to Friday)		
1,5 hour	4 800	
3 hours	7 100	
4,5 hours	10 050	Start of season until week 5 (09:30-15:00)
6 hours	13 300	Week 6 until close of season (09:00-16:00)
Camps 5 days (Monday to Friday)		
Skicamp	7 050	information available on request
Freeridecamps	7 150	information available on request
Single day - Saturday and Sunday		
1,5 hour	1 350	Available from week 6 until week 16

Equipment rental

At Totalskidskolan, you can rent most anything that you need for alpine skiing. We have the same rental prices whether you want a skicart, biski or sitski – or a pair of alpine skis for standing skiing. All equipment is rented out by the day or by the week.

A helmet is always included when you rent a complete equipment. Any equipment rented from us will be adjusted and fitted to the user, without extra cost.

Children up to the age of five years “rent” their traditional ski equipment for free!

Prices for equipment rental, please see our website www.totalskidskolan.se

Ski school information

Personal adjustment of your equipment

Included in our ski school prices quoted above is always the necessary equipment, ski pass, personal adjustment and fitting of the equipment and of course, your own ski instructor.

Lesson

A lesson equals 1.5 hours of skiing. You may book one or several lessons depending on your requirements and current availability. Please ensure you always arrive in good time for your lessons, so we have time to adjust your equipment properly before skiing.

Half day

A half day equals three hours of ski school. You may book one or several half days depending on your requirements and current availability. We recommend five half days as the normal scope to get you started as a skier.

Full day

Five full days is the recommended requirement for acquiring a skicart license or to introduce you to a sitski.

Ski Camp

Our popular Ski Camps are weeks we arrange especially for our young skiers. The program is compiled to be suited to skiers from 7 years of age.

At our Ski Camp weeks, children with all kinds of disabilities are welcome. The days consist of one ski pass in the morning (1.5 hours) followed by other activities in the afternoon and evening.

We arrange a complete week with activities that suit the kids as well as the time of the season. In former camps, we have arranged snow scooter outings, dog sleighing, ice fishing, bonfire evenings and bowling tournaments. The ski instructors take part in all activities which is generally much appreciated.

Freeride Camp

For our more experienced skiers, we arrange Freeride Camps. To qualify for a Freeride Camp you need to be able to ski independently with other skiers, where you “share” an instructor with the group. This gives you a great experience, a fun camp and some great instruction from Totalskidskolan’s experienced team, at a lower price rate.

To take part you need to – as a minimum – be able to ski the blue slopes, and you must also be able to handle the ski lifts independently. If you are a skicart skier, your own license is required. If you are licensed with a co-skier, this person must accompany you at all times while skiing.

For more information about our Ski Camps and Freeride Camps, please call our Snow boss Erika Berglund at Rödkullen, or email info@totalskidskolan.se

Useful contact information

Totalskidskolan

Office hours	09.00 – 16.00 (Monday to Friday)
Office/Mobile Phone	+46 (0)70-64 14 222
Website:	www.totalskidskolan.se
E-mail:	info@totalskidskolan.se

Taxi Service

+46 (0)647 100 22 (Taxi Åre).
+46 (0)647 505 55 (Taxiraketen).
+46 (0)647 220 20 (Topptaxi)
+46 (0)647 800 00 (Åretaxi)

Åre Tourist Office

+46 (0)647 177 20
The Tourist Office is situated in the same building as the train station in the centre of Åre village.

Åre Health Centre

+46 (0)647 166 00
+ 46 (0)647 166 10 (emergencies)

Skistar Åre Ski School

+46 (0)647 130 00
For friends and family who wish to attend skiing school during the stay in Åre.
Please ensure you book your lessons in the Rödkullen area, alongside Totalskidskolan.

Other conditions

Cancellation policy

Should you need to cancel your booking, the following terms apply at Totalskidskolan – based on when your cancellation is done.

Individual bookings:

30 days before arrival: 50% of your booking fee is charged
15 days before arrival: 100% of your booking fee is charged

Should you become sick you may have your fee refunded, minus booking confirmation and expenses on your behalf, when supplying a doctor's certificate. This also applies if your assistant becomes sick and you are unable to come because of it.

We do not admit cancellations in arrears.

Group bookings:

60 days before arrival: 25% of the individual's booking fee is charged
30 days before arrival: 50% of the individual's booking fee is charged
15 days before arrival: 100% of the individual's booking fee is charged

Should you or your assistant become sick, the same rules apply as for individual bookings. We need to see a doctor's certificate in order to refund your fee.

Please note that refunding only is available for individual group member, not for the entire group, when someone becomes sick.

We do not admit cancellations in arrears.

Termination of booked ski lesson

Totalskidskolan reserves the right to terminate ski lessons and other bookings made by guests with one month's notice. This if a problem which Totalskidskolan cannot overcome has appeared. Examples may be:

1. If Totalskidskolan is no longer economically solvent. This may be due to sponsorships which have suddenly ceased or external contributors who decide they will no longer support Totalskidskolan and its operations – and the Association is not able to cover for the lack of funding in any other way.
2. If Totalskidskolan is unable to secure ski instructors for booked lessons or longer skiing periods. In this case, the guest shall primarily be offered other options in time.
3. If a Force Majeure situation has occurred, over which Totalskidskolan has no control – e g very serious weather conditions or a closure of Åre's ski system.

Refunding

Should Totalskidskolan on the above grounds terminate its commitments, the guest will receive a refund. Specific extra costs which originate from the guest's booking will be deducted from the refund.

Totalskidskolan cannot refund additional costs for guests such as lodging, ski pass, food or travel costs.

Finally, Totalskidskolan's taxes, social insurance costs and other liquidation costs may take priority over refunds.

Settlement of disputes

Should a dispute occur regarding the agreement between Totalskidskolan and guest, Swedish law is applicable. First solution should always be a mutual effort to reach an agreement.

Should there be no such agreement, the dispute may be settled by Allmänna Reklamationsnämnden (The Committee for General Complaints) in Sweden – should this committee decide it is qualified to settle the dispute in question. The outcome from Allmänna Reklamationsnämnden is a recommendation to the involved parties on how to handle the dispute.

Should the parties still not reach a mutually agreeable solution, a Swedish court may settle the dispute.

Data Integrity Policy – GDPR

How Totalskidskolan handle personal information

On May 25, 2018 the EU data protection regulation GDPR took effect in Sweden and all across the European Union. This new regulation controls what you may or may not register about a person, and under which circumstances.

At Totalskidskolan, we register data about our guests in order to be able to offer personalized skiing experiences of the highest quality. When booking with us, we register:

- Your contact information (name, address, telephone number, email address)
- Your social security number (in order not to mix you up with others with the same name)
- What ski equipment you book and how we need to adapt this equipment prior to your arrival
- If you have any license for skiing
- What you have told us about your body and how it is affected or functioning while you are skiing (e g if you need to be extra warm or have certain impairments we need to know about)

While you spend time with us, your ski instructor will also register what you have worked on, who you have been practicing with and what you need to practice further in order to develop as a skier.

All information we register about you, is deleted if and when you have not booked with us again in five years. Any information older than five years is deleted automatically.

You may at any time ask Totalskidskolan for an account of what we have registered about you. If you want us to delete any specific information or correct something which is obviously wrong, we will naturally see to that immediately.

Please reach out to info@totalskidskolan.se for any further information.

Support Totalskidskolan – become a member!

Totalskidskolan is a non-profit organization where we always welcome new members! We aim to cover all extra costs incurred by our guests due to the nature of the specialist equipment and instruction they require. We do this by working continuously to raise money in order to keep our fees as low as possible, and generally raise some 90,000 Euro per season. You too can help by becoming a support member!

You can support us individually or by finding companies, organizations or other relevant parties who may be interested in sponsoring our ongoing program.

Below you will find some ways to support our work.

Membership & support membership

Why not ask your friends to support Totalskidskolan, or give away a support membership to those who “have everything”? It is easily done, just submit 300 SEK to our bank giro account 5842-7303.

Skier including nearest and dearest	300 SEK per year
Support member including family	300 SEK per year

Gift

Do you like what we do? Do you want to help? Please submit any contribution, large or small, to our bank giro account 5842-7303. Please mark with “gift” and your name.

Sponsoring

Your company, or the company you work for, or other relevant companies are most welcome to contribute via sponsorship. Do you have any questions regarding sponsorship? Do you need further information or possibly an on-line presentation of our operations? Please call or email us at Totalskidskolan.

Equipment rental

Rent skis and other equipment for your family with Totalskidskolan when you visit! We have some really good equipment for rent and all surplus revenues support our skiers.