

# SNOWSPORT ENGLAND ON SNOW NORDIC WEEK Nordseter, Norway

Sunday 20th March - Sunday 27th March 2022



What could be better than a week on snow in Norway towards the end of the season, with expert-led technical tuition in both classic and skating techniques? This is an ideal opportunity to improve your Nordic skills while enjoying like-minded company. The week consists of six days of small group instruction while staying at a Norwegian fjellstue near Lillehammer. Accommodation is available in economy or standard rooms, or cabins, with winter pension (dinner, B&B and packed lunch and hot flask from the breakfast buffet).

## THE TUITION

This will be led by Alan Eason, one of Snowsport England's top Nordic coaches, ably assisted by other Snowsport England accredited coaches. Alan is a former GB international Nordic skier with huge experience of coaching. He is the Director at Lake Mountain Alpine Resort, Australia, as well as running [Totally Nordic](#) ski instruction. The emphasis will be on skills development with six days of instruction from Monday 21st March to Saturday 26<sup>th</sup> March with both morning and afternoon sessions. The course participants will be divided into groups of six to eight, depending on numbers and skiing ability, with each session tailored to the group's experience and objectives. Morning sessions tend to concentrate on technique and the afternoon sessions will usually be less formal, maybe covering some distance with coaching along the way or a workshop on a particular skill. Video analysis will be available and there will be the opportunity to be assessed for SE Nordic Proficiency Awards if desired. **Cost for tuition per person for the week: £400, including deposit of £125 to Snowsport England and balance payable eight weeks before departure.**

## NORDSETER, THE SKIING AND ACCOMMODATION

Nordseter lies on the mountain plateau above Lillehammer, with direct access to over 450 km of prepared ski tracks. The train runs directly from Oslo airport to Lillehammer and there is a regular bus up to Nordseter (if your flight is later, you may need to take a taxi up to the fjellstue). We will be staying at the fjellstue in Nordseter, previously called [NordseterFjellstue](#), although this has changed its name to Lillehammer Fjellstue. Standard rooms have ensuite bathrooms, economy rooms have a wash basin and share bathroom facilities, and cabins have a kitchen, bathroom, living area and sleep 2-5 in two bedrooms. If you want to share a room and have no one to share with, we will try to pair you up. **Cost for winter pension at Lillehammer Fjellstue in table below:**

	Standard room	Economy room	Cabin
Single	NOK 1070 PPPN	NOK 880 PPPN	
Twin/double	NOK 820 PPPN	NOK 730 PPPN	NOK 1150 PPPN
Triple			NOK 895 PPPN

Ski hire is available locally if required, while there are storage and waxing facilities at the fjellstue. Use of the tracks is free.

To register your interest please contact: Gwenda Cavill [ssenordic@gmail.com](mailto:ssenordic@gmail.com)

**Please do NOT book your flight or accommodation until Snowsport England has confirmed your place on the course.**