



**'K7 SKI SCHOOL'
(KOSCIUSZKO CROSS COUNTRY SKI SCHOOL)**

WINTER 2018 INFORMATION & PRICES

WHO WE ARE

We are the largest professional nordic / cross country Ski School in NSW & Australia and we are still growing!

With decades of experience between us, we guarantee you will ENJOY your lessons!

The K7 Ski School places priority on *your experience*, through engaging fully qualified Australian Professional Ski Instructors (APSI - <http://www.apsi.net.au/nordic.aspx>). We also have proven instructor to skier ratios (maximum up to 1:6 instructor to skier ratio) for the best results. Private lessons also available.

We specialise in -

- Skiing - recreational and race
- The art of teaching based on proven pedagogy with a focus on students, i.e. skiers
- Instruction at all skier levels from beginners through to high performance including masters
- Technical advice in relation to choice of skis, wax etc & ski waxing
- Ski Touring (introduction, intermediate, advanced)
- K7 Ski School has a very strong track record training juniors for ***Interschools*** competitions.

**Lessons available every day when sufficient snow for X Country Skiing.
Spring X Country Skiing from Thredbo**

- Introduction to Nordic Skiing - Step by Step Skills Development
- Essentials of Classic Technique
- Essentials of Skate Technique
- Intermediate and Advanced Skills
- Athlete Coaching and Development
- Introduction to Ski Touring / Intermediate / Advanced Ski Touring.
- July School Holiday and Winter Weekend Program
- July School Holidays Australian Biathlon Association (ABA) Program (<http://www.biathlon.asn.au/>)
- The highly popular & successful '**Faster Masters**' and '**Nordic Novices**' from July
- **Special Masters Clinics during X Country Week** 4-11 August 2018 with Luca, coach for the ABA.
- **Training before and during Cross Country Week for social events and races**
- **Interschools Training as below.**
- **Perisher:** July School Holidays, Weekends, **State** 18-22 August, **Nationals** 26 August -4 September

ALL ENQUIRES AND BOOKINGS: e: k7skischool@gmail.com or SMS: 0402 298 821

K7 Adventures preferred clothing and equipment outlets

CANBERRA: Mont - <http://www.mont.com.au> - clothing and outdoor camping equipment.

COOMA: Rhythm Sports - <http://www.rhythmsnowsports.com.au> - excellent cross country ski hire, alpine / waterproof clothing purchase & hire, waterproof boots for Snow Shoe Tours, cross country ski accessories.

JINDABYNE: Larry Adler <http://www.larryadler.com> - sells great clothing & accessories.

JINDABYNE & THREDBO: Gravity <https://www.gravity.ski/> Ski Tour hire & accessories.



Number of Skiers	Lesson Length in Hours				
	1	1.5	2	3	6
1	\$95	\$135	\$175	\$260	\$500
2	\$120	\$175	\$220	\$320	\$610
3	\$145	\$200	\$250	\$360	\$655
4	\$160	\$215	\$265	\$370	\$700
5	\$180	\$240	\$300	\$410	\$745
6	\$220	\$280	\$345	\$470	\$840
7	\$255	\$330	\$415	\$550	\$990
8	\$290	\$378	\$465	\$635	\$1135
9	\$330	\$430	\$525	\$715	\$1345
10	\$365	\$475	\$580	\$800	\$1445

Pricing: The Kosciuszko Cross Country Ski School engages **Australian Professional Ski Instructors Association (APSI)** Nordic Ski Instructors who are remunerated at above award rates. We believe in quality, experience and a commitment to teaching. Our prices reflect professional teaching standards and small group sizes.

Interschools and Larger Group Lessons: We prefer small groups for quality of ski instruction and better results for skiers! Where appropriate, we will provide lessons for groups larger than ten skiers and will allocate additional instructors. The K7 Ski School provides both group & private lessons for Interschools.

Snow Conditions: Conditions on the snow may vary. The Kosciuszko Cross Country Ski School recognises the financial investment made by the NSW NPWS to groom the Perisher Nordic Trails. We work within the NPWS Guidelines and with the NPWS Nordic Trail Grooming policy & contractual arrangements to provide the best quality surface for your skiing. Snow conditions may be icy / unsuitable for nordic skiers. We reserve the right to change or postpone lessons to ensure safe conditions for instruction and skiing. The Kosciuszko Road may also be suitable for Nordic Skiing to Perisher Gap or further. This can be an excellent surface after grooming by Charlotte Pass Oversnow Vehicles and contains some good sheltered areas for technique instruction.

Lessons & Bookings Cancellation Policy: K7 Ski School requests 48 hours notice prior to cancellation of a lesson unless circumstances arise beyond your control. Please advise us through: **SMS: 0402 298 821**. We will endeavour to change or postpone lessons with reasonable notice at no charge.

K7 Adventures holds all relevant licences and insurances.

K7 is an **Advanced EcoTourism Accredited Organisation** with a **Ten Year NSW ECOPASS**



TRANSPORT

How do I get there? Getting to the Snowy Mountains is easier than ever! In winter there are daily bus services from Sydney and Canberra to Bullock's Flat - then catch the ski tube to Perisher, or, continue on the bus to Thredbo.

BY BUS - MURRAY'S BUSES - FROM SYDNEY INTERNATIONAL AIRPORT BAY 9 OPPOSITE RYDGES HOTEL OR CENTRAL STATION: <http://www.murrays.com.au/ExpressTimetable.aspx?RouteCode=1>

GREYHOUND FROM SYDNEY CENTRAL STATION TO THE SNOWY MOUNTAINS -
<http://www.greyhound.com.au>

TRAINLINK BUS SERVICE CANBERRA TO JINDABYNE X 3 DAYS PER WEEK MWF -
<http://www.nswtrainlink.info> - **link with Alpine Charters** to connect to Ski Tube and Thredbo morning and afternoon MWF : <http://www.alpinecharters.com.au>

BY AIR - <http://rex.com.au> Sydney to Cooma. Link with shuttle service at the Airport to Resorts.

SNOW LINER COACHES run school bus services in the Snowy Mountains and fare paying seats are available for visitors during school periods to travel from Cooma to Thredbo and return. Links with Trainlink Services to Cooma / Jindabyne Ph: (02) 64521584 - <http://www.snowliner.com.au>

PRIVATE CHARTERS - organise a private bus / car from Canberra Airport or Canberra Jolimont Centre.

JINDABYNE MOTORS ALPINE CHARTERS for Shuttle from Jindabyne to Perisher daily return and on demand Shuttle from Jindabyne to Perisher Ski Tube and Thredbo / private charters from Canberra to the Ski Resorts on: 0414 400 378

SNOW ALLIANCE - Canberra to Snowy Mountains private car / bus on: 61 2 6456 4425

SUMMIT COACHES - Sydney, South Coast, Canberra to Snowy Mountains on: 1800 608 008 / 61 2 442 25 006

BY CAR - via the Monaro Highway from Canberra to Cooma, Berridale and Jindabyne then via the Alpine Way to Bullock's Flat Ski Tube and Thredbo or the Kosciuszko Road to Perisher. Parking may be restricted during the peak season / weekends. Catch the Shuttle from Jindabyne NPWS Bus Parking Bay to Bullock's Flat or to Thredbo! 4WD vehicles carry chains, otherwise hire and carry snow chains from Cooma / Berridale / Jindabyne.

KOSCIUSZKO NATIONAL PARK ENTRY FEE: \$29 per day in winter \$17 per day in summer. Annual Pass \$190. Purchase at the NPWS Jindabyne Visitor's Centre (plenty of parking between the Old Shopping Centre and Nugget's Crossing Shopping Centre) or the Vehicle Entry Stations on the Alpine Way and Kosciuszko Road or purchase online here: <http://www.shop.nsw.gov.au/event/condition.jsp?regCode=npws-pass-all>



ACCOMMODATION

Where do I stay? Staying in the Snowy Mountains is great fun with a fantastic range of accommodation options from apartments, lodges, hotels, caravan and camping grounds. We recommend access via the Ski Tube from Bullock's Flat on the Alpine Way to Perisher. From the Perisher Ski Tube Building it is a short walk to ski to the Perisher Nordic Shelter where you will find K7 Ski School Instructors.

Some of our favourites:

Vacant Moments: http://www.vacantmoments.com/maps/au_nsw_snowy.asp

ALPINE WAY - Access to Perisher Ski Tube and Thredbo

Bimblegumbye Lodge Alpine Way: <http://www.bimblegumbye.com.au>

Penderlea Chalets: <http://www.penderlea.com.au>

Andrea's White House: <http://www.andreaswhitehouse.com>

Paul Reader's Yellow House: <http://www.accommodationjindabyne.com/accommodation/9>

Novotel Lake Crackenback Resort & Spa: <http://www.lakecrackenback.com.au>

THREDBO

Kasees Lodge Thredbo: <http://www.kasees.com.au>

Thredbo YHA: <http://www3.yha.com.au/hostels/nsw/snowy-mountains/thredbo/>

Berntis Thredbo: <http://berntis.com.au>

Karas Apartments: <http://www.karas.com.au>

Snow Goose Apartments Thredbo: <http://www.snowgooseapartments.com.au>

The Denman Thredbo: <http://www.thedenman.com.au>

Peak Apartments Thredbo: <http://www.thepeakthredbo.com.au>

Kiama Alpine Club: Spring, Summer, Autumn: <http://www.kiamaalpineclub.org.au>

Rydges Thredbo Alpine Hotel: <http://www.thredbo.com.au/accommodation/thredbo-alpine-hotel/>

PERISHER

The Maritz Hotel and Salzburg Apartments: <http://www.marritzsaltzburg.com.au>

Valhalla Lodge: <http://www.valhallaperisher.com>

The Sundeck Hotel: <http://www.sundeckhotel.com.au>

The Stables: <http://thestablesperisher-px.rtrk.com.au>

Avalanche Lodge: <http://avalancheperisher.com.au/wp/>

The Man from the Snowy River Hotel: <http://www.themanfromsnowyriver.com.au>

Perisher Valley Hotel: <http://www.perisher.com.au/perisher-valley-hotel/>

These lodges are friendly to cross country skiers and snow shoers!

JINDABYNE

<http://raywhitejindabyne.com.au/rent/property/>

Jindy Lakeside Apartments: <http://www.jindylakesideapartments.com>

Talk to Snow Escape Holidays Jindabyne about their extensive listing of holiday accommodation:

<http://www.snowescapeholidays.com.au>

Or book with: http://www.australialpineresorts.com/resorts/thredbo_accommodation

Big 4 Holiday Park: <http://www.big4.com.au/caravan-parks/nsw/snowy-mountains/discovery-holiday-park-jindabyne>