



WELLNESS SPORT

WINTER

ALPINE SKI SCHOOL

Himos Wellness Mountain programme also includes Himos Ski's Alpine Ski School lessons and camps. At the ski school, you will experience the fun and enjoyment of skiing, learn more about the required techniques or even train for competitions. The groups are set in accordance with targets and levels.

Levels:

- Academic level: competition level
- Target level: goal-oriented hobby level, but not competitive participants
- Leisure level: limited or no previous experience, for fun

ALPINE SKI CAMP - full day camp, 7 days or 14 days

- Mon-Sun, one rest day per week
- 100 mins of instruction in the mornings and afternoons, and other times independent practice according to the instructor's guidance
- an interesting program for camp participants in the evenings
- Saturday is an excursion day
- KIHU / Sports Lab lecture in the development of endurance and a muscle fitness test
- min 10 person group
- accommodation in a holiday apartment, 2 pers / bedroom, bedlinen, cleaning once per week
- full board (breakfast, lunch, dinner, evening meal). Dinners in different restaurants, evening meal prepared and delivered to the holiday apartment'
- ski-lift ticket throughout the camp, also for independent practice
- Alpine ski equipment rental during the whole camp

Price: 1380 € / pers / 7 days,
children 4 – 12yrs. 1035 € / pers / 7 days
Incl. Vat. Net price.



ALPINE SKI CAMP:

**Afternoons Mon-Fri + weekends Sat and Sun whole day,
7 days or 14 days**

- Mon-Fri 5pm- 8pm (one day of rest) and Sat+Sun whole days
- Whole day excursion on day of rest
- Alpine Ski Camp afternoon is suitable to be linked with, for example, our various educational programs
- min 10 pers. group
- ski-lift tickets
- Alpine ski equipment rental

Price: 690 € / pers / 7 days
children 4-12 yrs. 510 € / pers / 7 days
Incl. Vat. Net price.

ALPINE SKI LESSONS

- Separate 100 min lessons, as private lessons or in a group
- Lessons are tailored to the wishes and level of the participant or participants
- For all levels; whether beginners or competition level

Meals are included in all day camps and in, for example, educational packages

- Breakfast takes place in Restaurant Tupa.
- Lunch
- Dinner takes place in several restaurants, including the Moose Manor, where you can also see elk, reindeer and bean geese, also an outdoor dining experience with exquisitely blazed salmon by an outdoor fire, while Chinese cuisine will also be served at a local Chinese restaurant. Many restaurants offer local food, including mushrooms and berries that have been collected from the Himosvuori forest. The evening meal will be prepared and delivered to the villa.

Additional fees

- Throughout your stay, you may also book various treatments and activities on site and other services according to your wishes at an additional cost.
- KIHU's additional measurements, tests and lectures



Bookings and additional info

- The booking must be made a min 60 days before arrival
- Himos Holiday Ltd, Länsi-Himoksentie 4, FIN 42100 Jämsä.
- Tel. +358 20 7119 230
- himosholiday@himosholiday.com
- www.himosholiday.com

When booking, you must notify

- the estimated size of the group, including the whole group and the ages of the group, as well as the skiing levels
- What is the standard of English of the group, whether there is a need for an interpreter at an additional cost, or whether one will accompany the group or participate in the ski instruction
- what length of ski camp is being booked; 7 days / 14 days / 21 days

Terms of payment

- From the time of booking, 14 days net ½ and 30 days before arrival the remaining ½
- Cancellation terms; if the cancellation is made 60 days before arrival, no cancellation fee. If the reservation is cancelled 30 to 60 days before arrival, we will charge a cancellation fee of 25% of the value of the reservation. If the cancellation is made 30 days prior to arrival, we will charge a cancellation fee of 50% of the value of the reservation. If the cancellation is made 10 days before arrival, the cancellation fee will constitute the entire booking amount value.

Insurance

- HimosLomat Oy's liability insurance includes the entire program. In addition, the participants must have their own travel insurance to cover any possible illnesses, their own luggage and any possible damages they may cause.

