



CLOUD 9 ADVENTURE



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Engadin Ski Marathon Week

Mar 2, 2020 - Mar 9, 2020

- Enter one of Europe's most famous ski races: the Engadin Ski Marathon
- 7 nights half-board in the beautiful 4* Hotel Engiadina in Zuoz
- Be a part of the incredible race atmosphere as 14,000 entrants strive for ski success
- Train on the cross-country ski route itself
- Four days' pre-marathon race training with a fully-qualified BASI race coach
- Rest day to soak up the local excitement and buy souvenirs
- Explore local highlight regions including Pontresina & St Moritz
- Improve your skate or classic cross-country and race technique

The Engadin valley in Switzerland hosts one of Europe's largest cross-country ski races, the 42km Engadin Ski Marathon. Cloud 9 Adventure's

marathon-specific week focuses on race training and technique alongside local exploration and participating in – or spectating at – the event itself.

This region is hailed as a nirvana for cross-country skiers. Its 220km of groomed tracks (some of which are illuminated at night) are renowned for having excellent snow conditions.

There'll be an element of tailoring this trip to the requirements of the group and to the weather and track conditions, but our main goals will be to recce the marathon route over 2 days, and improve our technique in order to prepare as best as possible for the race.

Whether this is your first race, or whether you are veterans on the race scene, this week-long course will improve your skiing technique with expert coaching. Our aim is to help you achieve your personal goal - for some, this will simply be completing the route, and for others to get a faster time - but we will try to tailor the teaching to suit your needs.

Trip Summary

March 2 - Day 1 – Arrive in Zuoz, Switzerland

Arrive in Zuoz, Switzerland - Zuoz

Hotel Engiadina, Zuoz - Hotel Engiadina, Zuoz

18:30 Trip briefing

March 3 - Day 2 – Warm-up day on the tracks of Zuoz

Warm-up day on the tracks of Zuoz - Zuoz

March 4 - Day 3 – Race training on marathon route from Maloja to Pontresina

Race training on the marathon route from Maloja to St Moritz or Pontresina - Maloja, Pontresina

March 5 - Day 4 – Hill training from Silvaplana to Pontresina

Hill Training from Silvaplana to Pontresina

March 6 - Day 5 – Ski from St Moritz to S-Chanf

Ski from St Moritz to S-Chanf - Pontresina, Zuoz

March 7 - Day 6 – Rest day

Rest day in Zuoz - Zuoz

March 8 - Day 7 – Race Day

Race day - the Engadin Ski Marathon - Course map Engadin Ski Marathon 2019.pdf

Travel from Zuoz to the start of the race at Maloja - Luggage delivery ESM.pdf, Start Map.jpg, Finish area map.pdf

March 9 - Day 8 - Departure day

Depart Zuoz

March 2 - Day 1 – Arrive in Zuoz, Switzerland



Arrive in Zuoz, Switzerland

You will travel by train from Zurich airport to Zuoz, and these tickets are included in the trip.

Recommended connections are here:

Depart Zurich Flughafen **12:18** (Platform 4)

Arrive Zurich HB **12:27**

Depart Zurich HB **12:37** (Platform 12)

Arrive Lanquart **13:41**

Depart Landquart **13:50** (Platform 6)

Arrive Sargliains **14:52**

Depart Sargliains **14:56** (Platform 4)

Arrive Zuoz **15:27**

If you miss that one, there's a train an hour later:

Depart Zurich Flughafen **13:18** (Platform 4)

Arrive Zurich HB **13:27**

Depart Zurich HB **12:37** (Platform 12)

Arrive Lanquart **14:41**

Depart Landquart **14:50** (Platform 6)

Arrive Sargliains **15:52**

Depart Sargliains **15:56** (Platform 4)

Arrive Zuoz **16:27**

For alternative connections, you can check the Swiss rail and bus timetables on www.sbb.ch/en

The hotel is a 5 minute walk from the railway station, but it is uphill and would be awkward with luggage. If you would like a lift, just click on the hotel icon to call them directly from this app, and once you know which train you're on, you can ask the reception to send the car to meet you at the station to take your luggage.



Zuoz

Zuoz, Grisons, CH, 7524



Hotel Engiadina, Zuoz

We are staying in the very comfortable and centrally-located 4* Hotel Engiadina in Zuoz. Renowned for the high-quality cuisine, it also has a sauna to ease the week's inevitable aches. Dating back to 1876, this impressive building sits amid 16th century farmhouses at the heart of the picturesque village of Zuoz. Most rooms enjoy views over the mountains or the historic village centre.



Hotel Engiadina, Zuoz

16 San Bastiaun, Zuoz, Graubünden, CH, 7524
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18:30 - Central European Standard Time

Trip briefing

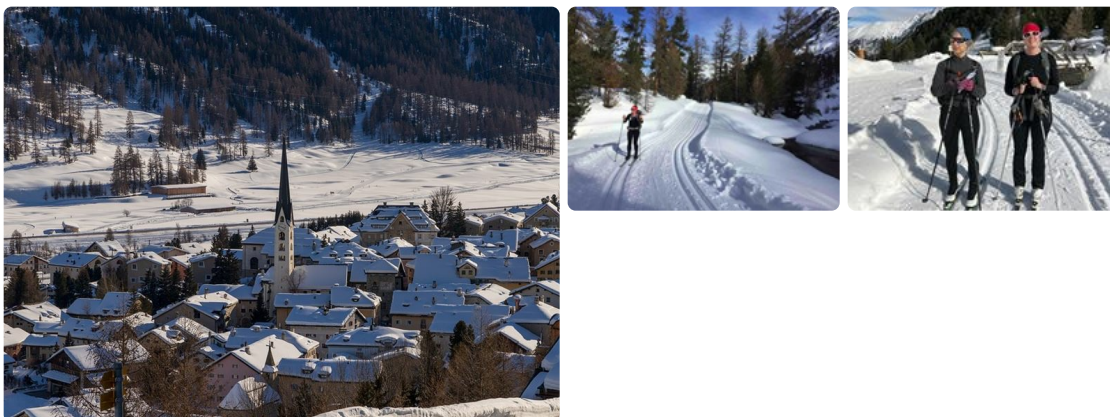
Meet your guide and fellow skiers this evening for a briefing about the trip and to answer any questions that you may have. We usually meet at 18:30 in your hotel or chalet.

March 3 - Day 2 – Warm-up day on the tracks of Zuoz



Warm-up day on the tracks of Zuoz

Today is warm-up day. Our guide will adopt a flexible approach and keep group preferences, track conditions and the weather in mind to plan a great first day for everyone in this world-class ski region. Those experiencing their first Marathon Week in the Engadin are in for a treat with local anticipation running high. The goal is for everyone to improve their technique and confidence by the time the day draws to a close, ready for your first taste of the trail itself tomorrow.





Zuoz

Zuoz, Grisons, CH, 7524

March 4 - Day 3 – Race training on marathon route from Maloja to Pontresina



Race training on the marathon route from Maloja to St Moritz or Pontresina

Today we will aim to take a trip by train and bus (included) out to Maloja to ski the first part of the marathon route from Maloja to either St Moritz or Pontresina. It's the harder part of the route (being hillier), but we take in some beautiful scenery across lakes, out in the open, then later through forests, and we pass through the famous resort of St Moritz. From here, we have the notorious hilly section to reach the Pontresina valley and the half-way point of the marathon itself.



Maloja

Maloja, Graubünden, CH, 7516



Pontresina

Pontresina, Grisons, CH, 7504

March 5 - Day 4 – Hill training from Silvaplana to Pontresina



Hill Training from Silvaplana to Pontresina

Anyone who is thinking of entering the Engadin Ski Marathon will be aware of the hilly section between St Moritz and Pontresina, with the notorious descent at "mattress hill". Our goal for today is to work on hill technique - both up and down - to help you tackle this section with confidence in your race.

March 6 - Day 5 – Ski from St Moritz to S-Chanf



Ski from St Moritz to S-Chanf

Use this morning's train ride to St Moritz to psyche yourself up for today's treat: exploration of the second part of the marathon route. You'll ski from St Moritz to S-Chanf along well-groomed tracks, remembering key distance markers and starting to plan your race tactics. This means that you'll do the hilly section one more time.....perfect preparation. Those who want to take it easy can meet us in Pontresina and This is your final day of training before participating in the 42km Engadin Ski Marathon itself.



Pontresina

Pontresina, Grisons, CH, 7504



Zuoz

Zuoz, Grisons, CH, 7524

March 7 - Day 6 – Rest day

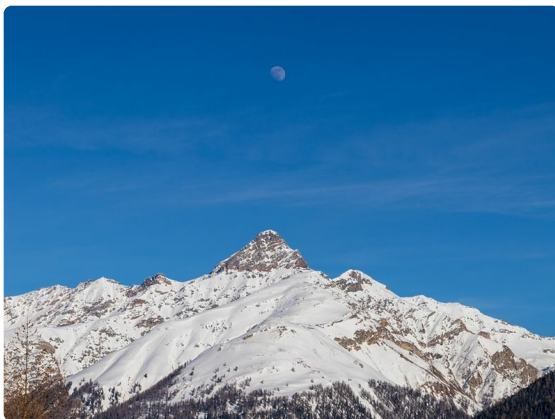


Rest day in Zuoz

The final groups of spectators and race entrants will be descending upon the Engadin today: nerves will be taut, the local excitement palpable and spirits running high, so go out, absorb, photograph and enjoy. You might like to visit one of the Engadin's famous spas to relax before the big day.

Today is officially a rest day, but we do have to collect our race bibs today from the Marathon village in St Moritz (a short train ride away) - these can be picked up any time between 10:00 and 17:00.

We can also prepare our skis for tomorrow - do bring waxing equipment if you have it. We will have 1 set of brushes and a waxing iron with us. Wax is not provided but can be purchased locally.



Zuoz

Zuoz, Grisons, CH, 7524

March 8 - Day 7 – Race Day



Race day - the Engadin Ski Marathon

The Engadin Ski Marathon is, quite simply, one of the most iconic and impressive winter events held in the Alps. It's a place where fit amateurs rub shoulders with Alpine elites, and where those seeking holiday adventures and lifetime ambitions compete side by side. Up to 14,000 competitors take part in the race, and you're about to join them. Remember your instructor's advice: pace yourselves and go out there and ski your best race! Enjoy a sauna at the Hotel Engiadina and a celebratory team meal in the evening.

Our race start time is 09:23, and we need to be at the start area 1 hour before the race.



[Course map Engadin Ski Marathon 2019.pdf](#)



Travel from Zuoz to the start of the race at Maloja

We take a train from Zuoz to St Moritz, and a shuttle bus from St Moritz to the start at Maloja.

We advise taking the 06:58 train from Zuoz (arriving St Moritz at 07:25).

From here there are regular shuttle buses to the start.

If anyone would prefer to take a different train, the timetable is here:

[Marathon Train Times](#)

Our race start time is 09:23, and we need to be at the start area 1 hour before the race. There are 2 heated tents at the start, and we will also need to drop off our bag of warm clothing which will be delivered to the race finish.

If you decide in advance that you will just do the half-marathon (and finish at Pontresina), then you'll need to drop your bag off at truck G).

Everyone else should drop off their bag for transportation to the finish according to their race number (see attached document).



Luggage delivery ESM.pdf



Start Map.jpg



Finish area map.pdf

March 9 - Day 8 - Departure day



Depart Zuoz

Suitably exhausted, your marathon experience with Cloud 9 Adventure will draw to a close after breakfast today. Your train tickets back to Zurich airport are included today.

Information & Documents



What's Included

- 7 nights' accommodation in the Hotel Engiadina, Zuoz
- All breakfasts and evening meals
- All local ground transport mentioned in the itinerary for getting the group to the start and finish of

each day's journey

- Ski pass to use the pressed tracks for the week
- Fully-qualified and expert ski race trainer and guide (BASI coach)
- Race entry fees
- Return train ticket from Zurich airport to Zuoz



Not Included

- Flights
- Ski & boot hire
- Lunches
- Personal drinks and snacks
- Any transport, accommodation or additional expenses due to a participant being unable to complete the itinerary
- Travel insurance (make sure your insurance covers you to enter a nordic ski race - we can help if not)
- Tips



Engadin Marathon Week - What to Expect

The cross-country skiing

The Engadin is famous for cross country skiing, and thanks to its relatively high altitude, the snow conditions are often excellent.

Due to race logistics, track preparation, weather and snow conditions, some sections of the route can sometimes be closed. For these reasons, we can't pin down each day until we're there on the ground, at which point our leader can work out the plan of action. Options include longer distance days, race drills to improve technique, or visiting nearby valleys such as Roseg.

The marathon

Though one of the largest cross-country skiing events in the world, Engadin Ski Marathon is open to participants at all levels, from fit and enthusiastic beginners to advanced and seasoned professionals.

The race course undulates through the long and beautiful Engadin valley and has its more challenging sections. That said, anyone with an amount of classic or skate cross-country skiing is very welcome to enter, and it is ideal as a first race due to the largely flat / downhill nature of the course - it is undulating, but there are no ginormous hills!

We can accommodate either skate or classic skiers for this event, but you do need to let us know as we enter you into the race accordingly. Your experienced Cloud 9 Adventure race coach will pitch the training to suit each individual's needs, so that everyone's skill and confidence increases before race day arrives. Many entrants and teams sport elements of fancy dress, and fun plays a big part in the event.

The pre-race atmosphere in town is a huge part of the experience so even those not in it to win it will have a fantastic week.

If you would like to receive a free SMS at the end of the race with your time and rank, then you can register here when you know your start number. We usually find out start numbers from 28th Feb at the earliest.

<https://www.datasport.com/de/sms/?racenr=21705>

The Accommodation

Accommodation for all seven nights of this eight-day trip are at the very comfortable 4* Hotel Engiadina, in Zuoz. Renowned for its excellent food, the hotel also has a Wellness Centre featuring a sauna, steam bath and aromatic shower cabin. A traditional building established in 1876, Hotel Engiadina's well-appointed rooms have views either of the mountains or out over the historic heart of Zuoz town, a uniquely well-preserved Engadin village of historic and aesthetic significance.

The food

This trip is offered on a half-board basis, with seven breakfasts (including departure day) and seven evening meals included. The hotel's restaurant is excellent, and we will have fresh local and regional ingredients. The Engiadina is stylish, with a Mediterranean influenced menu, sommelier and extensive wine list.

Luggage

This is a hotel-based trip so there is no restriction on the luggage you can bring to the hotel with you. You'll want to bring a small day pack to carry extra clothing for the training days while we're on the tracks.

Ski & boot hire

Ski and boot hire is not included in the cost of the trip, but we can help organise it if you like via Willy Sport in Zuoz. The price in 2019 is around 153 CHF for premium skis & boots, or 109 CHF for economy skis & boots.

Ski waxing / servicing

We anticipate doing a waxing session during the course of the week so that you can learn about how to wax your own skis. We will have 1 waxing iron, a scraper and 1 set of brushes available on the rest day, but please do bring your own if you have them.

If you would like a professional ski service done by the experts at Willy Sport, let us know and we can book this in for you - it will be very busy during the race week, so this must be booked in advance. The cost ranges between 79 and 99 CHF depending on what type of service you require. It's also available at the race village in St Moritz, and likely to be much cheaper there.

Money and tipping

All accommodation, guiding and meals as described are included in this trip, but please bring additional cash for snacks, drinks and tips. Beer, wine and soft drinks are available every night.

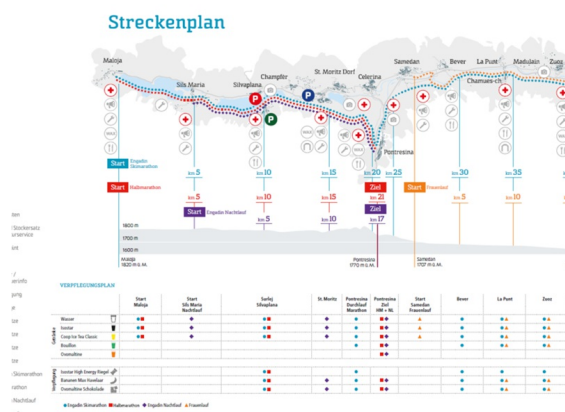
This entire trip is based in Zuoz, so Swiss francs will be required. We recommend an additional budget for coffees and lunches of around 30 CHF per person per day.

If we eat or stop for coffees, we normally recommend rounding up the amount to leave a tip, but usually only if the service has been good.

Tipping your guide is the accepted way of saying thank you for excellent service. Do remember that tipping is voluntary and should only be done if you were pleased with the service: our staff are all paid fairly.

Winter weather in Switzerland

We are – of course! – expecting snow on the ground in March for the Engadin Marathon. Day-time temperatures in the region in March can range from a pleasant 5°C down to -10°C or colder still. See kit list for guidance. If the sun is shining, we may find ourselves skiing in base layers and feeling quite warm but, if it's windy, cold or snowing, we will need adequate insulating layers, waterproofs and warm gloves. Staying warm and dry in the mountains is very important: so please be prepared for every eventuality.



Electric Supply and Plug - Switzerland

The electricity supply in Switzerland is 220-240V and uses "Type J" electrical sockets with 3 round pins (left-hand picture).

This means that normal European "Type C" plugs (2nd picture) often don't fit into the socket as they are the wrong shape, and sometimes the pins can be slightly too big.

There are usually some "Type C" sockets in hotel rooms in Switzerland, but not always: so it is a good idea to have at least one small non-circular charger (3rd picture) to ensure compatibility.

There are usually some plug sockets available in mountain huts but they are limited. Bringing a separate booster charger for your phone may be a good solution.



General Information for Guided Group Trips

Insurance

It is a condition of booking this holiday that you must be insured against medical and personal accident risks (this must include helicopter rescue and repatriation costs). You may find that your annual multi-trip insurance covers this trip, but you should check that you are covered for both cross-country skiing and any other winter activities you might participate in during this trip. **Do check that your insurance covers you to enter a race.** We can help organise insurance just for that day if you are not covered, and just need 24 hours notice to organise it, so speak to one of our team if you need to arrange this. We would also recommend that you take out holiday cancellation insurance: your deposit is non-refundable once you have booked, and the full balance is usually non-refundable (see our Terms and Conditions for further details).

We recommend The BMC www.thebmc.co.uk or Snowcard www.snowcard.co.uk for UK residents, or Travelex www.travelexinsurance.com for US citizens or residents.

We can organise mountain rescue insurance for EU residents for £4.75 per day, or £6.75 per day for US and the rest of the world. You can book it online here: <https://www.cloud9adventure.com/online-store/Mountain-rescue-insurance-p101294506>

In addition to travel insurance, UK citizens should also obtain or renew the EHIC card from www.ehic.uk.com. This is not a replacement for insurance but it does mean you are entitled to the same treatment as any EU citizen, and unlike insurance it includes treatment of a pre-existing condition. You would normally have to pay for treatment at the time and then make a claim on return to the UK.

Please remember to bring a credit card with you on the trip: in the event of a medical problem or injury, you may be unable to complete the trip. You would normally need to pay for treatment, and would often have additional transport and accommodation costs. Although you can claim this back on your insurance, you usually have to pay at the time and make the insurance claim afterwards, so you must have a means of paying for this if necessary.

Responsible Travel

We care about the places we visit, and our philosophy is simple: that each and every one of our trips has a positive impact on the local community and environment. We use family-run hotels, gîtes and restaurants in order to support the local communities. And it's a small step but we also recommend carbon off-setting. Visit www.climatecare.org.

Adventure Travel

Please note that we specialise in Adventure Travel, the nature of which means that we cannot always follow our itinerary for a variety of reasons. All of our holidays can be subject to unexpected changes and you should be prepared to be flexible to accommodate these where necessary.

We update our itineraries on a regular basis to take into account such things as changes to routes and the conditions of footpaths or tracks, but it is not always possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. If during your holiday the itinerary is affected by immediate or local circumstances, the leader will make any changes that are necessary.

As a reputable tour operator, Cloud 9 Adventure supports the British Foreign & Commonwealth Office "Know Before You Go" campaign to enable British citizens to prepare for their journeys overseas, and we recommend that all our clients take a look at the FCO Travel Advice for their chosen destination on the official FCO website www.fco.gov.uk. North Americans can also check out the US Department of State website: www.travel.state.gov for essential travel advice and tips.

Cloud 9 Adventure treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss alternatives. We have a local office in Chamonix, and our expert team monitor the conditions regularly to ensure that our trips are run safely, and are on hand to help if we need to change arrangements.

Group Size and Holiday Status

For each of our group adventures, there is a minimum number of participants required in order for the trip to go ahead. Once the minimum number is reached, the trip status will change from "Available" to "Guaranteed". In order to achieve minimum numbers, we run the trips in conjunction with several other small companies. We find that this means almost all of our trips become "Guaranteed". We are a small company with a high level of customer service, and we make sure that we only run trips in conjunction with companies who share our ethos. We know them well and have worked with them for years, and only use leaders who we know and trust to do an excellent job. We steer clear of large groups and cap our group size at 10 people for summer hiking trips, and 8 people for winter snowshoe or cross country ski trips, whilst many of the larger operators take up to 16 people.

Preparing for your holiday

We have tried to grade the holiday as accurately as we can, with the intention of attracting people of similar abilities to each trip. As a general guideline, if we have described a trek as being tough or challenging, then you need to be fit and capable of the challenge. If you don't arrive in good shape for your trip, then you could be putting yourself and others in danger: if you're taking too long each day, at best it cuts into the time you have to relax and shower before dinner, and at worst, it can be the difference between the whole group being caught in an afternoon storm. As we are as accurate as we can be writing our trip notes, we do tend to be pretty good at making sure that the right people book each trip, but we do require a certain amount of personal responsibility for arriving fit and ready for your trip. We're not on a route-march so we are never expecting to be going too fast - we try to walk at a slow, steady pace, without the need to stop too frequently for rests. If you're worried about this, then please start with one of our easier trips graded Easy or Moderate, and you can build up to a Challenging trip. If you've booked an Extremely Tough trip, then you definitely need to be an experienced and fit hiker, used to long days in the hills.

Rather than hoping your ski marathon training and participation will make you fitter (it will definitely help!), it makes a lot of sense to spend some time before your trip getting some additional exercise and preparing properly. The fitter you are, the more enjoyable your trip will be.

We would also recommend that you adopt a weekly exercise regime leading up to your trip. Jogging, circuit training, squash and swimming are good for developing better stamina.



Hotel-based Cross County Skiing Track Trip - Kit List

Essential items :

- **Rucksack** – approx 15L - for you to carry each day. No need for a big pack, this is just in case it's very cold and you need to carry a down jacket. A lot of the time, a bum bag will suffice
- **Kit bag or suitcase** - for your main luggage
- **Waterproof jacket and trousers** – Goretex jacket and trousers are perfect. Insulated ski trousers and jackets are likely to be too warm for the level of activity you will do, so a Goretex shell is a better option.
- **Socks** - bring a mixture of both normal hiking socks and perhaps a couple of pairs of warmer merino wool socks for the colder days. Take care if you are bringing thicker socks - it is logical to think that a thicker pair will be warmer, but the reality is that it can make your boots a bit too tight and result in colder feet due to lack of circulation. My favourite socks are merino wool for cross-country skiing, but these can be a bit hot if we have spring temperatures.
- **Underwear**
- **Cross country ski trousers** - we would recommend a pair of cross-country ski trousers, designed for the job! These usually have a light amount of insulation - just enough to keep you warm on a cold day, but not so much that you will overheat whilst exercising. They usually have a windproof front, but breathable back (again, designed to keep you warm enough without overheating). And they are usually made of a stretch-type material so as not to restrict your movement whilst skiing, whilst not being too loose, which would hinder your technique. Decathlon do a good range of very reasonably-priced cross country ski pants. My other favourite brands are Swix, Maloja and Bjorn Daehlie.
- **Thermal base layer trousers** - such as long johns or thermal leggings
- **Base layer t-shirts** – wicking t-shirts are better than cotton as they are lighter and dry faster

- **Base layer top** - a long-sleeved merino wool top is the ideal base layer
- **Mid layer top** - fleece jacket is good
- **Warm jacket** - we recommend bringing a lightweight down jacket.
- **Warm hat** - woolly or fleece hat
- **Buff or fleecy neck warmer**
- **Gloves** - we recommend bringing 2-3 pairs. I tend to bring 1 pair of lighter gloves for when it's warm (and when exercising uphill you can get quite warm, even in winter), an insulated mid-range pair which I wear most of the time, and a much warmer pair which rarely get used but when they do, in the cold weather, I'm really grateful for them. You can buy specific cross-country ski gloves, but it's not essential for all your gloves to be specific to xc. You will want to check that your warmest pair can fit in the wrist loops of your ski poles - most can, but bulky mitts probably wouldn't.
- **Sunglasses** - essential as the effect of the sun reflecting off the snow can make its rays much more intense
- **Suncream** (small bottle to save weight)
- **Lip protection** (with sun screen)
- **Water bottle** - we'd recommend nalgene bottles. On cold weather days I usually take half a litre of water, plus a hot flask of tea. On warmer winter days I'll take a 1L water bottle plus a flask of tea. We don't recommend Camelbaks in the winter due to the tube freezing up.
- **Goggles or cross-country ski visor** - Needed in very snowy weather. I prefer a visor, because it allows good air flow and therefore rarely mists up. If you don't have a visor or xc-specific goggles, then clear/coloured cycling glasses would be okay. Normal ski goggles would be passable, but can also mist up more easily when exercising.
- **Wash kit**
- **Head torch** – just a lightweight torch, such as a Petzl Tikka / Zipka is fine for this trip.
- **Plastic bags / dry sacks** to keep essentials dry.
- **Passport**
- **Cash** – for any coffee stops / lunches whilst on the trip.
- **Credit card** - for emergencies.
- **Basic first aid kit** – your leader will carry a large first aid kit, but you should bring a small first aid kit containing plasters, blister treatment, painkillers and diarrhoea treatment (rehydration sachets and immodium).

Optional items:

- **Head band** - As you are generating quite a lot of heat whilst nordic skiing, a woolly hat can sometimes be too hot. So a head band is a great idea to keep your ears warm on a cold day.
- **Buff** – can be useful for extra warmth if it's cold, or sun protection for your neck or head on a sunny day. I bring at least one to use instead of a sun hat (a sun hat probably won't stay on properly if you're moving fast!)
- **Bum bag** - on sunny days, you can leave the rucksack at the hotel and just ski with a bum bag when you don't need to carry much.
- **Camera**
- **Book**
- **Comfortable shoes** – for the evenings
- **Mobile phone** – there is phone reception for the majority of the trip. It is a good idea to have a phone in case of emergency or if you need to leave the group for any reason.
- **Earplugs**

- **Snacks** – not essential as we are in the vicinity of shops most days, so you can top up your supply of snacks fairly regularly
- **Swimwear** - Hotel Engiadina has a sauna
- **Boot dryers** - not many places in the Alps have drying rooms, so since I discovered these, I don't go anywhere without them: <https://www.sidas.com/en/products/204-drywarmer.html>
- **Travel kettle, mug & tea bags / coffee** - it is unusual for hotels in continental Europe to provide tea and coffee-making facilities in the rooms
- **Flask & selection of tea bags** - whilst it is on the optional list, I really rate having a flask of hot drink in the winter and would strongly recommend bringing one (plus your favourite tea bags).
- **Gaiters** - either short or long - I haven't needed these on alpine track-skiing trips.....so definitely not worth rushing out to buy some. But some folk like to bring them and they could be helpful in very heavy snow.

The following equipment is not included, but we can arrange hire, just let us know if you need it:

- Cross country skis
- Ski poles - these are specific to skate cross country skiing
- Cross country ski boots