

## **SKI SCHOOL AND WINTER ACTIVITIES AT HOVRINGEN - WINTER 2024**

### **Ski school A. Sunday and Monday – and by appointment!**

Ski school for beginners and intermediate skiers with focus on the fundamental techniques of classic Nordic skiing. We teach you balance, slow down and swing techniques plus the basic techniques of diagonal technique. The teaching takes place in groups of maximum 4 people and children must have turned 12 years old to participate.

Price per lesson á 50 minutes: NOK 600,- (The expenditure is shared equally between the participants)

### **Ski school B. Tuesday and Wednesday – and by appointment!**

This course is targeted more advanced skiers, and our purpose is to optimize the individual participants' technical skills in classic Nordic skiing. We practice kick and gliding, and correct use of the ski poles. The goal is to save energy by improving the diagonal technique. Participants can also get personal guidance on ski equipment and ski preparation. The lesson will be taught in groups of maximum 4 participants.

Price per lesson of 50 minutes duration: NOK 600,-. (The expenditure is shared between the participants)

### **Ski school for children. Tuesday and Wednesday – and by appointment!**

Ski school for children in the age group 5 to 11 years old. The teaching is based on play and simple exercises that enhance the childrens' balance skills and make them familiar with the basic cross country skiing movements. The teaching takes place in groups of maximum 5 children.

Price per lesson of 50 minutes duration: NOK 600,- (The expenditure is shared between the participants)

### **Signing up for ski school**

You sign up for our ski lessons by sending an email to [kontakt@skisenter.com](mailto:kontakt@skisenter.com), with your name, mobile number and the ski lesson you want to sign up for. We put together the groups and determines the times for the lessons in attempt to accommodate all participants as far as possible. Due to high demand for ski lessons in week 7, we will first inform the timetable for the lessons Saturday around 5 PM in week 6.

### **Digging caves in the snow. Wednesday: Week 7**

In week 7 children and youths can dig their own snow cave in the area near Høvringen. We show how to make a small snow cave / emergency bivouac. Then, the children will make their own snow caves. We finish the activities with a small barbeque by grilling sausages over an open fire. Remember warm clothes, extra mittens and hot beverages. We meet at 10:00 at Rondane Skisenter. Children below the age of 10 must be accompanied by an adult.

Sign up at Rondane Skisenter or by SMS +45 23 60 62 84 no later than at 5:30 pm the day before.

Price per. child/young: NOK 150,-

### **Mountain tour on your own with pick-up at Mysuseter. Wednesday or Thursday: Week 7 to week 11.**

Set out on a beautiful mountain tour on your own through the national park to Mysuseter. Follow the Troll trail from Høvringen to the "Peer Gynt hytta" and continue to Mysuseter – a 20 km tour. You can extent the tour by going through the Glitter Valley, which will add another 10 km. We arrange a pick-up with bus from week 7 to week 11. The bus departs precisely at 4.30 pm from the shop at Musyseter. You can buy tickets for the bus in the ski shop, latest at 17 the day before.

Prices per person: NOK 180,-

### **Rondane Skisenter**

**Att: Jørgen Kirk**

**Høvringsvegen 741**

**N-2673 Høvringen**

**Phone: (+45) 23 60 62 84 or (+47) 90 15 01 12**

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