Italian Cross-Country Ski Short Break

Trip Code: ISW

Version:

WINTER	GUIDED GROUP	4 MODERATE



HIGHLIGHTS

- Ideal for beginners or to improve your cross-country ski technique
- Tuition from fully qualified expert instructors who can truly make the most of your time
- Maximum group size of 6, excellent accommodation (including a spa) and Geneva Airport transfers included
- Stunning views of Mont Blanc and the surrounding mountains

AT A GLANCE

- 3 days Cross-Country Skiing
- Max Altitude 1760m
- Join at Geneva Airport

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Based from the beautiful town of Cogne, this short-break is a perfect introduction to cross country skiing, as well as being ideal for those wanting to refresh their skills. Perhaps you are a downhill skier looking for something different, you enjoy the gym, hill walking, or are a runner or a cyclist but feel the effect of the winter blues? Well why not try cross-country skiing to maintain and build that fitness level during the winter months. From our lovely family run hotel accommodation in Cogne, in the heart of the Gran Paradiso National Park. Here we have access to over 45kms of pisted tracks where we can hone our skills and soak up the mountain views. This is a fantastic break away in a winter wonderland. Cross-country, cappuccinos and comfort...who could say no?

Ski Hire:
Cross country skiing equipment, which includes, skis, boots and poles can be hired locally and picked up on arrival in Cogne, at a cost of approximately €40 for the three days.

View our full range of walking and trekking holidays in Italy.

Is this holiday for you?

This 'long weekend' cross country ski break has been designed for newcomers, or those who had done just a few days previously. Previous alpine ski experience could be helpful, but is not essential. The tuition will be pitched at Beginner level. Full instruction is given on the ski techniques for 'classic' style cross country skiing. All skiing will take place on prepared tracks skiing in and out of parallel grooves, first on the flat progressing to more undulating terrain. Instruction will be given on how to control speed and direction including how to initiate a basic 'snowplough' enabling you to control speed when travelling downhill. Group size is limited to a maximum of 8 so that everyone can be attended to effectively. Note your guide will try to fulfil the itinerary, but this is dependent on the weather/snow conditions. In the event of bad weather or poor snow conditions the guide will use their expertise and local knowledge to determine the best alternative routes to take advantage of the prevailing conditions.

If you are thinking of joining one of KE's more adventurous ski touring itineraries, such as The King's Trail, this is an excellent place to start.

Itinerary

Version:

Holiday Information

What's Included

- 3 days instruction from a Nordic Ski Instructor
- Single timed airport transfers
- Hotel accommodation in Cogne for 4 nights
- Transport between ski venues
- All meals except lunches

What's not Included

- Travel insurance
- Lunches & Hillfood snacks
- Equipment hire
- Ski Passes
- Miscellaneous personal expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Day 1
A single timed transfer from Geneva Airport is provided. Our pick up time from Geneva Airport is scheduled for 1430.

Day 5
A single timed transfer to Geneva Airport is provided. Timed to leave Cogne at approximately 0730 in order to arrive at the airport between 10h30-11h00. Your flights from Geneva airport should be booked to depart no earlier than 12-midday.

Meal Plan

All meals except lunches are included in the trip price. You will need to purchase snacks for each day. These can be bought locally. We recommend an allowance of €10 to €15 per day for lunches, snack food and water.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfast will be taken in our hotel each day and will be continental-style. Lunch (not included) will be taken at cafes or mountain restaurants where there will be a choice of different dishes to suit your tastes and budget. Dinner each evening will be a 3 course meal at our hotel. Italian food is world-renowned and this is an excellent opportunity to sample the delights of pizza and pasta or cappucino and cake!

Accommodation

During this trip, the group will spend 4 nights at the hotel in Cogne. The accommodation will be in twin rooms.
Situated in the heart of the old town our accommodation is perfectly situated to easily access the ski trails, free bus to neighbouring villages, shops and bars. For winter 2018 we be staying at the family run, 19th century Hotel du Gran Paradis, making it Cogne's oldest hotel. It boasts traditional architecture, local Italian cuisine all in a relaxed alpine setting. Make yourself at home with access to their living room with fireplace, little bibliothèque, bar, heated ski room plus it has a small private wellness Spa La Baita. Massages and single room requests are possible but do incur an additional fee.

Group Leader & Support Staff

The group will be led by a Nordic Ski Instructor who is also an International Mountain Leader with the relevant qualifications required for that country.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

We estimate that €200 should be sufficient to cover your miscellaneous expenses including lunches, drinks and any other personal outgoings.

You will also need to set aside approximately €60 for ski hire and €35 for ski passes for the holiday (not per day).

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. For international flights please check your baggage allowance with your airline.

All luggage has to fit in to the boot of a mini-van for the journey to Italy, so we would ask that you keep both size and weight of luggage to a respectable limit of around 12 kg (and only one bag per person). It is worth noting that you will be required to carry your own bag up and down from your accommodation; luggage with wheels can be useful for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

Cross-country skiing is excellent training for other sports and as a low-impact exercise is a great way to improve your fitness. It makes a lot of sense to spend some time before coming on a cross-country ski trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Jogging, squash, cycling and swimming are good for developing better stamina.

Climate

The temperatures that we can expect to encounter during the day will be in the range minus 10 degrees to plus 15 degrees celsius / 14 - 59°F, though it can feel much warmer than this in the reflected sunlight high on the slopes away from the forest. In the evening, temperatures will drop below freezing levels. January to March is statistically the time of lowest precipitation in the Alps but mountainous areas do generate their own weather systems so occasional rain, snow and even stormy weather cannot be ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE 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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

Aosta Valley Everyman MapGuide

A map and guide all in one.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Note: winter cycling clothing is excellent apparel for cross-country skiing.

You should bring the following items:

- Snow boots or walking shoes
- Waist belt/small rucksack for short journeys - (On a warm day you may need space to stow clothes as you warm up)
- Rucksack - 25 to 30 litres maximum
- Waterproof jacket
- Waterproof overtrousers. Ski sallopettes are OK for day trips/lessons but too warm for long journeys
- Thermal baselayer - leggings
- Thermal top - long sleeved
- Thin fleece top - long sleeved
- Thermal gloves
- Warm and waterproof gloves
- Warm hat
- Sunhat
- Scarf or buff
- Warm socks (like walking socks but not too thick or long like alpine ski socks
- Comfortable underwear

- Water container (1 litre) NB. Drinks tubes and bottles stowed on the outside of your rucksack usually freeze in winter (we encourage re-filling water bottles rather than single use plastic)
- Toilet paper and small pack of hand wipes
- Waterproof bag for documents
- Basic First Aid Kit - Our professional tour leaders hold first-aid qualifications and will carry a basic medical kit. You should bring your own personal first aid kit consisting of the following: throat lozenges, painkillers (anti-inflammatory), antiseptic cream/spray, plasters, blister treatment, and re-hydration salts (Dioralite). Glucose tablets are a good idea.
- Sun protection (including total bloc for lips, nose etc.)
- Spare clothing for use in hotels/chalets

The following items are optional:

- Extra pair of warm mittens
- Head/ear band
- Gilet - fleece or wind stopper
- Headtorch and spare batteries
- Camera
- Repair kit - (eg. needle, thread, duct tape)
- Trainers
- Reusable cloth bag for shopping (to avoid plastic bags)

Cross Country Ski Equipment

- Ski touring boots*

- Ski-touring skis*
- Ski poles*

Ski Hire / rental:

*Cross country skiing equipment, which includes, skis, boots and poles can be hired locally and picked up on arrival in Cogne, at a cost of approximately €60 for the three days. You will need to pre-order hire equipment through KE.

We will need to know your height, weight, normal shoe size (you must give us your everyday shoe size and not your personal adjustment for wearing boots) and the measurement of your height up to your armpits (for ski pole hire). You will make your payment directly to the ski shop.

Please note you will be liable for any damage caused to the specialist equipment due to negligence.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Cogne and a single timed airport is provided from Geneva Airport.

Why Choose KE

Why KE

Expert Knowledge Jayne from the KE office learnt to cross country ski on this holiday - give her a call (or email) with any questions.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change