

Amazing ski trips with Club Med

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CLUB MED,



Club Med is founded by Gérard Blitz,

pioneering the

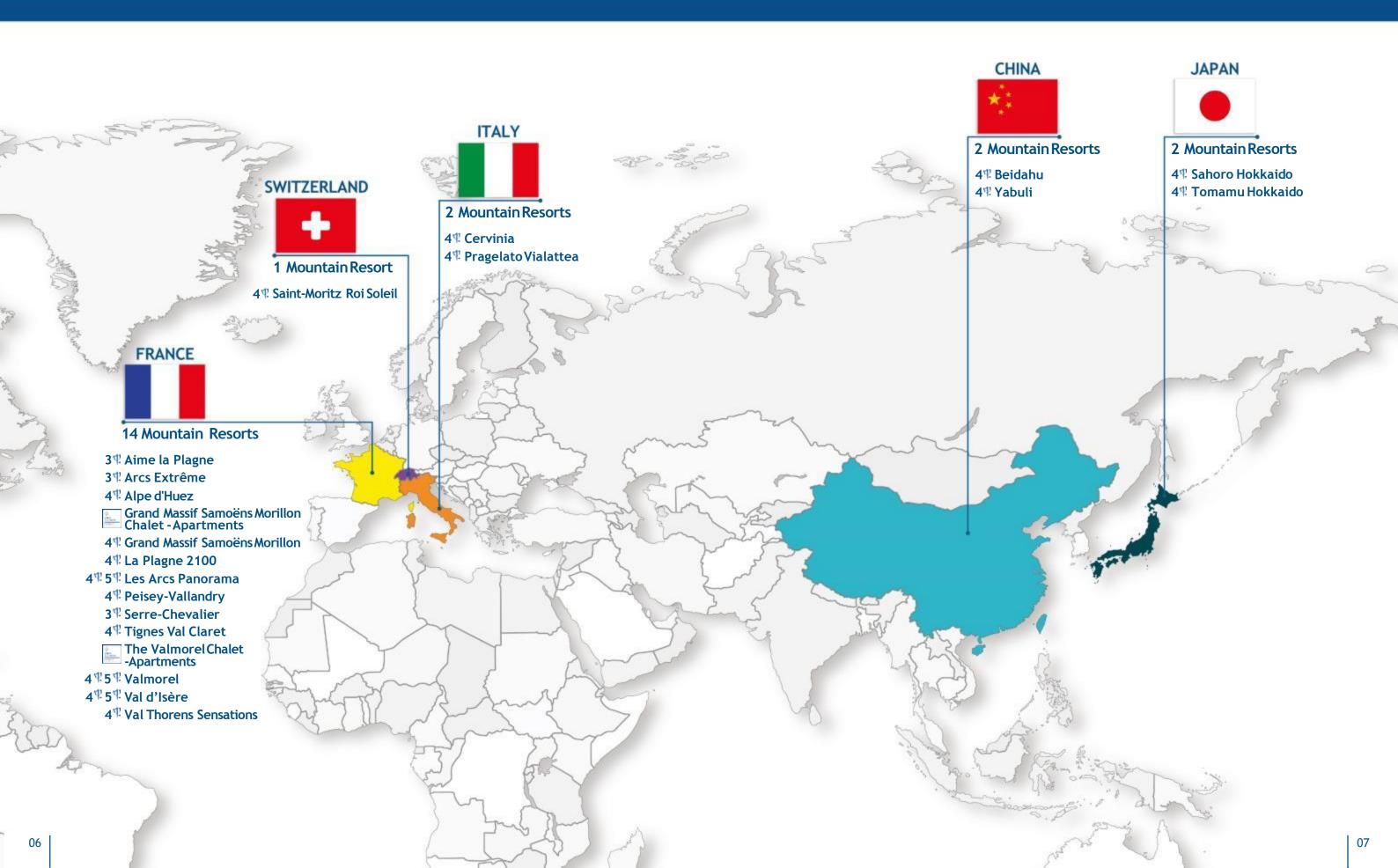
all-inclusive holiday

The first snow resort,

Club Med Leysin in

Switzerland welcomes

MORE THAN 20 CLUB MED RESORTS IN THE MOUNTAINS WITH NEW RESORTS OPENING EVERY YEAR









COMFORTABLE ACCOMMODATION

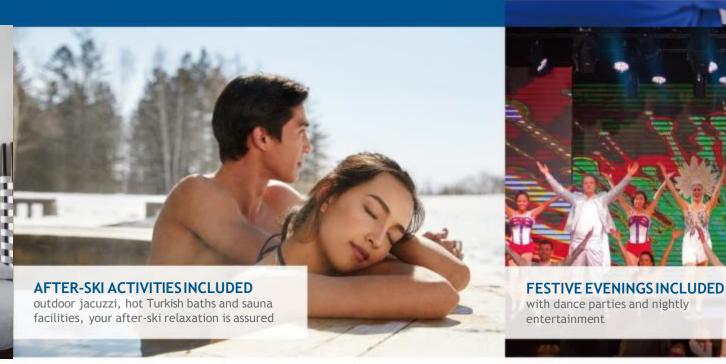
from spacious superior rooms, connecting

family rooms to suites for every guest

PREMIUM ALL-INCLUSIVE: ALL THE GUESTS HAVE TO DO IS TURN UP FOR AN AMAZING SNOWHOLIDAY

As a pioneer of the all-inclusive concept since 1950, Club Med understands that a truly amazing holiday comes hassle-free.

From comfortable accommodation to ski lift passes, ski and snowboard lessons tailored to all levels, gourmet meals in-resort and in selected altitude restaurant to Kids Clubs, post-ski activities - you name it, it's all included. You'll enjoy total peace of mind, unparalleled freedom, and endless adventure in our ski resorts worldwide.





^{*} Most European ski resorts offer 7-day stay packages with progressive group classes, arrival on Sundays. Beginners can only join from the first class on Mondays



BEGINNER SKIING:

YOUR VERY FIRST SKI RUN

The priority is to have fun. Guests can use these tips to prep themselves for their first ski experience and by the end of their ski-cation, they'll have mastered techniques like controlled stops and parallel skiing.



Student today, champions tomorrow

With multiple levels of kids ski and snowboarding lessons, tomorrow's champions are born today. Let them reach for the stars.

#MiniChampions





GOAL

By the end of their ski-cation, we hope that beginners should have mastered techniques like downhill and parallel skiing.

THE BASICS

FIND THAT SWEET SPOT

 Get your first taste of skiing at resorts like Club Med Alpe d'Huez, Club Med Les Arcs Panorama and Club Med Valmorel, which are renowned for having excellent facilities for beginners.

BABY, IT'S COLD OUTSIDE

· Stock up on clothing that's not just warm, but waterproof.

LEAVE IT TO THE PROS

- Get equipment that best suits your build. If you're hiring equipment* from us, our staff will ensure that you're fitted with the right gear.
- Your Club Med package includes lessons on the slope. Master basic skiing and boarding techniques from internationally qualified ski and snowboard instructors.

SUNNY SKIES AHEAD

 You might only see snow for miles, but being on mountaintops means you can get sunburned easily. Remember to apply sunscreen before hitting the slopes.

TONE L

- Being in shape means surviving those slopes longer. Here are a few warm ups you can do before strapping on your skis:
- Leg Lifts
- Squats
- Spine twist



FUN FACT

even back in 5000 B.C.

Archaeologists have found recorded

evidence that skiing was around



INTERMEDIATE SKIING:

TAKING IT TO THE NEXT LEVEL

Now you've started to get the hang of the slopes, it's time to put your new skills to the test. Here's what to keep in mind when guests are fine-tuning their technique and tackling trickier grounds.

WHAT'S NEXT

BACK TO BASICS

As confident as you might be about having conquered your basic techniques, a little
refresher wouldn't hurt. As BASI ski instructor Steve Marsh says, "If you can nail all the
basics really well, it will help you master the mountain better as you progress to
intermediate skiing. A lot of people skip through things - for example, they might be a
little lazy about standing on the outside ski - which will make steeper slopes hard."

FLEX ZONE

- It's all about flexion techniques. Turn your skis using your feet, and roll your ankles towards the upper slope.
- · Always sustain a good bend (flex) in both ankles and knees.

SLIP AND SLIDI

- Take on slippery ice patches with the right posture by dragging the poles in the snow on either side of you.
- If you encounter tricky sections, learn to side-slip (inch your way slowly down, without sliding forwards or backwards).

FIND YOUR BALANCE

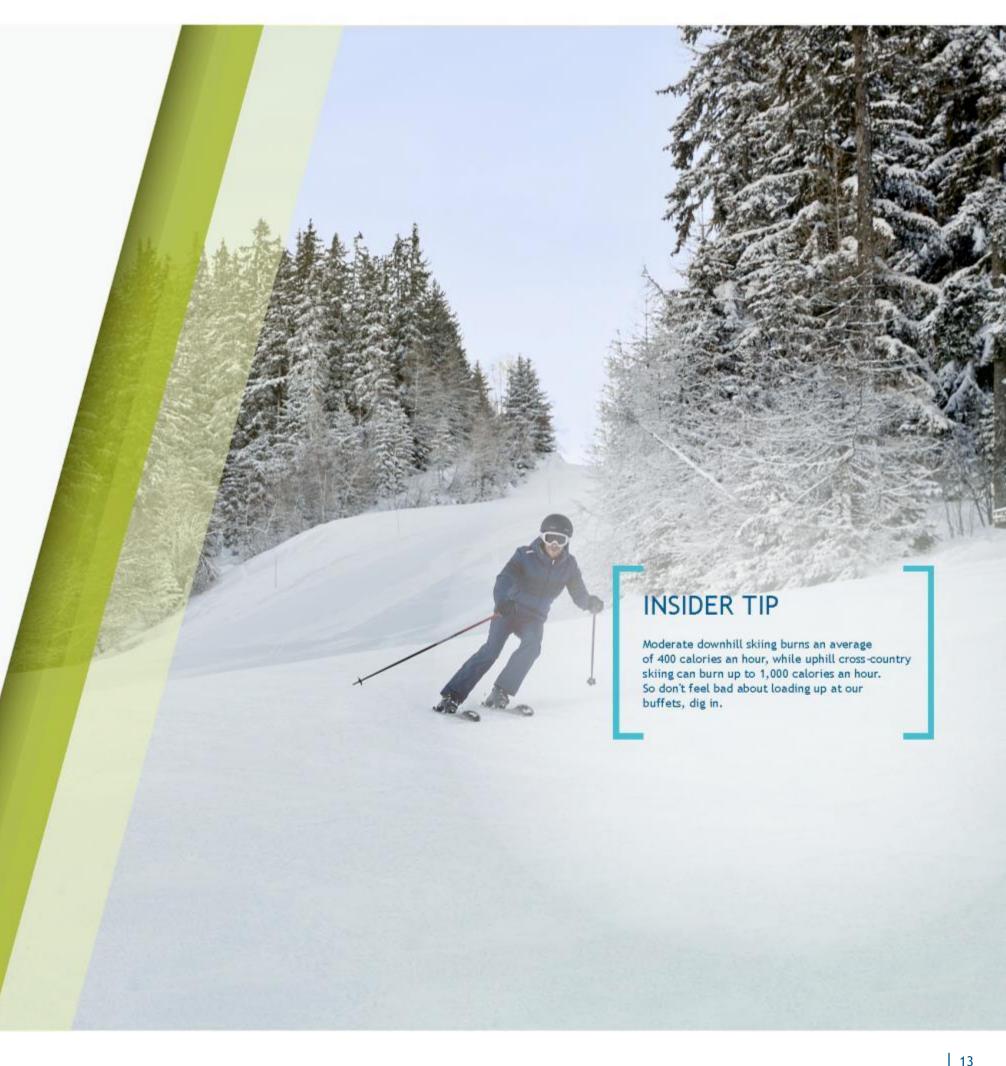
 Now you're in steeper terrain, it's all the more important to up your balance and coordination. Try cycling or hiking with a backpack before your ski holiday.

THE MIDDLE GROUND

Keep an eye out for skiing spots that test your newfound skills, but don't
push you beyond your limits. Consider Paradiski, the largest combined ski
area in Europe. This is an intermediate skier's haven which is home to 4
Club Med resorts.

DON'T BE A BACKSEAT DRIVER

It's a common error that every intermediate skier does at least once.
 Skiing in the backseat means leaning too far back as you go down the hill. Learn to put pressure on the front of your skis so you're better at speed on steeps, maintaining control through jumps and drops.





Now a master of the sport, gliding effortlessly both on and off piste, guests can take these handy tips and are ready to take on the ultimate challenge: the world renowned black slopes.

PERFORMING YOUR BEST

GET REFRESHED

• Before you hit those black slopes, consider a quick refresher course to help brush up on technique.

TAKE IT SLOW

• Now you're in pro territory, you might be tempted to conquer as much ground as quickly possible, but always remember to listen to your body. "When you are on the slopes, don't overdo it: if you feel yourself flagging, just stop", says BASI instructor, Annabel Seele. "The minute you build up too much lactic acid and start to fade, your technique goes to pot; you fall into old bad habits and it only inhibits your progress."

THE RIGHT FIT

- Opt for stiffer, stronger skis. Tougher terrain means you'll be putting more pressure on your equipment.
- Ensure your DIN setting is not too high or low.

PLAN AHEAD

- Plan your first three turns before starting, then look ahead as you go. As instructor Annabel Seele says, "The first turn and a correct pole plant is key it makes you start the process and get into a rhythm."
- Adjust your stance to fit snow conditions, especially when it's heavy or crusty on top.

THE BLACKLIST

- Black slopes like The Grand Couloir in Courchevel and Mont Vallon are favored by many advanced skiers.
- If you're looking for great off-piste slopes, try the Le Fornet Trees in Val d'Isere or La Plagne.
- Kick it up a notch at Club Med Tomamu in Asia, known for its stunning white snowscsapes.



SKIING WITH KIDS: WINTER FAMILY FUN

Whether guests have got a young one who's never seen snow or a champion skier in the family, our runs have something for the whole family. By the end of their ski vacation, kids 4 years and above can glide home with different medals based on their ski levels - Level 1, 2, 3 and more.



TIPS

GARDEN VARIETY

- •Look out for resorts with nursery slopes and snow gardens. Snow gardens are areas designed to help little ones learn the basics in a safe environment. They're equipped with ski tows and magic carpets to make learning to ski even more fun.
- •Choose a place like Alpe d'Huez with a wide range of easy runs to keep your kids engaged.
- Most of Club Med ski resorts in Europe comes with included Snow Garden facilities for first timers from ages 4 to 10. Included ski and snowboard classes begin at 4 and 8 years old respectively in Europe.

GO FOR RENTAL

- As your kids grow, rental equipment* gives you the flexibility to find what's right for them at every stage.
- Our resorts offer equipment* for rental by the day for all kinds of skiers.

THE EARLY BIRD

• Most ski lifts open at 9am, so be sure to get there early to beat the crowd and maximise your family ski day.

LAYER U

•To help your child acclimatize to the cold, it's best to dress them in three separate layers. The first layer should be breathable and sweat-absorbent. The second layer should be something that insulates, like a sweater. The outer layer is the most important, so make sure it's something water and windproof, like a ski jacket. It's also a good idea to give them cosy headwear as 80% of the body's heat loss is through the head.





A UNIQUE SKI JOURNEY: AS EASY AS 1, 2, SKI!

We've put in every effort to make guests ski holiday as effortless as possible. With our Easy Arrival service¹, all the nitty gritty details of their ski experience are handled even before they step foot in our resort. Let them skip the queues and get right to the slopes!







- SIGNATURE -Nº55 Step out of bed, step onto the slopes

With our Club Med resorts located steps from the slopes - we have brought the mountains literally to your doorstep.

#WakeUpAndSki

HOW EASY ARRIVAL WORKS

- We'll send an "Easy Arrival" form to guests email address 30 days before their scheduled
- Guests need to fill in the form up to 3 days before their arrival with their personal details (height, weight, skiing level etc.)
- the most suitable skiing equipment* and classes for them before they arrive.

ONCE GUESTS ARRIVE

- Guests will receive their all-access ski pass upon check-in.
- They can grab their equipment from their preassigned locker in the Ski Room with their digital Club Med bracelet.
- At our ski-in-ski-out resorts, you're good to go once you step outside.
- Guests can join their classes and learn to ski under the guidance of our certified ski school
- They can use their ski pass for VIP priority access to all ski lifts.

WIND DOWN

• Guests can enjoy a wide variety of après-ski options like heated swimming pools and saunas to relax after a hard day's ski.





FULLY RENOVATED BY DECEMBER 2019

The upscale Club Med Alpe d'Huez sits at the heart of the France's most multi-faceted ski domain, Alpe d'Huez Grand Domaine, and offers a wide range of skiing experiences and snow mountain activities. Boasting 300 days of sunshine in a year, the fully revamped resort is home to cosy common and dining spaces for meaningful interactions, a wellness hub, as well as spacious accommodation with panoramic views of peaks.



GREAT FOR FAMILIES & GROUP OF FRIENDS



142



Main Restaurant 1 Gourmet Restaurant 1



ⁿ 1







111 SKI SLOPES









- Ski Domain: Grand Domaine
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the age of 3

Rental of ski and snowboarding equipment* for all levels is available by day



Resort Altitude 1,860m





Ski runs 250km



Ski lift 67

GETTING HERE:
From Grenoble Airport
90min

bv Club Med transfe



From Geneva Airport

180min
by Club Med transfer

ADDRESS:

ROUTE DE L'ALTIPORT
38750 L'Alpes d'Huez, France

RESORT HIGHLIGHTS



WORLD'S LONGEST SLOPE DAY AND NIGHT

Test your endurance with Sarenne, the world's longest black run, chalking up 16km of pure white snow. Guided by our expert ski instructors, feel the adrenaline rush in the day or at night with the moonlight.



RICH MOUNTAIN SPIRIT

Take in the awe of the majestic mountains at the dining outlets which are centrally located, south-facing for the best views and designed to harmoniously blend in nature with modern fittings.



ONLY FOR FAMILIES

Reconnect and bring home memories with your loved ones at the dedicated family zone. Read a book, play unique board games, or enjoy quality family time at our drawing wall and playground.



A COSY NOOK

Take a breather in our relaxation hub with a book on well-being, indulge in a luxurious spa treatment* by PAYOT Paris, lounge by our heated pool or unwind with yoga and meditation.



SPORTS & AFTER-SKIACTIVITIES

- Snow shoeing
- Cross-country skiing
- Hiking
- Nordic walking
- Cardio & fitness room
- Cross TrainingHammam
- ntry skiing Aquadyna
 - Yoga / Meditation

■ Indoor pool &

- Club Med Spa by Payot*
- Dog sledding
- Paragliding¹
 Rail sledding¹
- Ice rink¹

TAILORED FOR CHILDREN

- Babysitting* (4-23 months)
- Baby Club Med® * (0-2)
- Petit Club Med®* (2-3)Mini Club Med® (4-10)
- Club Med Passworld ® (11-17)
- Club Med Baby Welcome
- Snow Garden facility for first timers (4-10)
- Ski room for kidsSwimming classes*
- Teen Spa*
- Happy Room



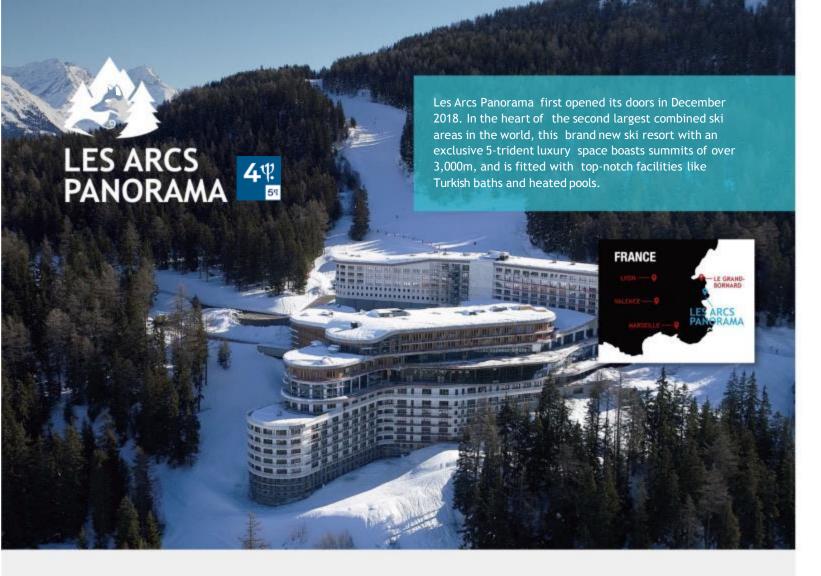


POINTS OF INTEREST / EXCURSIONS WE RECOMMEND

- The Huez and Oisans Museum offers a trip through Medieval silver mines and the humble mining community that thrived there.
- La grotte de Glace is a pop-up museum filled with sno sculptures, situated at an altitude of 2700 meters.

*extra costs ¹outside Club Med

|22|



GREAT FOR FAMILIES, COUPLES & GROUP OF FRIENDS





Restaurant Restaurant 1

Experience *







246 SKI SLOPES







- Ski domain: Paradiski
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the age of 3

Rental of ski and snowboarding equipment* for all levels is available by day









GETTING HERE: From Bourg Saint Maurice train station **20min**



From Lyon airport 150min by Club Med transfer BOURG ST MAURICE LES ARCS 73700

ADDRESS:

Savoie - Arcs Panorama France

RESORT HIGHLIGHTS



Step out of the modern masterpiece, surrounded by forest, and ski directly onto the slopes of Paradiski, the second largest ski area in France.



COMPLETE REVITALIZATION

Unwind in totality at the wellness space dedicated to health and well-being. Facilities include indoor heated pools, Club Med Spa by Cinq Mondes*, fitness and weight training area, Turkish bath, as well as a jacuzzi.



FUN FOR THE WHOLE FAMILY

The perfect family resort featuring the full range of children's clubs and an interactive family experience restaurant.



YOUR PRIVATE ENCLAVE

Looking for more privacy? Choose the comfort and luxury of the Le Belvédère 5-Trident exclusive space, nestled at the top of the resort and offering the best views over the valley.



VIEWS THAT TAKE YOUR BREATHE AWAY

Dine in the restaurants overlooking the stunning views over the valley.





SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Cross country skiingTurkish bath
- Snowboarding
- Snow shoeing
- Heated indoor
- and outdoor pools
- Whirlpool bath
- Club Med spa*
- Fitness and cardio
- Nightly shows and parties

TAILORED FOR CHILDREN

- Petit Club Med®* (2-3)
- Mini Club Med® (4-10)
- Club Med Passworld® (11-17) Kids Ski Room
- Pyjamas Club® * (4-7)
- Club Med Baby Welcome®
- course* (for 3 years old)
- Snow Garden facility for first timers
- Family experience restauran





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- The Saturday market in the Grande Rue

25

Guests are welcome to lunch in the Club Med La Plagne 2100 and Club Med Peisey Vallandry resorts (lunch available with a ski lesson at the ski school).

24

*extra costs



GREAT FOR FAMILIES, COUPLES & GROUP OF FRIENDS







Restaurant

Experience 1

Gourmet 4 Lounge











148 SKI SLOPES









- Ski Domain: Grand Massif
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the age of 3

Rental of ski and snowboarding equipment* for all levels is available by day





lift

GETTING HERE: From Geneva Airport 75min

From Alpes-Isère Airport by Club Med transfer

ADDRESS:

3868 Route du Plateau des Saix SAMOËNS 74340 Haute Savoie - Samoëns France

RESORT HIGHLIGHTS



BASK IN LUXURY

Upgrade your snow mountain vacation and enjoy the unstated luxury of the chalet-apartments in Grand Massif Samoens Morillon.



ENDLESS SLOPES FOR DAYS

Ski to your heart's content with the resort being just a snowball's throw away from the Grand Massif ski area - all the pleasures of snow sports on 256 km of slopes.



BEST OF LOCAL SPECIALTIES

Unwind in style as you pick your favourite French wine in the wine cellar*, or delight in the special menu designed by Michlin-starred French chef, Edouard Loubet.



FAMILY BONDING AT ITS BEST

Enjoy your meals at the dedicated family corner in the main restaurant or head down to the unique family restaurant for an interactive experience.



SPORTS & AFTER-SKI ACTIVITIES

- Indoor/outdoor pool
- Pilates
- Sauna*
- Hammam*
- Hot tub*
- Nordic walking

- Club Med spa* Nightly shows & parties

27

TAILORED FOR CHILDREN

- Babysitting* (4 to 23 months) Pyjamas Club* (4-7)
- Baby Club Med®* (0-2)
- Petit Club Med®* (2-3)
- Baby Corner Mini Club Med® (4-10)

Snow Garden facility





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- picturesque farms
- Geneva's Jet d'Eau

26

*extra costs



GREAT FOR FAMILIES & GROUP OF FRIENDS







Restaurant

Experience 1 Restaurant

Gourmet 4 Lounge











148 SKI SLOPES









- Ski Domain: Grand Massif
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the age of 3

Rental of ski and snowboarding equipment* for all levels is available by day



GETTING HERE:

From Geneva Airport

75min



From Alpes-Isère Airport

by Club Med transfer





lift 35

ADDRESS: 3868 Route du Plateau des Saix SAMOËNS 74340 Haute Savoie - Samoëns France

RESORT HIGHLIGHTS



UNWIND IN COMFORT & LUXURY

Enjoy our Chalet-Apartments with breathtaking views over one of the most protected valleys in the Alps. Their contemporary design offers a unique comforting experience just a stone's throw from the adjacent 4Ψ Resort.



THE MOUNTAIN AT ITS BEST

Benefit from 256 km of slopes just at the doors of the resort the perfect spot to try out all kinds of snow sports.



A PERSONAL TOUCH

Be pampered with true luxury through unique and customized services including having your continental breakfast and other meals prepared and delivered by the Chalet host - don't miss our traditional mountain style dinner!



A PRIVILEGED MOMENT

Indulge yourself in a moment of relaxation in our indoor heated swimming pool after an intense ski session



SPORTS & AFTER-SKI ACTIVITIES

- Indoor/outdoor pool
- Pilates

Hammam*

- Nordic walking

Hot tub*

Club Med spa* Nightly shows & parties

29

TAILORED FOR CHILDREN

- Babysitting* (4 to 23 months) Pyjamas Club* (4-7)
- Baby Club Med®* (0-2)
- Petit Club Med®* (2-3) Mini Club Med® (4-10)
- Baby Corner

Snow Garden facility

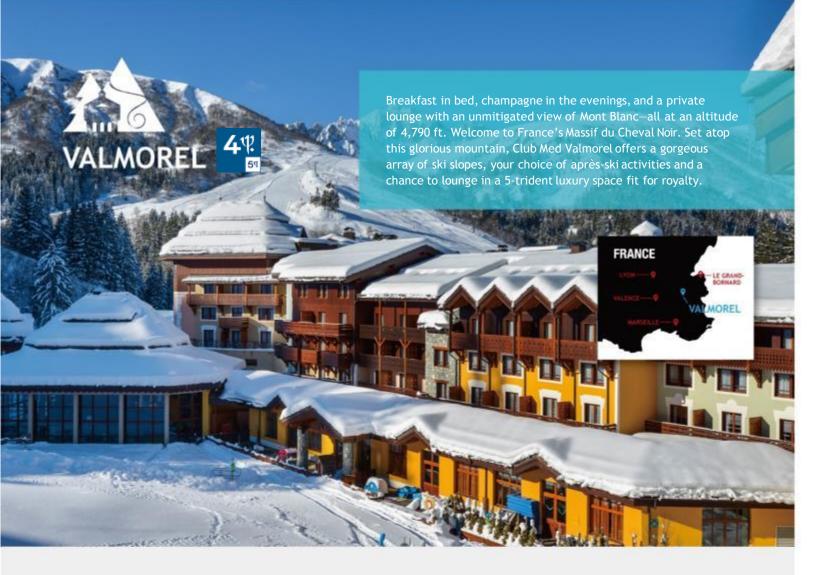




POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- picturesque farms
- Geneva's Jet d'Eau

*extra costs



GREAT FOR FAMILIES





Restaurant Restaurant











85 SKI SLOPES







- Ski Domain: Grand Domaine
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the 3 years and above

Rental of ski and snowboarding equipment* for all levels is available by day









GETTING HERE: From Chambéry Airport

From Alpes-Isère Airport 120min by Club Med transfer From Geneva Airport 120min by Club Med transfer

ADDRESS:

HAMEAU DU BOIS DE LA CROIX VALMOREL VALMOREL 73260 Savoie - Valmorel France

RESORT HIGHLIGHTS



PEAK VIEWS

Discover this charming ski resort surrounded by a richpine forest and take in the majestic views of Mont Blanc.



With ski lessons starting from 3 years old*, you can leave your little ones with our professional instructors as your enjoy the slopes to your heart's content.



ZEN OUT

Time stand stills in the 600m² zen paradise at the premium Club Med Spa by Carita*. There is no better way to reward yourself after shredding the slopes.



A PRIVATE RETREAT

Curl up in the cosiness of your 50m² suite, in the luxury space -Le Lodge - before toasting to magical moments with a glass of champagne at the private 5T bar.





SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Snowboarding
- Snow shoeing
- Nordic walking
- Cardio & fitness room
- Club Med spa*
- Indoor pool
- Nightly shows and parties

TAILORED FOR CHILDREN

- Baby Club Med®* (0-2) Introduction to Snow
- Club Med Passworld®(11-17) for first timers (4-10)
- Babysitting* (4-23 months) Swimming classes*
- Cooking classes Teen spa*





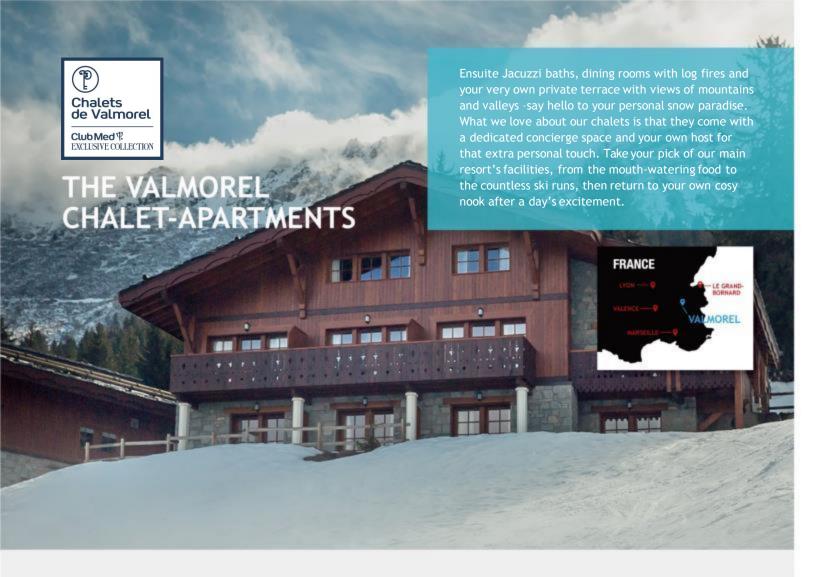
31



POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- Bourg-Morel, with its pedestrian streets and little squares, its stone and wood chalets, slate roofs and trompe l'oeil façades.
- Albertville, which hosted the Winter Olympics in 1992

"extra casts 30



GREAT FOR FAMILIES

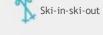






Restaurant Restaurant









85 SKI SLOPES





- Ski Domain: Grand Domaine
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the 3 years and above

Rental of ski and snowboarding equipment* for all levels is available by day







150km



GETTING HERE: From Chambéry Airport □ 80min by Club Med transfer

From Alpes-Isère Airport by Club Med transfer From Geneva Airport 120min by Club Med transfer

ADDRESS:

■ HAMEAU DU BOIS DE LA CROIX VALMOREL 73260 Savoie - Valmorel France

RESORT HIGHLIGHTS



A PERSONAL TOUCH

Be pampered with true luxury with the customised service including having your meals prepared in-chalet and your skis delivered to your doorstep.



YOUR GETAWAY WITHIN A GETAWAY

A Chalet-Apartment in the heart of the beautifully authentic ski resort of Valmorel, you can afford a cosy day in on the weekends with your loved ones.



FOR YOUR EYES ONLY

Enjoy your exclusive terrace with a panoramic view of Mont Blanc and the valley.



COMFORT REDEFINED

Sharing magical moments with your family and friends in a subtle blend of tradition and contemporary comfort.



SPORTS & AFTER-SKIACTIVITIES

- Club Med spa* Club Med Valmorel Private ski room

- Private lounge

TAILORED FOR CHILDREN

- Baby Club Med®* (0-2)
- Petit Club Med®* (2-3)
- Mini Club Med® (4-10)
- Club Med Passworld® (11-17) for first timers (4-10)
- Babysitting* (4-23 months) Swimming classes* Cooking classes
 - Teen spa*

■ Introduction to Snow

Snow Garden facility





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

33

*extra costs



GREAT FOR FAMILIES, COUPLES & GROUP OF FRIENDS





Restaurant 1









246 SKI SLOPES



From Geneva Airport

240min

by Club Med transfer





- Ski domain: Paradiski
- Alpine skiing from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Special teens' ski programme from 11 to 17 years old
- Nordic Walking & Hiking from 12 years and above

 $Rental\ of\ ski\ and\ snowboarding\ equipment^*\ for\ all\ levels\ is\ available\ by\ day$



GETTING HERE:

📮 30min

From Bourg Saint Maurice train station



From Lyon Exupery Airport

by Club Med transfer

140min

3,250m-1,250m





ADDRESS:

PEISEY NANCROIX
PEISEY NANCROIX 73210 Savoie - Peisey-Vallandry France

RESORT HIGHLIGHTS



Ride the Vanoise Express, the world's fastest cable car, straight to the top of the mountain to enjoy breath-taking panoramic views.



MOUNTAINSIDE DELICACIES

Enjoy Savoyard mountain specialties like Pierrade (meat barbecue) or a glass of wine with friends or family after a day on the slopes.



WARM IN WINTER

Relax by the fireplace or at the indoor heated pool while soaking up the mountain views.



ALTITUDE SPORTS

Choose from a variety of outdoor mountain sports, between skiing and snow shoe walks, Nordic walking and hiking and take in the pure fragrance of fir trees at the foot of the skislopes.



SPORTS & AFTER-SKI ACTIVITIES

- Snowboarding
- Fitness and cardio
- Fitness classes
- Snow shoe walks
- Indoor and outdoor
- Club Med spa*
 - - Nightly shows & parties

TAILORED FOR CHILDREN

- Babysitting* (4 to 23 months) Pyjamas Club®* (4-7)
- Club Med Baby Welcome®Teen spa*
- Baby Gym (2-3)
- Club Med Passworld® (11-17)

- Snow Garden facility for first timers (4-10)
- Baby Corner





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

Sainte Trinité Church, the sanctuary of Notre-Dame-des-Vernettes, the former silver-lead mine between Nancroix and Les Lanches

35

*extra costs



GREAT FOR COUPLES & GROUP OF FRIENDS





Restaurant Restaurant





Ski-in-ski-out







154 SKI SLOPES







- Ski Domain: Val Tignes area Espace Killy
- Group ski classes at all levels from 12 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)

Rental of ski and snowboarding equipment* for all levels is available by day







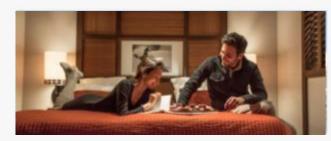


GETTING HERE: From Chambéry Airport 90min

From Grenoble Airport 150min by Club Med transfer From Geneva Airport 150min by Club Med transfer



RESORT HIGHLIGHTS



YOUR PRIVATE COCOON

Searching for more privacy? Chose the luxury and comfort of the Le Refuge 5Ψ Exclusive Collection space located in a private wing of the resort with personalized services. Enjoy a glass of Champagne at the private 5Ψ bar, it's included.



LEGENDARY SLOPES

Have the opportunity to experience thrilling skiing sessions in the wake of the great sportsmen, on the world's finest ski area - and the slopes are at the gates of the resort!



BEST OF RELAXATION

Admire the Solaise from the indoor heated pool, after a massage session at Club Med Spa by CINQ MONDES - nothing better after a day in the mountain air.



GOURMET CUISINE

Savour Savoyard specialities in our spacious restaurant with a bright, contemporary touch, and wonderful views of the mountains; a perfect setting to linger over meals with family and friends.



SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Snowboarding
- Snowmobiling*
- Cardio & fitness room
- Club Med spa*
- Indoor pool
- Hot tub*
- Nightly shows and

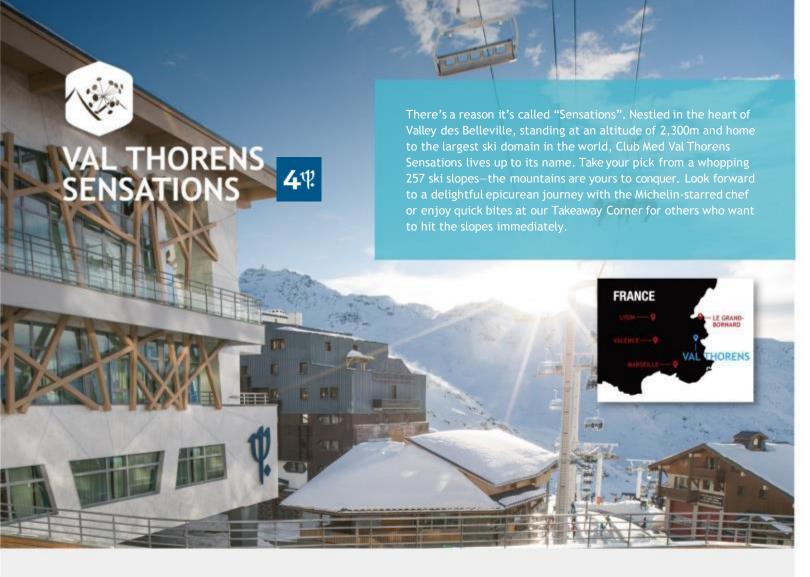




POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- The "Face de Bellevarde" legendary ski slope taken by the
- Val d'Isère village with small streets lined with luxury church of Saint-Bernard de Menthonn

*extra costs



GREAT FOR COUPLES & GROUP OF FRIENDS





Restaurant 1









257 SKI SLOPES







- Ski domain: Les 3 Vallees
- Group ski classes at all levels from 12 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)

Rental of ski and snowboarding equipment* for all levels is available by day









lift

GETTING HERE: From Chambéry Airport

From Alpes-Isère Airport 155min by Club Med transfer From Geneva Airport 160min by Club Med transfer

ADDRESS:



RESORT HIGHLIGHTS



INDOOR CLIMBING WALL

Scale to a different height at the 10-metre high indoor climbing wall.



AN ATHLETE'S DREAM

Enjoy majestic unblocked views from the largest ski domain in the world, Les 3 Vallees which is home to 257 ski runs for your utmost enjoyment.



CLUB MED SPA BY CARITA*

Immerse yourself in a world of elegance and simplicity, the ultimate experience of top class beauty for face and body. Customise the treatment to your needs or choose from a wealth of wellness treatments.



WARMING BY THE FIRE

Enjoy a true vacation with your friends or family at the fireplace with a hot cocoa in hand.



SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Snowboarding
- Cardio training
- Climbing wall
- Outdoor hot tub*
- Nightly shows & parties

39

Club Med Spa*

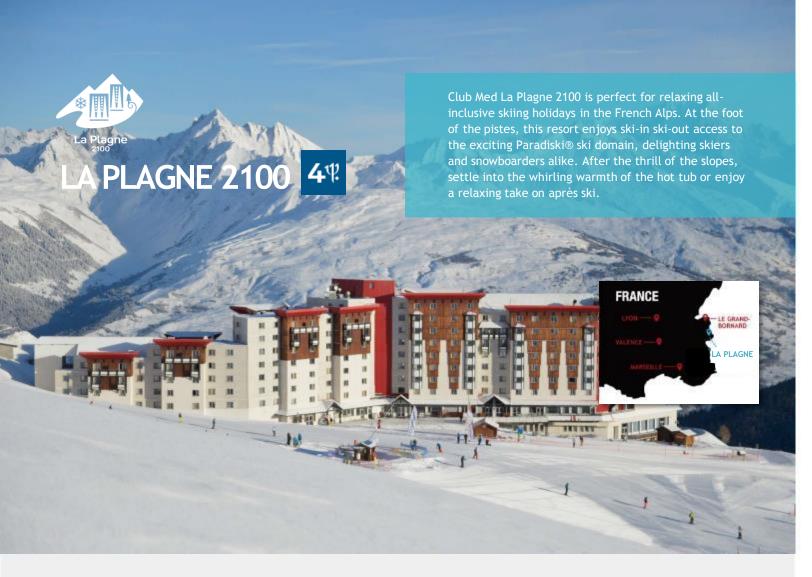




POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- Parc National de la Vanoise, with local animals such as the ibex and chamois
- Vallée de la Clarée, one of the most important nature reserves in the area, with exceptionally beautiful and well-preserved landscapes

*extra costs



GREAT FOR FAMILIES & COUPLES





Restaurant |







134 SKI SLOPES









- Ski domain: Paradiski
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the 3 years and above

ADDRESS:

Rental of ski and snowboarding equipment* for all levels is available by day







Ski runs 425km



lift

GETTING HERE: From Chambéry Airport 90min

From Grenoble Airport 150min by Club Med transfer From Geneva Airport 150min by Club Med transfer AIME PLAGNE 73210 Savoie - La Plagne 2100 France

RESORT HIGHLIGHTS



AN IDYLLIC SETTING

Contemplate Mont Blanc from the terrace of a friendly, modern Club Med Resort



SKIING FOR ALL LEVELS

Practice snow sports between alpine ski or snowboarding. We offer all-level lessons taught by dedicated GO® that will adapt to your needs either you want to have fun or to improve your skills on the slopes.



CLUB MED SPA BY PAYOT*

Recharge your batteries with the après ski programme at Club Med Spa by PAYOT. Customize the treatment to your needs or choose from a wealth of wellness treatments.



SAVOYARD SPECIALTIES

After an exhilarating day on the slopes, enjoy local cuisine in a relaxed and friendly atmosphere with amazing views of the pistes and valley.



SPORTS & AFTER-SKI ACTIVITIES

- Snowboarding
- Cardio training
- Snow scooting* Snoe shoe walk*
- Alpine skiing Outdoor hot tub*
 - Nightly shows & parties
 - Club Med Spa*

TAILORED FOR CHILDREN

- Mini Club Med® (4-10)
- Junior Club Med (11-17)
- Baby Gym (2-3)
- Babysitting* (from 24 months)
 Petit Club Med®* (2-3)
 Introduction to Snow course* (for 3 years old) Snow Garden facility
 - for first timers (4-10)
 - Kids playground





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- Montalbert, Montchavin and Les Coches typical Savoy villages
- The Plagne bobsleigh track built for the Winter Olympic Games in Albertville- take your positions aboard the aerodynamic bobsled*.

*extra costs



GREAT FOR FAMILIES & GROUP OF FRIENDS















154 SKI SLOPES









- Ski domain: Val Tignes area Espace Killy
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)
- Introduction to Snow Courses* for children at the 3 years and above

Rental of ski and snowboarding equipment* for all levels is available by day







300km



GETTING HERE: From Chambéry Airport 90min



From Geneva Airport 150min by Club Med transfer



Savoie - Tignes Val Claret France

RESORT HIGHLIGHTS



COSY ATMOSPHERE

Flirt with the summits in a friendly, modern Resort with Family suites perfectly designed to welcome you and your children for an unforgettable stay.



GOURMET EXPERIENCE

Dine in the Champagny contemporary and colourful restaurant with a friendly, relaxed atmosphere. You will find there international freshly cooked food but also some fabulous French cuisine



TAKE TIME FOR YOURSELF

Savour the pleasures of the senses at Club Med Spa by PAYOT* by choosing between different treatments and massages before enjoying a refreshment in a peaceful environment in our Zen tea room.



BEST OF SKI

Downhill skiing or snowboarding with 300km of challenging runs to explore in the famous Espace Killy domain. Beginners also find their enjoyment there; admire your children's first turns as they start skiing at 4 years old.



SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Snowboarding
- Cardio training
- Weights room
 - Club Med Spa*
- Under ice diving*
- Snowshoeing*Snowmobiling* Indoor pool
- Nightly shows & parties

TAILORED FOR CHILDREN

- Junior Club Med (11-17)
- Playground
- Babysitting*(from 24 months)
 Mini Club Med® (4-10)
 Introduction to Snow course* (for 4 years old)





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- Grande Motte glacier with a stunning
- The Aiguille Percée a unique geological formation well known in the region

*extra costs



GREAT FOR FAMILIES & COUPLES





Restaurant

Restaurant

Restaurant









244 SKI SLOPES









- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)

Rental of ski and snowboarding equipment* for all levels is available by day









GETTING HERE:

From Turin-Caselle Airport

by Club Med transfe

180min by Club Med transfer

From Milan Malpensa Airport

From Geneva Airport 180min by Club Med transfer

ADDRESS:

VIA MONTE ORSIERA N°1 FRAZIONE PRAGELATO (TO) 10060 Piedmont Italy

RESORT HIGHLIGHTS



SPOILT FOR CHOICE

Never ride the same slope twice in the second largest ski area in Europe and follow the path of the Olympic champions in downhill or cross country at Sestrieres.



COSY UP WITH APRÈS-SKI DRINKS

Mulled wine, hot chocolate or a cup of hot tea? The hardest choice will be your après-ski treat at either of the two bars with different atmospheres. Bask in festivity at the main bar, The Laterna that is opened all day, or have a quiet evening in the exclusive Gourmet Lounge Bar, The Dolce Vita.



AUTHENTIC ITALIAN DELIGHTS

Savour Italian gastronomy with pasta al tartufo (pasta with truffles) from La Trattoria restaurant and mountain specialties from the altitude restaurant, The Chalet Mollino.



PLAYGROUND FOR CHILDREN

Leave your children in the good hands of our certified instructors as they pick up the art of skiing and snowboarding at the thrilling ski slopes.



SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Cross country skiing
- Snowboarding
- Snow shoeing
- Nordic walking

Dog sleighing*

- Ice skating*
- Quad biking*
- Cardio & fitness room

45

Club Med spa* Indoor pool

TAILORED FOR CHILDREN

- Mini Club Med® (4-10)
 - for first timers (4-10)
- Junior Club Med (11-17) Baby Gym (2-3)
 - - Teen spa*





POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- and Italian borders
- The Sacra di San Michele, a religious complex on Mount Pirchiriano, one of the most famous Benedictine abbeys

*extra costs



GREAT FOR FAMILIES, COUPLES & GROUP OF FRIENDS





Restaurant

High-altitude 🤈 Restaurants 5







130 SKI SLOPES









- Ski domain: Cervinia-Zermatt-Valtournenche
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays)

Rental of ski and snowboarding equipment* for all levels is available by day









GETTING HERE:

From Turin-Caselle Airport 100min bv Club Med transfe

From Milan Malpensa Airport 150min by Club Med transfer

From Geneva Airport 180min by Club Med transfer

ADDRESS:

6 VIA DEL PIOLET BREUIL CERVINIA (AO) LOCALITA BREUIL-CERVINIA 11021

RESORT HIGHLIGHTS



AUTHENTIC & GOURMET CUISINE

Combine the pleasure of the eyes and the palate, in our restaurants that look out over the entire valley. The buffet serves delicious international cuisine and local specialities from the Italian Alps.



A SKI ADVENTURE FOR CHILDREN

See your children venture down their first blue run in the Aosta Valley. Ski lessons starts from 4 years old!



ALTITUDE SPORTS IDEAL SPOT

Breathe in the pure mountain air at 2,050 metres and take your pick of some of the highest slopes in Europe. Also try out a wide range of winter sports available in the Resort.



ZEN OUT

Arouse your senses at Club Med Sap by DECLÉOR* after a break at the Turkish bath - just relax after a day in the mountains



SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Snowboarding
- Cardio & fitness room
- Snow shoeing*
- Ice skating*
- Indoor pool
- Helicopter ride*
- Club Med spa by
- DECLÉOR*
- Nightly shows & parties

TAILORED FOR CHILDREN

- Petit Club Med®* (2-3) Club Med Baby Welcome®
- Club Med Baby Welcome® (from birth to 23 months)
- Mini Club Med® (4-10)
- Junior Club Med (11-17) Baby Gym (2-3)





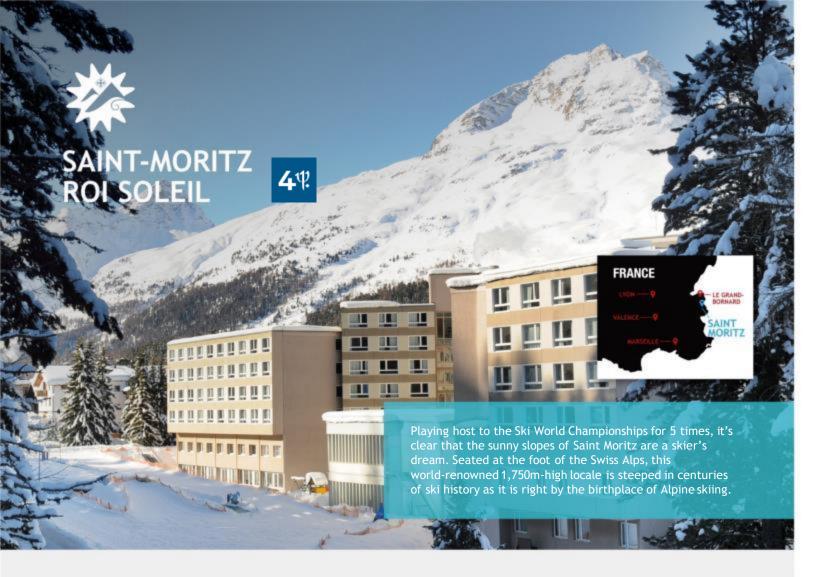
47



POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- The Mont Cervin, one of the most emblematic peaks of the Alps
- Matterhorn Glacier Paradise where you can admire 38 vertiginous peaks of over 4,000 metres high.

*extra costs



GREAT FOR FAMILIES AND GROUP OF FRIENDS









85 SKI SLOPES







- Ski domain: Haute Engadine
- Group ski classes at all levels from 4 years and above
- Snowboarding classes from 12 & above (from 8 years old during French school holidays) Hiking classes available from 12 years and above

Rental of ski and snowboarding equipment* for all levels is available by day



GETTING HERE: From Zurich Airport

= 180min

by Club Med transfer





Ski runs 350km



ADDRESS: SAINT-MORITZ BAD, 7500 Canton des Grisons Switzerland

RESORT HIGHLIGHTS



HIGH-ALTITUDE DINING

Perched at 2,550m, the Le Corviglia altitude restaurant offers unobstructed impressive views of the valley and frozen lakes. A perfect refuge, the restaurant offers an inviting atmosphere for skiers to take a break and recharge their batteries. Open for non-skiers too.



LOCAL DELICACIES

Sample the famed Alpine Savoyard cuisine at The Stubli specialty restaurant. Delight in delicious traditional winter comfort food such as warm fondue in a friendly and warm environment at this mountain restaurant.



SOAK IN LUXURY

Take a dip in our heated 10-metre indoor pool and let the day's stresses melt away while you enjoy the mountain views from the comfort of your lounge bed.



JOY RIDE

Cruise down those slopes the easy way or challenge yourself with authentic cross-country skiing in over 170kms of runs.



SPORTS & AFTER-SKI ACTIVITIES

- Turkish bath & Sauna Cross country skiing Walks, snow shoe walks
- Snowboarding
- Hiking programme
- Cardio & fitness room



TAILORED FOR CHILDREN

- Club Med Baby Welcome® Baby corner
- Babysitting* (4 months to 7yo) Snow garden facility
- Mini Club Med® (4-10)
- Junior Club Med (11-17)





49

and Nordic walking

Heated indoor pool



POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- The Segantini Museum, home to the mesmerising
- Coire, the oldest town in Switzerland, still standing strong with its cathedral and Roman remains

*extra costs





JAPAN

Home to some of the world's freshest seafood, diary and premium beef, as well as dedicated Japanese chefs who perfect age-old recipes for sophisticated palates of today's travelers.

FOOD

Japanese cuisine offers a great variety of dishes and regional specialities, each with their own unique culinary traditions. Travelling through the country, you will be in for an unforgettable gastronomic journey. Here's a selection of Japan's most popular foods.



SNOW CRAB

Also known as zawaigani, this delicacy is usually eaten in winter, when harvesting is permitted. Delicately sweet and uniquely flavored, it can be enjoyed fresh, salt-boiled, steamed or in warm soup.



NABE

Stay toasty during winter with this traditional hot pot that is often filled with different kinds of vegetables and protein in a rich dashi chicken broth. This well-balanced meal is traditionally eaten by sumo wrestlers but now commonly enjoyed during winter.



SHIRUKO

A comforting sweet treat in snowy weather, Shiruko is warm red bean porridge topped in melt-in-your-mouth mochi.



AMAZAKE

Made with malted rice, Amazake is a delicious non-alcoholic sweet drink to not only warm you up after a ski day, it can also help relieve fatigue and prevents cold.

CULTURE

Japan is a timeless place where ancient traditions are interwoven with modern life. Although the country appears to be exceedingly modern, it is still deeply connected with its traditional cultural practices. There's more to Japan than meets the eye.





"Japan", Nihon or Nippon in Japanese, means "Land of the Rising Sun". It was once believed that Japan was the first country to see the sun rise in the East at

Over two billion Japanese comic books, graphic novels and manga are sold in Japan each year.

Cherry blossoms, sakura, are Japan's national flower.



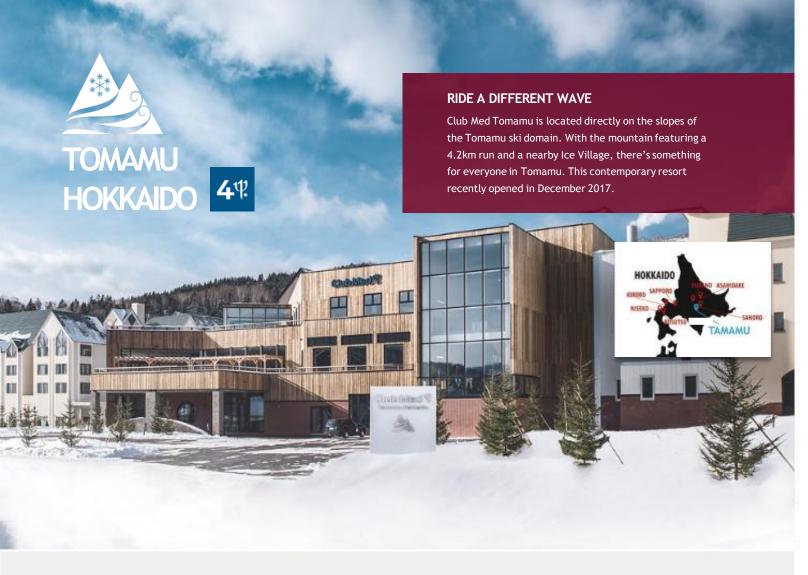
Japanese Haiku poetry consists of only three lines and is the world's shortest poetic form.



Raw horse meat, basashi, is considered a delicacy in Japan, sliced thinly & eaten raw. The Japanese consume about 7,461 tons of horsemeat each year.



The Japanese regard the stomach, hara, as the seat of emotions, where in the West this is considered to be the heart. The Japanese believe that if one takes care of the stomach, life takes care of itself.



GREAT FOR FAMILIES, COUPLES & GROUP OF FRIENDS

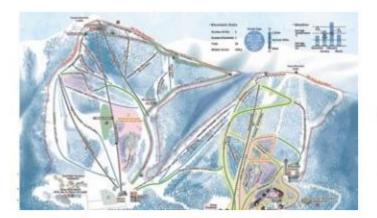




Specialty Yakiniku







29 SKI SLOPES









- Ski Domain: Tomamu
- Group ski classes at all levels from 4 years and above
- Snowboarding classes available from 8 years and above
- 2 conveyor belts for easy travel on the slopes

Rental of ski and snowboarding equipment* for all levels is available by day











GETTING HERE: From Chitose International Airport From Tokaichi Obihiro Airport

by Club Med transfer 100min

75min by Club Med transfer From Tomamu Station 5min

by Club Med transfer

ADDRESS:

SHIMUKAPPU-MURA 079-2204 Hokkaido Japan



WAVE POOL ADVENTURE

Featuring the largest indoor wave pool in Japan, a kids pooland indoor Japanese public bath. Operated by Hoshino Resorts.

OPEN PERIOD: End Nov - Early Apr (TBC) OPEN TIME : 11:00 - 20:00 (last entry by 19:00)



ICE, ICE VILLAGE*

A frozen winter wonderland for all ages to enjoy. Operated by Hoshino Resorts.

OPEN PERIOD: Early Dec - mid Mar (weather permitted) **OPEN TIME** : 17:00 - 22:00 (last entry by 21:30)



AUTHENTIC YAKINIKU BARBECUE

At the specialty restaurant, Haku, relish an authentic yakiniku barbecue experience that you grill right at your table. From farm-to-table, enjoy an unforgettably fresh dining experience worth sharing.



WHISKY AND SAKE TASTING*

Toast to an unforgettable mountain adventure and enjoy a guided tasting of premium Japanese whiskies as well as local sakes, while savouring light bites



THE ULTIMATE POWDER SNOW

With over 145 hectares of powder to play in, state-of-the-art equipment, and expert ski instructors to guide you, discover an extreme snow escape you won't soon



SPORTS & AFTER-SKI ACTIVITIES

- Alpine skiing
- Snowboarding
- Snow trekking
- Ice fishing*
- Cardio & fitness room
- Yoga Club Med spa*
- Japanese outdoor bath

55

- Nightly shows and
- parties

TAILORED FOR CHILDREN

- Club Med Baby Welcome®
- Petit Club Med®* (2-3)
- Mini Club Med® (4-10)
- Club Med Passworld® (11-17) Baby corner
- Pyjamas Club®
- Snow Garden facility for first timers (4-10)

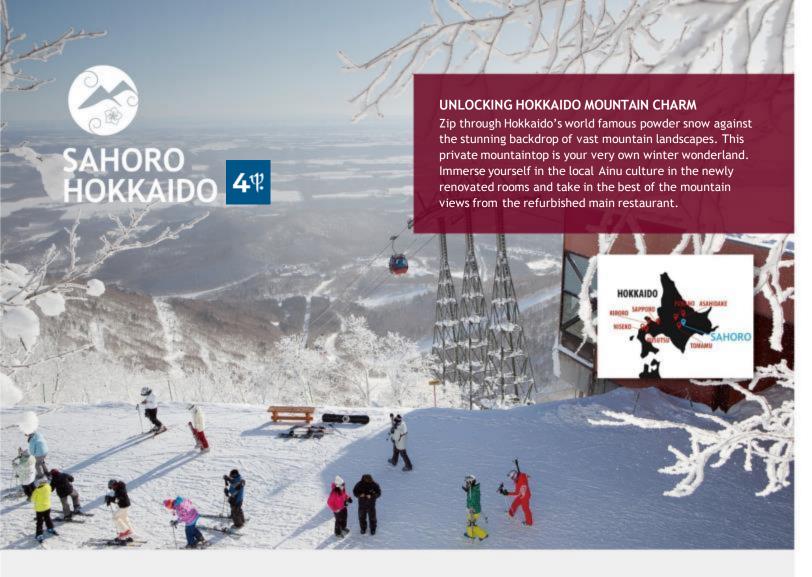




POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- Local Onsen
- Club Med Sahoro Hokkaido (45min car ride)

*extra costs 54



GREAT FOR FAMILIES & COUPLES





Restaurant 1

Japanese Restaurant







21 SKI SLOPES





- Ski Domain: Sahoro Resort
- Group ski classes at all levels from 4 years and above
- Snowboarding classes available from 8 years and above
- Ski simulators for beginners before hitting the slopes
- 1 conveyor belt for easy travel on the slopes

Rental of ski and snowboarding equipment* for all levels is available by day











GETTING HERE:

From Chitose International Airport



From Tokaichi Obihiro Airport 80min by Club Med transfer

From Tomamu Station 15min by Club Med transfer

ADDRESS:

KARIKACHI KOGEN SHINTOKU-CHO KAMIKAWA-GUN - HOKKAIDO 081 0039



OUTDOOR CANADIAN BATH

Unwind after a flurry of winter activity in our open-air hot bath. Surrounded by snow and mountain vistas, you get the best of both worlds, escaping the cold while soaking in breath-taking mountain views. It's the perfect spot for some quiet 'me' time.



HOKKAIDO CUISINE

Taste the flavors of Japan with a feast for the senses. Using local fresh ingredients, the chefs will prepare you a variety of authentic delights, including the freshest sashimi and sushi. Visit the specialty restaurant, Mina Mina, serves traditional nabe hotpot that is best shared with the whole family, or the newly refurbished main restaurant.



JAPANESE POWDER SNOW

Whether it is your family's first time seeing snow or an annual family tradition, the beauty of our soft white powder and the magic of the falling flakes makes for an unforgettable holiday together.



SNOW TREKKING

Dive into a snow trekking journey to reconnect with your family, friends, and with nature. Take in panoramic mountain views while trekking across wide-open powder snow.



AUGMENTED REALITY ROCK CLIMBING

If you're someone who prefers the comfort of the indoors, don't fret. Our interactive rock-climbing wall allows you to enjoy some adrenaline-pumping action without ever leaving the hotel.



SPORTS & AFTER-SKIACTIVITIES

- Alpine skiing
- Snowboarding
- Snow trekking
- Ice fishing*
- Cardio & fitness room
- Club Med spa*
- Outdoor Canadian Bath

57

Indoor pool

TAILORED FOR CHILDREN

- Club Med Baby Welcome®
- Petit Club Med®* (2-3)
- Mini Club Med® (4-10)
- Junior Club Med (11-17)
- Pyjamas Club®
- Snow Garden facility for first timers (4-10)
- Baby corner







POINTS OF INTEREST / **EXCURSIONS WE RECOMMEND**

- Shikaribetsu Kotan Day Trip
- Kuttari Hot Springs
- Club Med Tomamu Hokkaido (45min car ride)

*extra costs



TYPES OF SKI PACKAGES AT CLUB MED

At Club Med this winter, enjoy ultimate flexibility with our all-inclusive mountains stays. Whether you travel for 7 days or less, our ski packages can be adapted to suit the type of ski holiday you are looking for.



"OPEN DATES" **PACKAGE**

LENGTH OF STAY	RESORTS & DATES	CHECK-IN & CHECK-OUT	MEAL, BAR & SNACKS	KIDS'CLUBS	LIFT PASS	SKIING OR SNOWBOARD LESSONS	COURSE LEVEL
Stays that exceed 4 days and not a Classic Club package	Subject to availability	 Arrival between 3pm and 8pm Check in between 3pm and 8pm Check out by 10am and departure before 3pm 	From the day of arrival (dinner) ⁽²⁾ until departure date (lunch)	 From the day after arrival until the day before departure date No Kids' Clubs on Sunday 	From the day after arrival until departure date	 From the day after arrival until the day before departure date No lessons on Saturday and Sunday 	 All levels Progressive beginner classes start on Monday only

week-ends ,,ClubMed®	AT ALL EUROPEAN SKI RESORTS						
Short stays of 2 to 4 days over the weekends	RESORTS & DATES Subject to availability	CHECK-IN & CHECK-OUT Arrival between 12pm and 8pm Check in between 3pm and 8pm Check out by 10am and departure before 3pm	MEAL, BAR & SNACKS From the day of arrival (lunch) until departure date (lunch)	From the day after arrival until the day before departure date No Kids' Clubs on Sunday	LIFT PASS From the day of arrival until departure date	SKIING OR SNOWBOARD LESSONS From the day after arrival until departure date No lessons on Saturday and Sunday	All levels Progressive beginner classes start on Monday only

"CLASSIC CLUB" PACKAGE	AT ALL EUROPEAN SKI RESORT	S				
T nights, arrival and departure on Sunday	• Arrival and check in between 3pm ⁽²⁾ and 8pm • Check out by 10am and departure before 3pm	MEAL, BAR & SNACKS From the day of arrival (dinner) ⁽²⁾ until departure date (lunch)	From the day after arrival (Monday) until the day before departure date (Saturday)	From the day after arrival (Monday) until the day before departure date (Saturday)	Group progressive classes, based on level, from Monday to Friday No lessons on Saturday and Sunday	• All levels • Progressive beginner classes start on Monday only

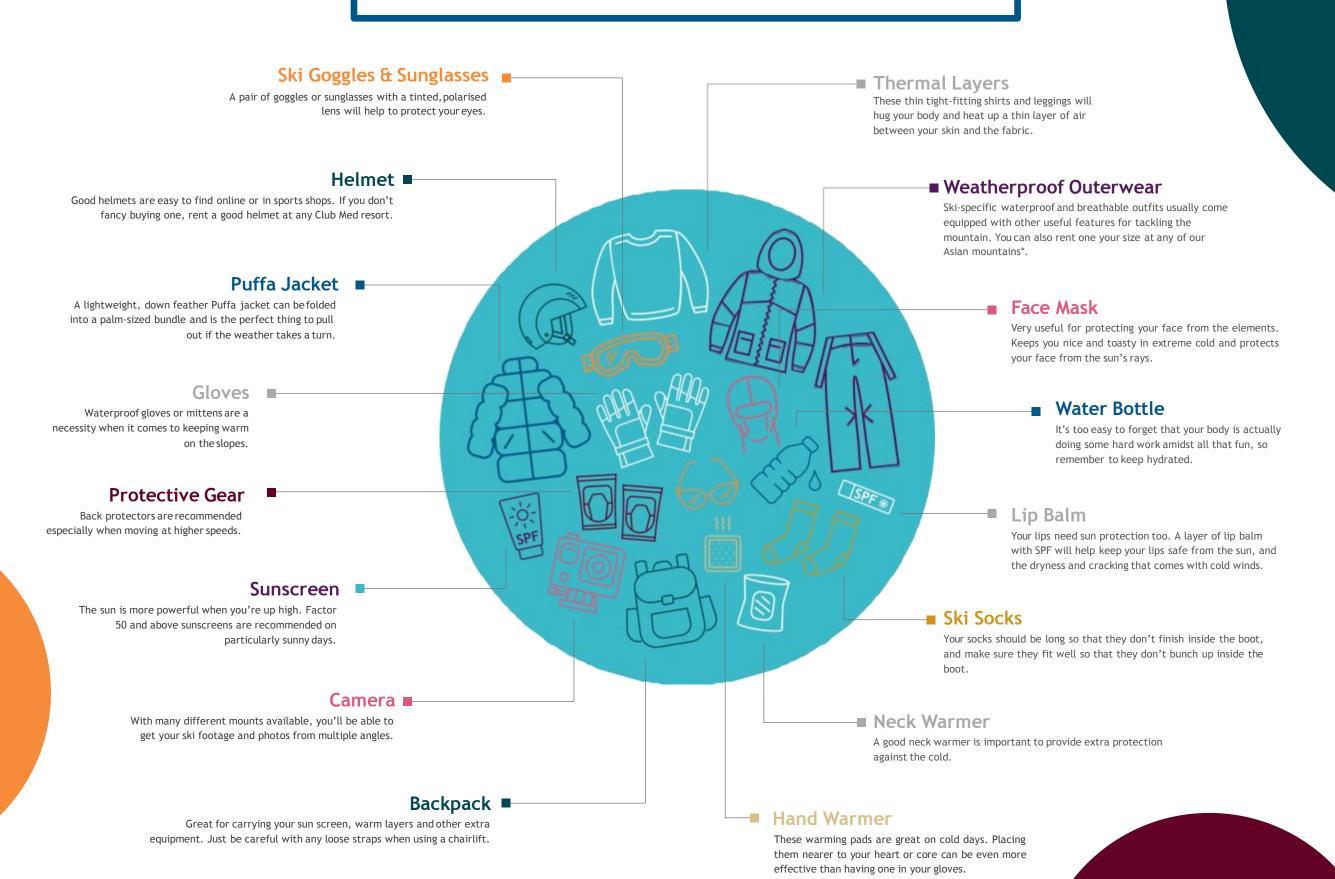
"FLEXI" PACKAGE	AT ALL	ASIAN SKI RESORTS					
Recommendation stay of 5 nights	RESORTS & DATES Subject to availability	CHECK-IN & CHECK-OUT Arrival between 12pm(2) and 8pm Departure before 3pm	MEAL, BAR & SNACKS From the day of arrival (dinner) ⁽²⁾ until departure date (lunch)	• From the day after arrival until the day before departure date	From the day of arrival until departure date	From the day after arrival until the day before departure date No lessons on Saturday and Sunday	• All levels
	Ski lessons are available in English, French, Japanese or Mandarin in Japan.						

- (1) Differences to your resort schedule will be included in the
- "Important Information" email, which you will receive prior to departure.
- (2) In case of early arrival, lunch on the first day will be charged.
- (3) Room check-out before noon in the Valmorel Chalets.
- European Ski Resorts
 Classic Club packages are the default in European ski resorts

- Ctassic Club packages are the default in European skriesorts
 Recommended for beginners with progressive classes that begin only on Mondays in small groups
 Ski classes for children ages 4 to 11 are included only in European resorts that offer Kids Clubservices
 Possible to have lunch at other Club Med resorts on the same ski domain (available at selected resorts)
 Other flexible ski packages are week-ends by Club Med from 2 to 4 days, and Open Date packages from 4 days
 & more (only available at selected resorts on selected dates) more recommended for intermediate and advanced skiers
- Asian Ski Resorts
 Only for guests who booked air packages with us or guests who arrive late on Day 1 and departing late on departure day
- Only for guests who booked air packages with us or guests who arrive tate on bdy? I alway a fiter arrival to departure day
 Guests who booked accommodation-only packages will have their ski passes the day after arrival to departure day
 Flexible ski packages for Asian mountains, with a recommendation of 5 nights for a full Club Med ski experience
 Ski group classes for children ages 4 to 11 are included in all Asian mountain resorts
 Ski lessons are in English, French, Japanese or Mandarin in Japan, as well as in English, French or Mandarin in China

THE ULTIMATE SKI HOLIDAY CHECKLIST

Here's everything you'll need for a safe, comfortable and fun trip



* Rental only available in Club Med ski resorts in Japan and China





SKI BINDINGS

Ski bindings are safety features designed to release your foot if enough force is applied. Don't worry if you're unsure which binding setting is right for you, every Club Med ski resort has rental technicians to ensure they're applied correctly to both skis.



Don't be surprised if your ski boot size and shoe size are completely different! The ski boot sizing method is called Mondopoint, measuring the length of your foot in centimetres. Our rental technicians will ensure you have correctly sized boots, so you can enjoy your skiing comfortably and safely.



SKI SIZES

Your ski size depends on your height, weight & ability, or even your general preference. In general, when you stand your skis upright, the tip should be somewhere between your chin and the top of your head.

As a guide, beginners generally need shorter skis than advanced skiers, for greater control at lower speeds and better sharp turns.

SKIER HEIGHTS (IN)	SKI LENGTHS (CM)
4'4"	115 - 130
4'6"	125 - 140
4'8"	130 - 145
4'10"	135 - 150
5'	135 - 155
5'2"	145 - 165
5'4"	150 - 170
5'6"	155 - 175
5'8"	160 - 180
5'10"	165 - 185
6'	170 - 190
6'2"	175 - 195
6'4"	180 - 200

SNOWBOARD SIZE

Your body weight and the type of riding you're planning on doing will determine your snowboard size. A good starting point is to get a board that comes up to your chin and then size up or down depending on weight.

The width of the board you choose is measured at the narrowest point of the board and will correspond directly to your boot size. Your toes should hang slightly over the edge of the board.

RIDER HEIGHT (IN)	RIDER WEIGHT (LB)	SNOWBOARD SIZE (CM)
4'10"	110 - 120	128 - 136
5'	115 - 130	133 - 141
5'2"	125 - 135	139 - 147
5'4"	135 - 145	144 - 152
5'6"	140 - 155	149 - 157
5'8"	150 - 165	154 - 162
5'10"	160 - 175	159 - 167
6'	170 - 185	160+
6'2"	180 - 155	160+
6'4"	190 - 205	160+



BEYOND SKIING: THERE'S SOMETHING FOR EVERYONE

Looking for some fun other than ski? Club Med's snow mountain resorts offer a myriad of leisure and non-ski activities, perfect for family bondings and friends. From a relaxing outdoor Canadian bath, snow sledding to nightly entertainment, we've got something for everyone.



your snow mountain vacation is complete with many

different facilities that Club Med offers.

When to try: The whole winter season



Snowshoeing

Who knew walking on snow can be a form of exercise? If you are not a ski explorer, opt for an easier sport such as trekking on snow with our G.Os. Quite an art on its own, snowshoeing requires the right footwear so that you can better distribute your body weight on the powder snow as you trek and enjoy the charming mountain surroundings. This activity is great for guests of every fitness level and ages.

Difficulty: ••••

Equipment: Snowshoes are available for rental in our resorts

When to try: The whole winterseason



Sledding

Surrounded by the beautiful landscapes of mountain ranges and snow-covered forests, feel the icy cold wind blowing on your face as you slide down the snow hill on a sledge. Perfect for families and children, this activity is available in most of our snow mountain resorts as a bonding activity.

Difficulty: Sleds are provided

When totry: January-March where snowfall is thicker

Snowboarding

Looking for some family fun? Snowboarding is perfect for all ages. If you're new to the sport, partake in our group lessons to avoid injuries and get confident on the board. Club Med offers progressive lessons so you can eventually tackle steeper runs, try a few off-piste routes and even learn how to make small jumps if you are a fast learner.

Difficulty: ◆ ◆ ◆ ◆ ◆

Equipment: Boards are available for rent* in our resorts **When to try:** The whole winter season





If you're after something even more exciting, there are some specialist sports* that will give you a few tales to tell at the bar.

Skijoring, which means 'ski driving', involves a skier being pulled along at great speed by a team of dogs or horses over a course that often includes jumps. If you really don't like skis, you could try snow kayaking, in which you negotiate a fast slope sitting in a kayak, or snow tubing in an inflatable ring. For the truly adventurous, night sledding offers thrills as you speed down a mountain after sunset, equipped with a headlamp. Some of these thrilling activities are available in our selected European ski resorts.

* Fxtra costs

CAPTURING THE BEST OF YOUR SKI TRIP

Whether you have a smartphone, a simple point-and-shoot camera or a professional DSLR, there are a few golden rules to shooting on the slopes. So guests just need to grab their camera or smart phone, set up their subject and get ready to shoot some serious ski action!





COLD CLIMATE PROTECTION

If it's snowing make sure your camera and lenses are covered up or in a waterproof bag. Try not to keep your camera too warm as whipping it out for that once-in-a-lifetime shot will cause condensation on the lens, giving you a foggy image. Camera batteries also lose their charge in cold conditions, so keep any spare batteries handy.



BEWARE OF EXPOSURE

The brightness of the snow presents a number of challenges for auto modes, under-exposing the image and giving your landscapes a grey tint. If your camera has scene modes, choose the 'snow' or 'snow/beach' setting to bring the snow back to a dazzling white.



CHANGE THE ANGLE

Try going low when capturing the action on the slopes, or even tilting the camera to give you another angle. By adding an element of intrigue to your pictures, you'll keep the attention of your viewers for longer.



ACTION MODE

If your camera has a sport mode, use it. It will give you a faster shutter speed to help you capture the action on the slopes and prevent blur. If you have a DSLR, set it to 1/1000 seconds shutter speed.



USING A GOPRO ON THE SLOPES

You can secure a GoPro on the helmet, the chest or the skis. Also, make sure it's in a waterproof case even on the back of a ski it will get covered in snow and pack a spare battery or two.



DECLUTTER YOUR BACKGROUND

Nothing ruins a fantastic shot like a boundary tape and crowds of people. So pay attention to what's in the background and change your angle. Also, check your horizon is level - if all you can see is a slope, tilt the camera slightly to make it look steeper.



SOCIAL MEDIA

Last but not least, post your conquers onto your favourite social media platform and tag us at #clubmed

