



INFORMATION FOR FIRST-TIME SKIERS/SNOWBOARDERS

Your first visit:

Welcome to Snow Trails. Our resort loves beginners and we try to make it as easy as possible for you. The best overall package is our "Let's Get Started Skiing/Snowboarding Special". You can purchase this in the Rental department and it includes your rental equipment, your area ticket (which entitles you to use the beginners slope as well as the ski carpet and chair lift), and an introductory group lesson. Beginning ski instruction utilizes the "direct parallel method" on shaped skis, and is guaranteed to advance the skier to ski the beginner's area and the snowboarder to a controlled toe-edge turn and stop. Make sure to look over the Trail Map and locate the Beginner's Area.

What to wear?

- Layer your clothing (long underwear or turtleneck shirt, wool sweater or acrylic fleece and a waterproof outer layer).
- Cotton clothing (sweatshirts) absorbs moisture and therefore, you get wet and cold quicker.
- ONE pair of wool or acrylic socks (no cotton athletic socks). Ski/Snowboard boots are designed to keep your feet warm.
- Resist the temptation of putting on too many pairs of socks. You'll only end up with cold feet and blisters.
- Don't wear jeans or denim street pants because they are not waterproof.
- No bulky single items of clothing.
- If you buy anything, it should be a pair of waterproof shell pants and warm long underwear. You probably have a winter sports jacket already.
- Wear a winter hat, because ninety percent of your body heat is lost through your head.
- Waterproof gloves or mittens. Best if you can bring an extra pair.
- Goggles or sunglasses for eye protection.
- Sunscreen and chapstick.
- Long scarves are not recommended.

Rental Equipment (Shoe Size vs. Boot Size)

MEN: Ski boots are basically true to street shoe size.

LADIES: Ski boots generally run a half size to a full size smaller than their street shoe size.

- Our Rental department carries ski boots from child size 7 up to adult size 16 / snowboard boots from child size 12 up to adult size 14.
- Fit should be snug and your heel should remain in place when you bend your knee and ankle forward into the boot.
- Your toes should barely touch the inside of the boot and then, when you bend your knee forward; your toes should slide back slightly.
- Do not tuck your pants into your ski/snowboard boots because they are designed to fit snugly and pants will bunch up and be uncomfortable when tucked inside boot.
- Don't be afraid to try on more than one pair of boots.

General Information

- Snow Trails has a ski carpet which is an advantage for "first timers." This moving carpet allows beginners use of the slopes without having to learn the more intimidating chair lift. It is very "Beginner Friendly."
- Our lodge has a cafeteria (Joe's Place - on first floor), The Last Run Deli (on the second floor), restrooms, day lockers and Guest Service counter to help you with any questions you might have.
- Snow Trails also has highly trained instructors with lessons offered frequently throughout the day and evening. Private instruction is also encouraged.
- The Ski Shop carries a complete line of ski and snowboard equipment, accessories and clothing. Consult the experts at the Ski Shop before your next purchase or for professional mounting and tuning.
- Beginners please ask questions, our staff is more than willing to help.