

# MEARNS CASTLE HIGH SCHOOL S3 SKI TRIP

LES MENUIRES, FRANCE  
SAT 25 JANUARY – SAT 1 FEBRUARY 2020



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## INTRODUCTION

Participating in a residential snowsports course provides many opportunities to gain a greater understanding of self and others. Much of this is gained through meeting personal challenge. Living and working together gives pupils the chance to identify the strengths and weaknesses of themselves and others, and develop relationships with each other, their leaders and ski instructors.

## EXPECTATIONS

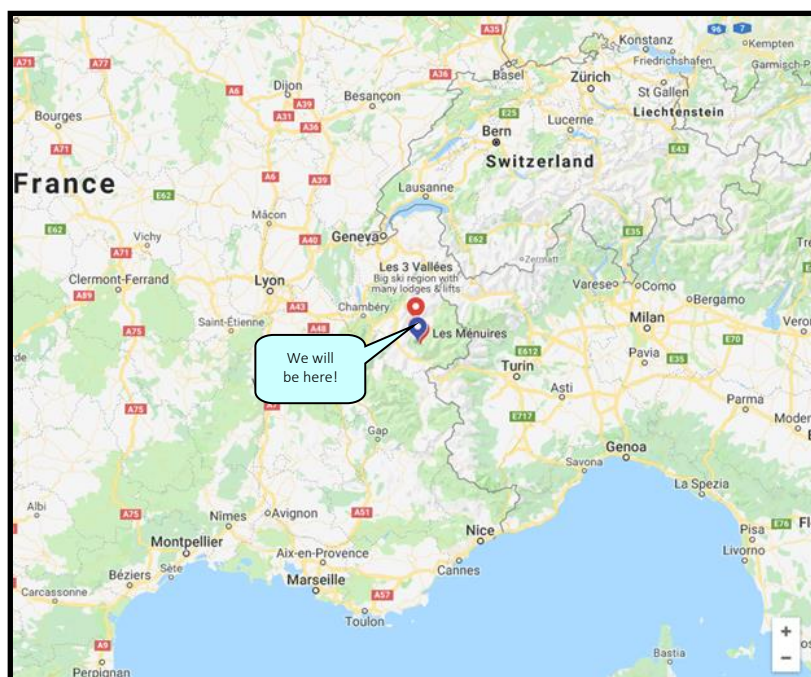
The highest standard of behavior is expected at all times to ensure the pupils have the experience of a lifetime and uphold Mearns Castle High School's excellent reputation. This includes respect, politeness and care for each other, members of the public, instructors, Skibound staff and school staff.

If any pupil or group of pupils let themselves down in this regard or put themselves, other pupils or members of staff at risk, it will be dealt with in the severest terms.

## DESTINATION:

Les Menuires, France (<https://en.lesmenuires.com/>)

Piolet Clubhotel  
Les Boyes  
73440 Les Menuires  
France  
+33 4 79 01 03 00



## TRIP INCLUDES

- ✚ Flights and transfers
- ✚ 7 nights full board
- ✚ 6 day lift pass
- ✚ 6 days hire of ski equipment (including helmet which is compulsory)
- ✚ 5 hours Ski instruction every day
- ✚ Comprehensive insurance cover
- ✚ A personalised school hoodie
- ✚ Evening entertainment



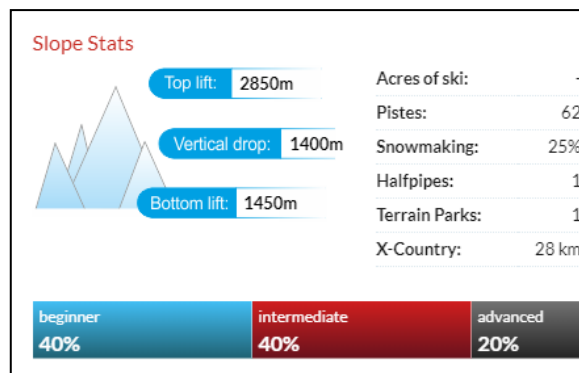
## LES MENUIRES

As you'd expect from a resort that's part of the Three Valleys ski area, Les Menuires has plenty for everyone. Now operating under the "Snow Guaranteed" label, this purpose-built resort boasts some of the most popular pistes in the entire region.

There are a magnificent array of interlinked red, blue and green runs allowing pupils to develop at a level and speed to suit their ability. Experts will find a number of testing runs in Les Menuires but with a wealth of resorts situated amongst the Three Valley ski area, advanced skiers will have plenty of exhilarating runs to choose from. The Walibi Gliss zone located off the Masse lift offers students the chance to take on a blue slalom as well as a number of additional fun-packed challenges.

## TERRAIN

RESORT HEIGHT	1850m
LIFT RANGE	1450 - 2850m
NUMBER OF LIFTS	34
SIZE OF PISTE	160km
NUMBER OF TRAILS	79
BEGINNER	49
INTERMEDIATE	24
ADVANCED	6
SNOWMAKING	411 snow cannons



## TRAVEL ARRANGEMENTS

Departure: Saturday 25 January 2020 (TUI Airways)

- Mearns Castle High School – main car park.
- 0330 hours – Check in with your group leader.
- 0345 hours – Coach departs for Glasgow Airport

Glasgow → Chambery: Flight No TOM1620 0645-1015 hours<sup>1</sup>  
(Baggage Allowance 20 kg plus one piece of hand luggage 5 kg.)

Coach transfer to resort: 1 hour 30 minutes approx.

Return: Saturday 1 February 2020 (TUI Airways)

Chambery → Glasgow: Flight No TOM1621 1820-1935 hours

Coach transfer from Glasgow Airport, approximately 30 minutes.

Estimated arrival time back at Mearns Castle High School Main entrance 2100 hours.

You should prepare yourself for the journey which last approximately 9-10 hours. The coach transfer from Chambery airport to the resort is around 1.5 hours long and includes a very steep and winding ascent. If you suffer from travel sickness please take the necessary medication for this.

There will be numerous opportunities to purchase food and drink, however a packed lunch is suggested to avoid paying expensive prices in service stations and airports. (Remember no liquids can be taken through security at the airport!)

You may wish to bring along things such as books, magazines, cards etc.

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<sup>1</sup> Flight times are subject to change by the airline until ticketed.

## ACCOMMODATION

Clubhotel Piolet (<https://www.skiboundholidays.co.uk/hotels/clubhotel-piolet/>)



Clubhotel Piolet lies in the heart of Les Menuires. Located piste side, guests can ski back to the Piolet after a day of exploring Les Menuires. The sun terrace is the perfect place to grab that goggle tan.

The bar area is great for enjoying an après-ski drink, why not try one of the Piolet's favourite mocktails. A lounge area provides an escape from the bustle, and, the table football and pool table are bound to ignite a bit of healthy competition (among the staff!)



The Piolet features a large restaurant area providing buffet breakfasts and varied evening meals.

The Piolet has 33 rooms, the majority are 4-bedded rooms, many with incredible views of the valley. All have their own private bathroom facilities and there is plenty of room to store ski gear. Males and females will be sleeping in separate rooms and where possible will be in separate corridors.



## TYPICAL DAY

MORNING	
0700 hours	Wake up call
0745 hours	Breakfast (dressed in salopettes and base layers)
0830 hours	Meet outside hotel with all clothing and equipment
0845 hours	Depart from hotel
0900 hours	Lessons start
1100 hours	Lessons finish
AFTERNOON	
1130 hours	Lunch
1300 hours	Afternoon lessons start
1600 hours	End of lessons – meet rest of group
1615 hours	Return to hotel together
1630 hours	Free time for tidying room, showering, shopping
1800 hours	Room inspection (there will be prizes!!)
EVENING	
1830 hours	Dinner
1945 hours	Evening Entertainment
2200 hours	Return to hotel
2230 hours	Bedtime
2300 hours	Lights out and quiet!!!

## APRES SKI

Sat 25 January - Hotel Welcome and Procedures/Unpacking/Ski Fit/Village Walk

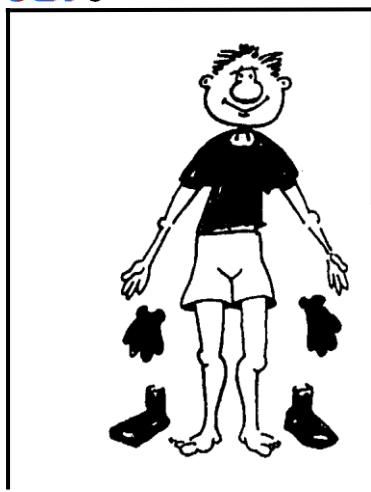
Sun – Thurs: Quiz Night, Crepe Night, Disco, Speed Mountain, Movie Night

Fri 31 January - Presentations/Packing

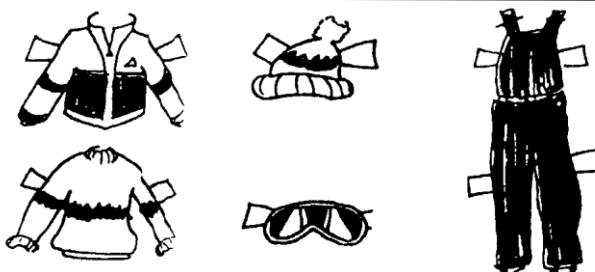
*The order may be subject to change.*



## CLOTHING



You will find below a summary of the clothing that we would strongly recommend that you take with you on holiday. The weather in the mountains can be very cold and you must therefore be prepared.



- 1 **Ski Jacket** – Should be windproof, waterproof and have good elasticated cuffs and waist. A hood is also very useful.
- 2 **Salopettes or Ski Trousers** – Should be made from warm, water resistant material with inner cuffs on the leg bottoms. Ordinary trousers or jeans are not suitable.
- 3 **Thermal Layers** – Lots of thin layers are better. Include fleeces, sweatshirts, thermal underwear, leggings/tights, polo necks, long sleeve t-shirts etc.
- 4 **Hat** – Helmets must be worn at all times while on the mountain. Hats must therefore be of a design that will fit underneath your helmet. It should be large enough to cover the ears and not too tight. A wool/acrylic mixture is suitable as it is warm, lightweight and water resistant. You will find a scarf/balaclava for covering your mouth on chairlifts invaluable.
- 5 **Gloves** – Must be worn at all times, even on warm days, mitts are preferable for beginners and should be windproof and waterproof. Woolen gloves are definitely **not** suitable.
- 6 **Socks** - One thick, smooth pair is much better than 2 thin pairs. We suggest loop stitch tube socks and not woollen walking socks.
- 7 **Goggles/Sunglasses** – Absolutely essential, both on good and bad days – should be worn at all times. Goggles are more suitable than sunglasses as they are less likely to break and are essential if the weather turns bad.
- 8 **Apres-ski Clothes/Foot Wear** – Clothing should be warm and casual. Footwear – a pair of walking boots or strong shoes/trainers. They should be warm and comfortable and suitable for walking in wet/snowy conditions.
- 9 **Lipsalve/Suncream** – Essential and must be taken. A total sun block for all exposed areas is recommended at all times.





## ISSUE OF SKI EQUIPMENT

- Only wear one pair of ski socks when having your boots fitted.
- When the equipment is issued, you will see that all the items are numbered. These will be recorded by a member of the staff. Please ensure that you only use the equipment issued to you during the week. Your group leader will give you some labels with your name printed on them – once stuck on these will help you to quickly and easily identify your boots and skis.
- If any item is exchanged, please make sure all records are changed accordingly.
- During your stay, your equipment will be stored at the hotel.

**WE CANNOT STRESS TOO STRONGLY THE IMPORTANCE OF TAKING CARE OF YOUR EQUIPMENT!** Losing a single glove, hat, goggles or your ski pass can result in the loss of a whole day's skiing and will need replaced at your own expense.

## SPENDING MONEY

Once in resort all meals and activities are provided and very little spending money is needed. From past experience the following list are possible extras that pupils may wish to bring money for:

-  Refreshments (drinks, sweets etc)
-  Presents/Gifts for family

## VALUABLES

We advise that you do not take anything valuable with you. This is the best way to avoid disappointment. All of your possessions are your own responsibility.

There is no need for pupils to take their mobile phones with them and we would discourage them from doing so. Parents can follow the progress of the trip on the school twitter account (<https://twitter.com/@mearnshigh>). If there is a need to phone home, pupils will be allowed to use the school mobile phone.

## INSURANCE

Fully comprehensive insurance is provided through East Renfrewshire Council. There is no need to take out extra insurance. Please ensure that you have handed your EHIC card to Mrs Robinson by Friday 10 January 2020 at the latest.

## PASSPORT

All pupils require their own passport. This must also be given to Mrs Robinson by Friday 10 January 2020 at the latest.

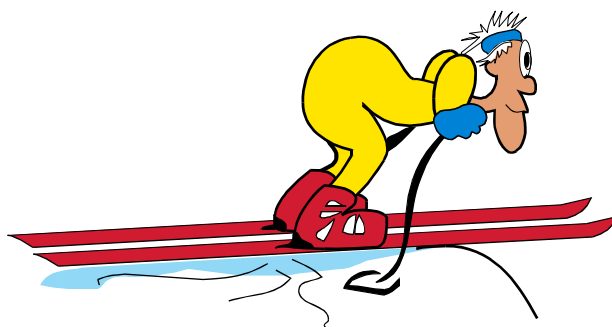
## MEDICAL CONDITIONS

If your son/daughter has any type of medical condition (even if undiagnosed at this point) please ensure that school staff are informed and it is included in the consent form.

## MEDICATIONS

All medication to be administered by staff should be handed to your group leader on the morning of departure. In the case of self-administering medicines such as inhalers or creams, pupils should carry their own but can hand in extra supplies if appropriate.

Due to the nature of a ski trip, coughs and colds are fairly common. As over the counter medication can be much more expensive than in the UK and sometimes not available, we recommend every pupil takes their own with them.



## SKIER'S RESPONSIBILITY CODE

**THERE ARE ELEMENTS OF RISK IN SKIING THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE.**



**1** Ski under control and in such a manner you can stop or avoid other skiers or objects.



**2** When skiing downhill or overtaking another skier, you must avoid the skier below you.



**3** You must not stop where you obstruct a trail or are not visible from above.



**4** When entering a trail or starting downhill, yield to other skiers.



**5** All skiers shall wear retention straps or other devices to help prevent runaway skis.



**6** You shall keep off closed trails and posted areas and observe all posted signs.

**THIS IS A PARTIAL LIST. BE SAFETY CONSCIOUS.**

## USEFUL FRENCH VOLCABULARY

English	French
Yes	Oui
No	Non
Please	S'il vous plaît
Thank You	Merci
Yes, please	Oui, s'il vous plait
Ladies	Mesdames
Gentlemen	Messieurs
Hello	Bonjour
Good Evening	Bonsoir
Good Night	Bon nuit
How are you?	Comment vas-tu?
How are you today?	Comment vas-tu aujourd'hui?
Very well, thank you	Très bien merci
What's your name?	Comment t'appelles – tu?
My name is...	Je m'appelle
Goodbye	Au revoir
I'm a beginner	Je suis un débutant
I'm an intermediate	Je suis un intermédiaire
I'm advanced	Je suis avancé
How's the snow?	Comment est la neige?
It's good	C'est bon
It's icy	C'est glacé
It's powdery	Il est poudré
It's soft	C'est doux
Is it open?	Il est ouvert?
Is it closed?	Est-ce fermé?
I've lost my...	J'ai perdu mon/ma/mes
... ski poles	bâtons de ski
... lift pass	forfait de ski
... glove	gant
Danger	Danger
Avalanche	Avalanche
Are you ok?	Ça va?

## CONTACT INFORMATION

### Twitter

Regular updates will be tweeted on the school Twitter page.  
<https://twitter.com/@mearnshigh>



### Email

[schoolmail@mearnscastle.e-renfrew.sch.uk](mailto:schoolmail@mearnscastle.e-renfrew.sch.uk)



### Phone

01415772300



### Useful Links

<https://blogs.glowscotland.org.uk/er/MearnsCastle/>

<https://www.skibound.co.uk/>

<https://en.lesmenuires.com/>

<https://en.lesmenuires.com/webcams>





## NOTES

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## NOTES

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Which one are you?

