

**5SkiMed**  
**Italian Alps: Livigno**  
**20 – 27 January 2018**

World Extreme Medicine have partnered with local in-resort specialists Livigno Snow Holidays to help you organise transfers, accommodation, ski passes, kit hire and apres-ski activities for SkiMed. Please read through all the following information carefully and contact the owner of Livigno Snow Holidays Nikki McLeary directly on [info@LivignoSnow.com](mailto:info@LivignoSnow.com) quoting SkiMed or call 07956 018 995.

**SkiMed itinerary**

We appreciate most people will be travelling solo so every morning we will arrange a meeting time and place for those that would like to ski/lunch together with the SkiMed and Livigno Snow Team.

After lunch coaches will be provided to take everyone directly from the ski area to the course facility (7 minutes drive). The course will take place each day from **13:00 to 17:30** Sunday to Thursday (Friday is a full free day to enjoy the slopes). Every evening is free to enjoy at your leisure, you can travel from the facility back to your accommodation by foot/free ski shuttle/taxi before enjoying your evening in the lively town.

**First time skiers**

We welcome first time skiers on this course. SkiMed is the perfect way to be both physically and medically introduced to a mountain/winter environment. Livigno Snow Holidays are used to organising large groups for all ability levels.

**Inclusions**

Included in the course cost is Sunday night welcome drink with canapes and live music in Livigno's most popular bar and Friday lunch-time 3 course hog-roast at the top of the mountain in a stunning panoramic restaurant to ensure a brilliant start and end to the week. In-between there are two apres-ski activities you can opt for outlined below both of which are superb alpine experiences.

**Costings**

Return Transfer

via Zurich by snow-train from: 132 euros

via Milan by ski shuttle bus from: 96 euros

Accommodation

self-catering chalet from: 285 euros

hotel bed and breakfast from: 340 euros including continental breakfast

hotel half-board from: 560 euros including breakfast, afternoon tea, supper and wellness

Ski pack:

Ski pass: 205 euros for 6 days including all ski areas/snow-parks + 1 hour free entry into Aquagrande wellness facility + free ski shuttle bus travel around Livigno to explore

Kit hire: 95 euros for 6 days including skis, boots poles + heated storage on main slopes

Ski courses: 145 euros for 4 days ski guiding/tuition 2 hours per day if required

Kit lockers: 15 euros per person for 6 days heated storage with own kit

### Apres-ski:

500cc snowmobiles with mountain feast: 65 euros per person

- 15 minute scenic self-drive in pairs with guide on mountain peak including 3 course mountain feast in traditional agriturismo, wine/cheese cellar tour, wine/grappa/coffee and all taxi transfers. Commencing 18:00

7km toboggan run with apres-ski drink: 10 euros per person

- 30 minutes toboggan from top of the gondola to the valley via a blue run. Commencing 16:30

### **About Livigno (pronounced Liv-in-yo)**

Voted Best European Resort in the London-based World Snow Awards Livigno is a leading winter location with a solid infrastructure including Europe's largest wellness facility, a modern lift system accessing over 125km of skiing in addition to an extensive freeride mountain, 45km of cross-country walking/skiing paths and several extensive snow-parks that play host to international events. The town stretches over 13km and is packed full of bars, pubs, cafes, extensive tax-free shopping and over 100 restaurants from simple pizzerias to Michelin star eateries not to mention the highest brewery in Europe. Livigno is also tax-free making it one of the most reasonably priced Western resorts despite the very high standards.

### **Flights**

Bookable independently so you can choose your most convenient route. For arrival we recommend a Saturday morning flight into Zurich airport. For departure we recommend a Saturday afternoon flight out of Zurich airport. Alternatively if Zurich is not possible then any of the three Milan airports can also be considered (Milan Bergamo also known as Orio al Serio, Milan Linate and Milan Malpensa).

### **Snow-train Transfer via Zurich**

Via Zurich there is a stunning snow-train journey every hour through the Swiss Alps to the little town of Zernez on the Italian/Swiss border (2 hours 20 minutes) connecting to a ski shuttle bus to take you directly into the town centre of Livigno on the Italian side (35 minutes). The train/bus journey is an exceptional experience in itself starting alongside the Lake of Zurich (408 metres) slowly climbing upwards across the resorts of Klosters and Davos, through the world's longest metre gauge railway tunnel (Vereina Tunnel 19,058 metres in length), over the checkpoint on the Swiss/Italian border (guards still patrol due to the tax-free status) and into the resort which is located at an altitude of 1800 – 3000m.

You can purchase train tickets on the day but discounted tickets are available prior to travel at [www.swisspasses.com/railpass/transfer/](http://www.swisspasses.com/railpass/transfer/) We recommend you speak to staff at Zurich Central Station (15 minutes by train from Zurich airport) to discuss platform changes as there is usually a change at Landquart and Sargans.

### **Ski Shuttle Transfer via Milan**

The resort organises public ski shuttle buses every Saturday to and from Livigno. We recommend you discuss with Nikki your flights times to ensure they fit with the following schedule if possible. Malpensa is one hour further away than the other two Milan airports. Milan transfers will be bookable nearer to the time of arrival:

Malpensa to Livigno 12:00 and 16:00

Bergamo to Livigno 14:00

Linate to Livigno 15:00  
Livigno to Malpensa 05:00 and 09:00  
Livigno to Bergamo 07:00  
Livigno to Linate 07:00

Transfers are also possible via train and taxi upon request

### **Accommodation**

Accommodation will be tailored to suit your budget. Any number of people travelling together as a group can be catered for. If you are travelling alone we will partner you in a twin or triple room in hotels or chalets to reduce costs unless you specifically request single occupancy which can also be arranged.

Livigno has over 15,000 beds which reflects its popularity. All the accommodation offered by Livigno Snow Holidays is of a good standard, clean and comfortable located in the town centre with immediate access to the main slopes or within 500 metres. All kit hire (skis/boots/poles) is stored at the kit hire centres on the main slopes in heated storage to avoid carrying any skis/boots to and from your accommodation. If you are bringing your own kit ski lockers can be arranged.

### **Booking**

There are two payments to be made. The first is payment for the accommodation within 5 days of booking. The second is the final payment 3 weeks prior to arrival for any transfers, ski passes, kit hire, ski courses or apres-ski activities you choose so there is plenty of time to save and budget. Both payments are in Euros into Livigno Snow Holidays business account based in Livigno with any banking charges payable by the guest.

### **Service**

Livigno Snow Holidays have a team in-resort for the duration of the winter all of whom are bi-lingual and know Livigno inside out including owner Nikki McLeary who is contactable 24/7 during the week of SkiMed. We have a courtesy bus that can pick you up in the mornings from your accommodation to take you to the very short distance to the slopes if you prefer to keep your legs fresh for skiing. All welcome packs including ski passes, resort information, snow gadgets (complimentary neck buffs etc.) and Italian Alps branded wrist bands which give you 10% off our favourite restaurants in town will be at your accommodation upon arrival. We will then accompany you to the ski hire centre to make sure you get what you need. Further information on meeting times and places for SkiMed will be released closer to arrival.

### **Cancellation policy**

#### If you choose to cancel your trip

chalet owners refund 70% of your accommodation cost minus banking charges  
hotel owners have booking policies they refer to dependent on the date on which you cancel  
Livigno Snow Holidays will refund 100% of transfer, ski pass, kit hire, ski course and apres-ski payments up to 10 days prior to arrival

Livigno Snow Holidays is a UK registered company in operation since 2005 and short-listed twice in the London-based World Snow Awards for Best Specialist Travel Agent. They also work with an international client base and can advise you if arriving from outside of the U.K

We are looking forward to welcoming you to the Italian Alps and to an amazing week both on and off the slopes!