

SNOWSPORT ENGLAND ON SNOW NORDIC WEEK

Obertilliach, Austria



Saturday 22nd February - Saturday 1st March 2025



The 2025 Snowsport England Nordic coaching week will be based at the excellent Nordic skiing resort of Obertilliach, Austria.

The week is designed for cross-country skiers over the age of 18, from improver to expert level, who want to develop *Skilful Skiing* and performance in both skating and classic techniques.

There will also be a coaching award module for L2 instructors and coaches.

THE COACHING

This is an intensive coaching week led by top coaches who have a wealth of experience in both skiing and coaching. The emphasis will be on skills development with **six days of coaching from Sunday 23rd to Friday 28th February** on both morning and afternoon sessions. The course participants will be divided into groups, based on skiing ability, with each session tailored to the group's experience and objectives. Morning sessions will usually concentrate on technique, and the afternoon sessions will be less formal, maybe covering some distance with coaching along the way or a workshop on a particular skill.

- Course content tailored to each group's needs
- Video analysis and feedback
- Talks on technique, equipment and waxing
- Small races and other fun events
- SE Nordic Proficiency Award assessment, if desired

We will make use of the large meeting room at the stadium for some of this, as well as it being our base and lunch venue most days. The stadium also has a very good gym that can be booked for individual use.

WHO IS THE WEEK FOR?



The course will be led by Senior Nordic Tutor, **Alan Eason**, an experienced skier who has competed internationally. Alan has worked in Australia as Snowsports Director and lead instructor. He lives in Obertilliach where he runs cross country skiing courses with [Totally Nordic](#) and works as a trail groomer driver.

Alan will be supported by a team of Snowsport England senior coaches and the final line up will depend on the total number of course participants. We aim for a group size of six per coach, but this may increase to a maximum of eight. Groups will be confirmed on the first day, according to abilities, and could change for different techniques.

OBERTILLIACH – THE VILLAGE

Obertilliach is a village in Austria's Osttirol, not far from the Italian border and 40 minutes from the popular skiing town of Dobbiaco. It is set in East Tyrol, which is part of the Dolomiti Nordic Ski area. It has a good snow record and the valley area has a wide range of skiing, from easy trails following the river, to longer and more challenging tracks, as well as the race loops at the cross country and biathlon stadium. It is also renowned for its rustic charm, as most of the houses are made from wood, and there are some excellent cafes, hotels and an all-important bakery. This [map](#) of the area shows the location of the stadium, hotels, shops and transport.

OBERTILLIACH – THE SKIING

The tracks start at a number of points in the village, and all trails are groomed for both skating and classic skiing, with a large flat teaching area at the biathlon stadium.

For more information on the region and track layout visit [Cross country and biathlon in Osttirol - Osttirol tourism](#) and for track status visit [Open tracks](#).

OBERTILLIACH – THE ACCOMMODATION RESERVED FOR THE GROUP

Group accommodation has been reserved from **Saturday 22nd to Saturday 1st March 2025** at **Haus Gatterer** and **Gastehaus Obererlacher** for. If you want someone to share with, please state this on your booking form. **All rooms should be booked through the organiser for these block booking, rather than directly with the property.**

Haus Gatterer (www.haus-gatterer.at)

- 15 self-catered apartments of 1, 2 and 3 bedrooms
- kitchen, crockery, cutlery, coffee machine, refrigerator, oven, bed linen, towels, bathroom, satellite TV/dishwasher
- communal games room and eating area
- soap, toilet rolls, washing up/dishwasher liquids included
- Use of washing machine/dryer, sauna and infrared cabin (extra cost).

Cost - Rooms: from €189 - €500 per person for 7 nights, but an average of €350 per week. [These are the apartment layouts](#).

Deposit: 30% deposit of the apartment cost is payable to Haus Gatterer once accommodation is allocated to you. **Balance:** (including the cost of any breakfasts) is payable to the hotel the evening before departure.

Cost - Breakfast: a prepared breakfast is available to you at a cost of €16 pp (€14 for 20+ people). This includes the cost of making up your own packed lunch each day. For those who breakfast in their apartment, the supermarket is a short walk away for supplies.

Cancellation fee:

- No charge until 30/12/2024
- Forfeit 50% of the total price in January 2025
- Forfeit 90% in February.



Gastehaus Obererlacher

<https://www.obererlacher.com/index.php?language=en>

3 apartments for 1-2 people, double bed, kitchen, shower/WC and balcony. €518 for 7 nights, including taxes. Apartment Nos 4, 5, and 6
2 apartments for 2-5 peoples, two bedrooms, kitchen, bathroom and WC. €910 for 7 nights, including taxes. Apartment Nos 9, 10 and 11.

Deposit is 50% is payable by the end of July



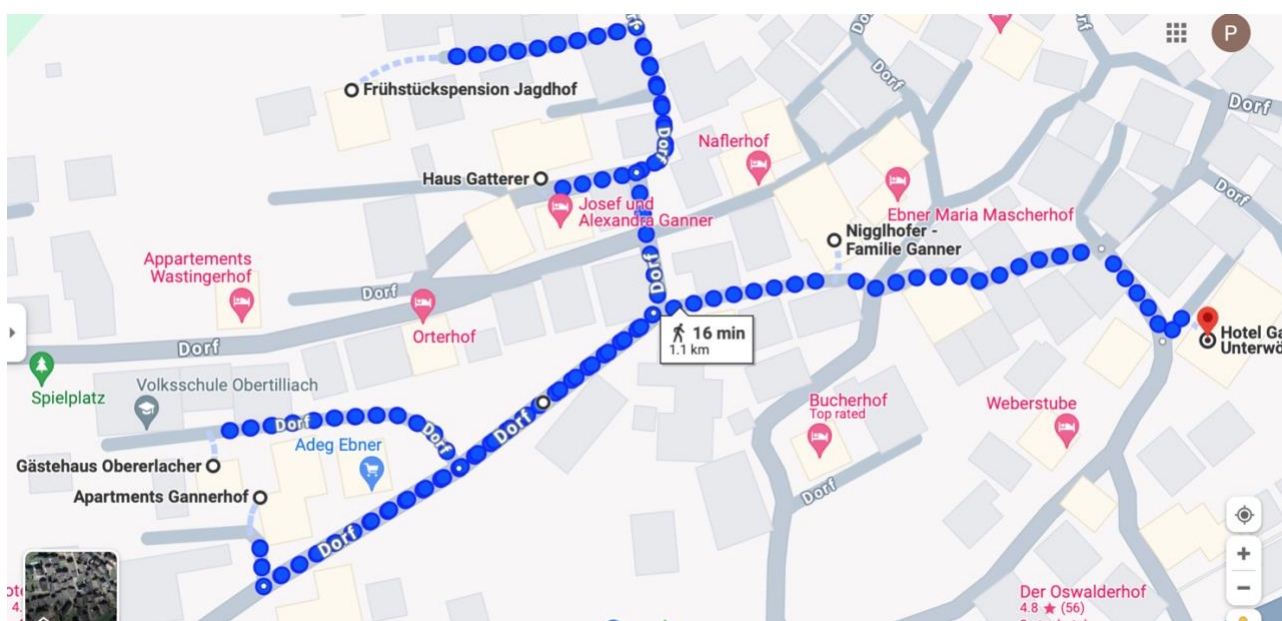
OBERTILLIACH – OTHER ACCOMMODATION

If you wish to choose other accommodation to those above, or they become fully booked, there are many other options:

Frühstückspension-Jagdhof [Information](#)
Hotel-Gasthof Andreas [Information](#)
Nigglehofer [Information](#)

Alm Family Schere Hotel [Information](#)
Hotel Gasthof Unterwoger [Information](#)
Apartments Gannerhof [Information](#)

The [local tourist office](#) can also provide further assistance. Email obertilliach@hochpustertal.com



GROUP DINNER

We have made arrangements for dinner to be taken altogether each evening if you choose to. The approximate cost of this will be confirmed in due course, but is expected to be around €34 per person, per night. This means that wherever you stay there will be a chance to interact with the whole group each evening.

COURSE COSTS

The cost of the skills course or the coaching course will be £450 per person. Once your place is accepted you will be sent a link to pay the deposit of £150 per person to Snowsport England. Here are the [Terms and Conditions](#) of the bookings.

EQUIPMENT AND FACILITIES

Cross country ski pass: €45 for the week and we will buy this at the stadium on the first day.

Equipment Hire: About €80 for the week and is easily available. We will arrange collection as a group on the first day.

Waxing: Haus Gatherer has a ski room and boot dryers, waxing benches with ski forms and iron.

Sport Auer: Sells waxes and can provide a stone grinding service.

Cafés : There is a café at the ski stadium and a supermarket shown on the [map](#). Most days a packed lunch can be eaten at the stadium room we have use of. Or you can choose to buy a hot meal in the stadium café. On some days coffee stops and lunches will be en-route, but details will be communicated the day before so that you can plan.

TRAVEL

Travel to Obertilliach is easy from many airports and we recommend Innsbruck as the nearest. **Participants should make their own travel arrangements, but please do not book any flights until your place has been confirmed.**

Flights: These are the currently known flights that will meet the group transfer.

Airline	Airport	Take Off	Landing	Return Take Off	Landing
Jet 2	Birmingham	10:05	13:15	14:15	15:25
Tui	Edinburgh	08:25	15:45	19:50	21:20
BA	Gatwick	12:35	15:45	16:45	17:50
Tui	Luton	06:55	09:45	16:40	17:35
Jet 2	Manchester	09:00	12:15	13:15	14:35
Tui	Stansted	12:45	15:45	16:45	17:50

Transfers:

There will be a group transfer from Innsbruck (2.5 hours) leaving after the 15:45 flight arrival on Saturday 22nd, and returning from Obertilliach early morning on Saturday 1st March to be in time for the 13:15 Manchester flight. The cost of this is approximately €35+ each way.

Public transport:

Transfer from the airports to Obertilliach can **also** be via train or bus. [OBB Train and Bus Time](#)

Bus: From Innsbruck we recommend you take the 960x bus from the main bus/train terminal to Tassanbach, then the final transfer to Obertilliach via a local bus or taxi.

Train: travel is available from all parts of the UK and locally. Check the OBB link above and [Seat 61](#).

Insurance:

Participants are responsible for their own personal travel and accident insurance cover for the week and a [UK Global Health Insurance card](#) is also recommended.

CONTACT AND BOOKING

What to do next:

1. To register on the skills or coaching course, complete the [online application form](#).
 2. The organiser, Pauline, will acknowledge receipt of your form and process the following:
 - a. Gather more information on your skill level, if this is needed.
 - b. Allocate you a room/discuss share options, and give you details of how to pay your accommodation deposit.
 - c. Send you a link to pay the £150 coaching deposit on the SnowSport England website.
- Initial applications are welcomed until 31st July 2024. Those received between 1st August to 30th October will be subject to additional coaches and accommodation being available.
- Once you have received confirmation of all points above, you can book your flight.**

FURTHER COMMUNICATION

We will set up a Whatsapp Group for easy communication with participants for the trip once your place is confirmed. You can opt out on the application form.

Most of the pre-trip communication will be via email and you can expect to receive further information on the following at certain stages before the event:

1. Details of how much and location of the group meal.
2. Details of how to pay the balance of the coaching fee.
3. Details of the group transfer and how to pay it.

For further information or questions in the meantime, please contact the organiser Pauline Styles: Nordic@snowsportengland.org.uk