

Itinerary

Please note that the time zone in Colorado is GMT –7

All times are listed in the relevant local time

Mon 2 Feb

- 9.15am Meet at Heathrow Airport (Terminal 5)
- 12.25pm BA219 flight to Denver International Airport
- 3.30pm Arrive in Denver - transfer to hotel close to airport
- Evening Food/ takeaway at the hotel. Early night!

Tues 3 Feb

- Morning Drive to Steamboat Springs - check-in at STARS Ranch
- Afternoon Equipment fittings at Basecamp
- 6.30pm Dinner at STARS Ranch

Wed 4 Feb

- 7.30am Breakfast
- All day Ski lessons
- 6.30pm Dinner at STARS Ranch

Thurs 5 Feb

- 7.30am Breakfast
- All day Ski lessons
- 6.30pm Dinner at STARS Ranch

Fri 6 Feb

- 7.30am Breakfast
- All day Ski lessons
- 6.30pm Dinner out in town

Sat 7 Feb

- 8am Breakfast
- All day REST DAY!! Possible activity TBC
- 6.30pm Dinner at STARS Ranch

Sun 8 Feb

- 7.30am Breakfast
- All day Ski lessons
- 6.30pm Dinner at STARS Ranch

Mon 9 Feb

7.30am Breakfast
All day Ski lessons
6.30pm Dinner at STARS Ranch

Tues 10 Feb

7.30am Breakfast
All day Ski lessons
6.30pm Dinner out in town

Wed 11 Feb

8am Breakfast
Morning Check out and drive to Denver airport
5.25pm BA218 flight to Heathrow

Thurs 12 Feb

9.30am Arrive Heathrow Airport (Terminal 5)



What should I bring?

Provided by the ski school

- All adaptive ski equipment
- Helmet

Kit you should bring (please let us know if you might struggle to get hold of anything)

- Waterproof ski jacket & trousers
- Waterproof boots
- Thermal base layers
- Ski socks
- Ski gloves
- Ski goggles/ sunglasses
- Warm hat
- Casual clothing for the evenings
- Clothes for optional yoga sessions
- Swimwear for optional hot springs visit
- Toiletries/ medication
- Suncream
- US plug adaptor
- Wheelchair users – off-road wheels and/ or power add-ons are useful but not essential
- Passport
- Travel insurance

Legal documents

- A valid [ESTA](#) is essential to enter the United States (unless you have a visa). The ESTA programme authorises travel from the UK to the US without a visa. We are not legally allowed to complete these for you. The US address listed below is needed when completing the form. There is a fee of \$21
- Your passport should be valid until at least the end of the stay
- Please make sure your personal travel insurance covers alpine skiing!

Medical info

- Steamboat is located 2,103 metres above sea level and rises to more than 3,220 metres. The air is thinner and less oxygen is available. Please drink lots of water & take advantage of the first rest day to try to avoid any altitude sickness.
- UV rays are more harmful due to the elevation so bring suncream with a high SPF

Optional accommodation close to Heathrow airport

Access Adventures HQ is based 4 miles from Heathrow airport, accessible accommodation is available. Please advise if you would like to stay at the centre before the flight from Heathrow (at no extra cost).

Contact

Please call us or email team@accessadventures.co.uk if you have any problems or questions

Clare 07876 524226
Jane 07968 012464
Jane US number (001) 970-415-1010

US address where staying:

Stars Ranch
35465 US-40
Steamboat Springs
CO 80487

WE LOOK FORWARD TO SKIING WITH YOU!

