COLORADO SKI CAMP 8 – 8 MARCH 2027

We're pleased you're attending our adaptive ski camp for beginners in Colorado!

This sheet should give you all the information you need but please ask if you have any other questions.

The skiing!

You'll be learning how to ski or snowboard with us in the beautiful Rocky mountains. The group will consist of 7 or 8 disabled participants, plus Access Adventures staff/ volunteers. Our group will be skiing at the incredible Steamboat resort in Colorado, with STARS (Steamboat Adaptive Recreational Sports).

Access Adventures works with STARS to deliver adaptive ski & snowboard lessons, including a range of seated or standing options. We would be happy to discuss different adaptive methods/ equipment with you beforehand (sit-skiers can choose between a mono-ski or a bi-ski depending on physical abilities and goals).

The trip includes 6 full days of ski lessons.

Please try to work on your fitness leading up to the camp - adaptive skiing is not an easy sport and is physically demanding. The rewards are incredible though!






Travel

Flights are direct from London Heathrow to Denver International Airport (9+hrs), followed by a 10 minute transfer to the airport hotel (in a standard minibus or taxis)

The transfer up to Steamboat resort the following day takes around 3 hours, depending on weather conditions. Transport is in a standard minibus or MPVs, so individuals will need to transfer into a seat (we can assist where necessary).

A minibus with a wheelchair lift is available to take us to the ski hill for daily lessons.

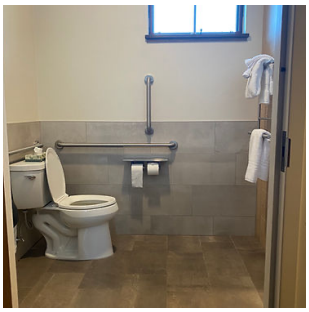
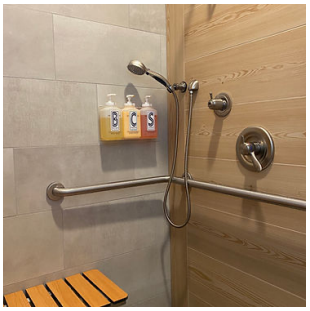
Accommodation

After arrival in Denver, the group will stay in a hotel close to the airport for one night:

- Shared accessible rooms with en-suite bathrooms (2 people per room)
- Some of the rooms have a shower over a bath instead of a roll-in shower

For the rest of the trip, the group will be staying at the STARS Ranch, 2 miles from the ski resort

- Shared accessible rooms with en-suite bathrooms (2 people per room)
- Handrails by toilet and shower
- Wall mounted shower bench (please let us know if you prefer to use a self-propelling shower chair)



Catering

Breakfast & dinner are included in the price and served in the communal dining area in the Ranch. The food provided by the Ranch is fairly basic. The group will also eat out at a restaurant in town a couple of times. Lunch can be purchased at the ski resort after morning lessons.

Other Facilities

Our group can also use the communal area for optional yoga sessions and movie nights, there's even an outdoor firepit. A washing machine and dryer are available to use. Additional accessible toilets are available.

Itinerary

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

All times are listed in the relevant local time

Mon 8 March

8.20am	Meet at Heathrow Airport (Terminal 2)
11.35pm	UA026 flight to Denver International Airport
2.25pm	Arrive in Denver - transfer to hotel close to airport
Evening	Food/ takeaway at the hotel. Early night!

Tues 9 March

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

Wed 10 March

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

Thurs 11 March

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

Fri 12 March

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

Sat 13 March

8am	Breakfast
All day	REST DAY!! (possible Hot Sulphur Springs visit)
6.30pm	Dinner at STARS Ranch

Sun 14 March

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

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Mon 15 March

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

Tues 16 March

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

Wed 17 March

8am	Breakfast
Morning	Check out and drive to Denver airport
6.35pm	UA027 flight to Heathrow

Thurs 18 March

9.40am	Arrive Heathrow Airport (Terminal 2)





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 $40
- 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

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

US address where staying:
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Steamboat Springs
CO 80487

WE LOOK FORWARD TO SKIING WITH YOU!

