



A skier in a bright orange suit is captured in mid-air, performing a jump. The skier is wearing a white helmet and has their right arm raised. The background shows a vast, snow-covered mountain range under a clear blue sky, with a layer of clouds below the skier. A cable car line is visible in the lower part of the image.

Munich International Ski Club

Ski Guide 2007-2008

www.munichskiclub.com

Hi everyone and a very warm welcome from the Council to the 2007-2008 ski season with the Munich International Ski Club.

We have a lot planned this year and have a variety of day trips, long and weekend trips available that will appeal to everyone's tastes. We have over 120 members and 15 different nationalities and we welcome you whether you are passing through Munich or are here permanently. Oh yes, and by the way, we don't just get together at the Centrale every fortnight to chat about our nationalities, we also ski, snowboard and do summer activities until the snow comes around again!

As always, thank you for your fantastic participation in our summer events including the Oktoberfest, we are again starting things off at a great pace. We are really excited about starting the new season and if the early snow at Sölden is anything to judge by, we are going to have a great winter!!!

The day trips are every weekend starting in January and as many of you know we are dependant on your support in numbers to be able run these trips, so book that babysitter and see you at there at 6.30! We know you love it!

I would like to thank the Council for their great support. We have a fantastic group of motivated people working for you and are looking forward to hitting the slopes together with you. For the most up to date information don't forget to keep checking <http://www.munichskiclub.com>.

Have a great season and "Ski" Heil,

Evin Lavery, President

Munich International Ski Club e.V.

→→→→ Official Information

By-Laws

- ▶ The purpose of the Munich International Ski Club is to promote and encourage skiing and good fellowship among ski enthusiasts for the recreation and benefits of its members.
- ▶ The membership runs from 1st June to 31st May of the following year.
- ▶ Persons must be 18 years or older to qualify as a regular member.
- ▶ Persons under 18 must be sponsored by a regular member in good standing and may participate in the club sponsored activities at the published price for members of the ski club.
- ▶ Membership is open to all interested parties and applications are subject to approval by the Ski Club Council in office at the time the application is presented.
- ▶ Regular members in good standing are entitled to all the privileges and responsibilities of membership. They may vote and hold elective or appointed offices.
- ▶ Membership in the club must be renewed annually.
- ▶ The governing body of the Ski Club shall be the Ski Club Council, which shall consist of seven elected officers and up to eight appointed directors.
- ▶ The Ski Club Council will govern the Ski Club as provided for by the constitution and by-laws.
- ▶ The Munich International Ski Club e.V. was officially registered with the „Muenchner Gerichtsamt“ on 24th August, 1992.

Membership

How to become a member of the Munich International Ski Club e.V.

Sign up at any regular ski club meeting OR during a day or long trip.

You can contact Membership at any time: Lynette Benson 0160 807 27 62

Annual membership fees are as follows:

No children's fee or family fee

Adults (18 years and older):

New membership EUR 45,-

Membership renewal EUR 35,-

Fees are voted on and set by the members at the Annual Membership Meeting (AMM) every year.

Payment Transfer Details:

Banking Institution: Postbank

BLZ (Bankleitzahl i.e. Sort Code): 700 100 80

KTO (Konto i.e. Account number): 532 462 801

Verwendungszweck (reason for transfer): „New Membership OR Renewal“

The current membership year runs from June 1, 2007 until May 31, 2008.

Each member receives a membership card and an issue of the current ski guide with all important information for the whole season.

The membership card must be presented when signing up for trips and events. You should also have it with you on every trip and at each meeting.



Council 2007-2008



John Reilly
Public Affairs

Joy Cartwright
Secretary

Donna Peavey
Vice President
Special Events

Evin Lavery
President

Christine Radke
Programs

Lynette Benson
Membership

Jeremy Maxfield
Treasurer

Dave Cougler
Day Trips

→→→→ Official Information

Council

President	Evin Lavery	0176/15 00 10 05	president@munichskiclub.com
Vice President:	Donna Peavey	089/470 83 37	vicepresident@munichskiclub.com
Treasurer:	Jeremy Maxfield	0171/884 65 94	treasury@munichskiclub.com
Secretary:	Joy Cartwright	0173/391 48 10	secretary@munichskiclub.com
Membership:	Lynette Benson	0160/807 27 62	membership@munichskiclub.com
Programs:	Christine Radke	0179/257 51 99	programs@munichskiclub.com
Public Affairs:	John Reilly	0174/408 54 79	publicaffairs@munichskiclub.com
Day Trips:	Dave Cougler	089/36 03 74 55	daytrips@munichskiclub.com
Special Events:	Donna Peavey	089/470 83 37	specialevents@munichskiclub.com

Your Trip Captains

Sölden	Evin Lavery	0176/15 00 10 05	president@munichskiclub.com
St. Veit	Dave Cougler	089/36 03 74 55	daytrips@munichskiclub.com
Radstadt	Donna Peavey	089/470 83 37	vicepresident@munichskiclub.com
Livigno	Donna Peavey	089/470 83 37	vicepresident@munichskiclub.com

We are looking for Trip Captains to support us during the trips. These trips are already organised and set up, the Trip Captain's main responsibility is to ensure that the trip runs smoothly from start to finish.

Just what is a TC anyway?

They provide information, organisation, energy and enthusiasm behind running each trip. They are the official MISC reps in the resort and have the final word when it comes to making decisions that affect the group. Please cooperate with them at all times. Conventional package trips have reps to look after their guests so do we – but they have a lot more work to do, since they are responsible for promoting the trip, signing everyone up and getting them there and back.

Before the trip, they scout the location, make arrangements with the hotels and any other planned parts of the trip (such as ski lessons). Then they take sign ups until the scheduled deadline. When they get to the resort, they assign rooms and distribute keys and are the general info point for pretty much everything. They will let you know time for dinner and departure and parties.

If you are interested in finding out what you can do for the MISC then ask any council member at any of the meetings.

What the Trip Captain will do for you

- ▶ The TC or their representative will be present at each meeting to take sign-ups. The TC will provide an info sheet as you make your final payment at one of the meetings.
- ▶ For trips including transportation, the TC will set departure and return times. For U-drives recommended arrival times will be provided.
- ▶ The TC makes room assignments with the hotel.
- ▶ The TC will make every effort to accommodate family, medical or other special needs or requirements.
- ▶ At the ski area the TC will make every fair effort to assist with ski lessons, rentals, baby-sitters, etc.
- ▶ The TC will arrange a Trip Captain's Party with funds provided by the Skiclub for each long trip.

What the Trip Captain will not do for you

- ▶ Hold the bus if you are late. It's not fair to those that are on time.
- ▶ Stay with you at the border when you forget your passport or give you money for a train to go back.
- ▶ Go looking for you when you don't show up (Always ski with a buddy and if anything happens they can let the TC know).
- ▶ Bring you coffee in the morning.
- ▶ Teach you to ski but you can probably get some Weasel lessons!

Club Policies

→ Reservations

The primary purpose of the bi-weekly meetings are to enable the members to sign up for the various ski trips offered by the club. Reservations may be made at the monthly meetings or through direct contact with the Trip Captain. Reservations are made on a first come, first served basis. A reservation fee is required at the time of sign-up, (see individual trip requirements) and is not normally refundable. The balance of the price must be paid prior to departure and no later than the date specified by the Trip Captain. Prices are subject to change. Club members have priority booking on all trips. Non-members are subject to a surcharge when participating in long trips.



→→→→ Official Information

→ Cancellations

There is a 10% service charge for cancellations (varies from trip to trip) made prior to 14 days before departure. The booking party must pay the full cost of the trip when canceling within 14 days of departure, unless the reserved space can be filled with an alternative provided by the booking party. It is the responsibility of the booking party to fill the vacated space. If a trip is cancelled by the club or travel agent, the full amount of payment will be refunded to the booking party. Cancellations may be made at regular meetings or by notifying the Trip Captain. Daytrips carry a cancellation fee of Euro15,- if cancelled after the Wednesday before the trip.

→ Miscellaneous

Persons under 18 years of age must be accompanied by a regular member in good standing when participating in any MISC sponsored event.

Insurance

You crash – you pay!

In Europe, mountain rescue both on and off piste is provided by professional rescue services and you WILL be expected to pay. What is more, due to the size of most resorts, rescue is often conducted by helicopter and can run to the price of a small car. Therefore we recommend that every MISC member and their guests on any of the trips give serious thought to ensuring that they are properly insured for their ski holidays.

In particular, you should be aware of the need to cover third-party, rescue and medical expenses. If you board or ski off piste, your insurance should cover that as well. You may also want to get coverage for loss or theft of your equipment.

It is quite easy to get coverage either for one trip, a few weeks or even the whole year. You may insure just yourself or your entire family under one policy.

Buying insurance to protect not only your investment in your equipment but also yourself against the expenses of injury or an accident involving liability is a wise investment. The following is a list of the type of coverage that you may expect to receive from reputable insurance companies:

- ▶ Protection against ski/snowboard theft or damage
- ▶ Accident insurance, including evacuation from the mountain
- ▶ Medical insurance for illness or an accident if you become an in patient, including return travel expenses if necessary

- ▶ Liability insurance for property damage or personal injury to others or their equipment
- ▶ Legal assistance associated with a court case resulting from an accident on the slopes

Some popular options are:

DSV (Deutscher Ski Verband) www.ski-online.de

DAV (Deutscher Alpenverein) www.alpenverein.de

Come join us at our regular meetings!

Not only is this the best place to sign up and get the most up-to-date information about upcoming trips and events, but you can have a few laughs and meet other MISC members. There is typically a theme and an interactive event. If you're lucky, maybe you'll win a prize. Make sure to bring your membership cards to be included in any drawings for door prizes. Even if you don't win a prize, just enjoy a beer and have a laugh! Can't wait to see you there!

See you all there every second Tuesday at 19:00 – Dates below

2007	Theme	2008	Theme
09. Oct. 2007	Welcome Back	08. Jan. 2008	Welcome Back
23. Oct. 2007	Tombola	22. Jan. 2008	Aust. Day. Howl at the Moon
06. Nov. 2007	Guy Fawkes	05. Feb. 2008	NO Meeting (Fasching)
20. Nov. 2007	Sponsors Night	19. Feb. 2008	Chinese New Year
04. Dec. 2007	Christmas Party	04. Mar. 2008	Bookswap
18. Dec. 2007	Bah Humbug!	18. Mar. 2008	St. Patrick's Day
		01. Apr. 2008	Annual Members Meeting
		20 April, 2008	Spring Banquet

→ 1st April 2008 – Annual Membership Meeting (AMM) – Elections

Your chance to have a big say in the club, vote and run for office!

Tuesdays at: The Centrale (It is possible to order Asian takeout from the restaurant next door)

Where: Occamstrasse 3 (Alt Schwabing)

U-Bahn: U3/U6 to Muenchner Freiheit

When: Every second Tuesday at 7:00 p.m.



→→→ Ski Club Calendar

September 2007

1 S
2 S
3 M
4 T
5 W
6 T
7 F
8 S
9 S
10 M
11 T
12 W
13 T
14 F
15 S
16 S
17 M
18 T
19 W
20 T
21 F
22 S
23 S Event: Oktoberfest
24 M
25 T
26 W
27 T
28 F
29 S
30 S

October 2007

1 M
2 T
3 W
4 T
5 F
6 S
7 S
8 M
9 T Meeting: Welcome Back
10 W
11 T
12 F
13 S
14 S
15 M
16 T
17 W
18 T
19 F
20 S
21 S
22 M
23 T Meeting: Tombola
24 W
25 T
26 F
27 S
28 S
29 M
30 T
31 W Halloween Party

November 2007

1 T
2 F
3 S
4 S
5 M
6 T Meeting: Guy Fawkes
7 W
8 T
9 F
10 S
11 S
12 M
13 T
14 W
15 T
16 F
17 S
18 S
19 M
20 T Meeting: Sponsor's Night
21 W
22 T
23 F
24 S
25 S
26 M
27 T
28 W
29 T
30 F

December 2007

1 S
2 S
3 M
4 T Meeting: Christmas
5 W
6 T
7 F Trip: Sölden
8 S Trip: Sölden
9 S Trip: Sölden
10 M
11 T
12 W
13 T
14 F
15 S
16 S
17 M
18 T Meeting: Bah Humbug!
19 W
20 T
21 F
22 S
23 S
24 M
25 T
26 W
27 T
28 F
29 S
30 S
31 M

January 2008

1 T
2 W
3 T
4 F
5 S
6 S
7 M
8 T Meeting: Welcome Back
9 W
10 T
11 F
12 S Daytrip: Axamer Lizum
13 S
14 M
15 T
16 W
17 T
18 F Trip: Radstadt
19 S Trip: Radstadt
20 S Trip: Radstadt Daytrip: Zell am Ziller
21 M
22 T Meeting: Aust. Day. Howl at the Moon
23 W
24 T
25 F
26 S Daytrip: Kaltenbach
27 S
28 M
29 T
30 W
31 T

February 2008

1 F
2 S Daytrip: Fieberbrunn
3 S Trip: St. Veit
4 M Trip: St. Veit
5 T Trip: St. Veit Event: Fasching @ Viktualienmarkt
6 W Trip: St. Veit
7 T Trip: St. Veit
8 F Trip: St. Veit
9 S Trip: St. Veit Daytrip: Alpbach Tal
10 S
11 M
12 T
13 W
14 T
15 F
16 S
17 S Daytrip: Leogang
18 M
19 T Meeting: Chinese New Year
20 W
21 T
22 F
23 S Daytrip: Elmau
24 S
25 M
26 T
27 W
28 T
29 F

March 2008

1 S
2 S Daytrip: St. Johann
3 M
4 T Meeting: Bookswap
5 W
6 T
7 F
8 S Daytrip: Scheffau
9 S
10 M
11 T
12 W
13 T
14 F
15 S Daytrip: Obertauern Trip: Livigno
16 S Trip: Livigno
17 M Trip: Livigno
18 T Trip: Livigno Meeting: St. Patrick's Day
19 W Trip: Livigno
20 T Trip: Livigno
21 F Trip: Livigno
22 S Trip: Livigno Daytrip: Mayrhofen
23 S
24 M
25 T
26 W
27 T
28 F
29 S
30 S Daytrip: Kirchberg
31 M

April 2008

1 T Meeting: AMM
2 W
3 T
4 F
5 S Daytrip: Flachau
6 S
7 M
8 T
9 W
10 T
11 F
12 S Daytrip: Stubai Glacier
13 S
14 M
15 T
16 W
17 T
18 F
19 S
20 S
21 M
22 T
23 W
24 T
25 F
26 S
27 S
28 M
29 T
30 W

→→→→ Long trips

Sölden, Austria
December 7–9, 2007



Radstadt, Austria
January 18–20, 2008



Come join the ski club for a weekend getaway to one of Austria's biggest and best ski resorts! Sölden is located in the Ötztal (the same valley as Obergurgl, but not as far!). The town has plenty of bars and restaurants, all within walking distance from our pension!

We will be staying in the Rechenau area of Sölden which is closer to the entrance of the town just on other side of the river from the main lift (the Giggijochbahn). For those of you who have been with us before this is the same area as the last two years.

From here it is a quick walk over the little river to restaurants, bars, discos and everything that one associates with Apres ski, skiing nightlife and so on. In this areas is also the Freizeit Arena where you can go swimming etc.

If the bus does not suit you, you can of course drive but please tell us this in advance so we don't keep a place on the bus for you.

In addition, we have organized a discount of 10% at Intersport on Ski Rentals right at the lift (if more than 5 people rent equipment!)

The price includes:

- ▶ a return bus from Munich
- ▶ two-night stay (Friday and Saturday)
- ▶ ski pass for the entire Sölden ski region (including the glacier). The bus will stay with us for the duration of the weekend should the snow only extend as far as the glacier.

→ **Price per adult member: Euro 170,-**
Non member: Euro 195,-

Trip Captain: Evin Lavery

Tel: 0176/15 00 10 05

email: president@munichskiclub.com

Registration and down payment of Euro 50,- due: **November 13th, 2007**

Payment in full due no later than: **November 27th, 2007**

Looking for a weekend get-away? Here is your chance to ski one of the Austria's largest ski areas, only a couple hours south of Munich. We will stay in the village of Radstadt at the Hotel Brueggler. A great family hotel, good food and a nice sauna area. We have been there the last couple of years and Erwin and Mama Barbara have become friends in the meantime.

The "Salzburg Sportwelt" is the heart of "Amadé". One ski pass is now valid for 5 prime ski resorts featuring a total of 276 ski lifts and incredible 865 km of impeccable runs in the Salzburger Land region and Styria! The "Salzburg Sportwelt" comprises the eight resorts of Radstadt, Flachau, Wagrain, St. Johann-Alpendorf, Altenmarkt-Zauchensee, Kleinarl, Eben and Filzmoos. People with a passion for skiing know there's no place quite like the "Salzburg Sportwelt".

For Euro 160,- per member, you have 2 overnights accomodation with breakfast, dinner and a 2 day ski pass. It is possible to extend the weekend, if you would like to arrive earlier or leave later then just let the trip captain know. At the moment the trip is a U-drive, we always do what we can to arrange carpools. If there are enough people going to afford a bus, we can do that as well.

→ **Price per adult member: Euro 160,-**

Trip Captain: Donna Peavey

Tel: 089/470 83 37

email: vicepresident@munichskiclub.com

Registration and down payment of Euro 50,- due: **December 4th, 2007**

Payment in full due no later than: **January 8th, 2008**

→→→→ Long trips

Sankt Veit im Pongau, Austria
February 3–9, 2008 (Fasching Week)

Ski amade



Need to brush up on your ski/snowboard/cross country technique? Want to learn a new winter sport? This is your chance. We will be working together with Siegi Tours once again, the first ski school to guarantee success or your money back. This trip includes a six night stay with breakfast and dinner, five (4 hours p. day lessons) days of ski lessons, and nightly entertainment.

Located in Salzburgerland, Sportwelt Amadé is one of the largest ski areas in Austria with more than 275 lifts and 865 kilometers of slopes. St. Veit is about 2,5 hours south of Munich. Depending on your ability, you can opt for lessons or join a safari group and have a guide show you the area. Check-in is Sunday evening, check out is on Saturday morning.

The price includes:

- ▶ 6 over nights, breakfast & dinner with a great choice of delicious menus (four-star Hotel Metzgerwirt, 3 and 4 person rooms, 27-35 m² per room)
- ▶ 5 day ski pass
- ▶ 5 day ski instructions 4 hours p. day

This is a U drive trip Event. If you do not have a car, I will try to organize a ride for you, but can not guarantee anything. If anyone can take someone, please let me know.

→ **Price per member: Euro 630,-**

Non member: Euro 675,- (which includes Ski Club membership)

Trip Captain: David Cougler

Tel. +49 (0) 89/36 03 74 55, Handy: +49 (0) 172 85 51 376

Email: daytrips@munichskiclub.com

Sign up Deadline is **November 30th, 2007.**

Down payment required Euro 300,- at time of sign up, balance due at first club meeting in January 2008.

Check these websites for more information: www.siegitours.com, www.sportwelt-amade.com

Livigno, Italy
March 15–22, 2008

LIVIGNO
Feel the alps...

It's time for a change, so this year we will finish off the ski season with the trip to Livigno. This is a great week in a little alpine village tucked away in Italia, just on the other side of the Swiss border. Livigno is a duty-free zone for tobacco, perfumes, alcohol and leather goods. They have great deals on ski equipment, if you are in the market to buy, but the rental prices are good, too.

This trip is ideal for people that like sunny spring skiing and can only go for a week ski trip during school holidays but don't want the Christmas crowds. The main change in the trip this year is that ski lessons are optional. We work with a qualified ITALIAN ski/snowboard school and there are lessons available for all levels of expertise – everything from wobbly-kneed beginners with only a few (or no) hours on the slopes, all the way up to experts. Cross-country instruction is also available. The instructors are local and very familiar with the slopes there and for those people with experience, the lessons will be a combination of technique and ski safaris. Lessons for children are available as well, four years or older is the recommended age to start them down the hill on skis – eight years old for snowboarding.

We will be staying in the Hotel Alaska (formerly Villa Erika) this year – an old favorite. Accommodations are simple and clean – all rooms have their own WC and shower, TV and telephone but don't expect anything fancy. However, the location is directly in the middle of town; and a five-minute walk (with boots on!) to the lifts makes all the difference. The whole group will be in the same hotel, so we will be together for breakfast, drinks, dinner and drinks!!

There are tons of shopping possibilities throughout the valley, as well as cafes, bars clubs and banks. Most everything is within walking distance and buses run every 15 minutes and are free of charge.

Some of the more nefarious members of the ski club have been known to frequent the ice bar at the ski school, look for pictures...

Transportation is not included but if we have enough people, we will arrange for a bus to take us there and back.

→ **Price per adult member: Euro 575,-**

Trip Captain: Donna Peavey

Tel: 089/470 8337

email: vicepresident@munichskiclub.com

Registration and down payment of Euro 3000,- due: **January 22nd, 2008**

Payment in full due no later than: **February 19th, 2008**

→→→→ Day trips

January 2008

12 Sa	Axamer Lizum
20 Su	Zell am Ziller
26 Sa	Kaltenbach

February 2008

2 Sa	Fieberbrunn
9 Sa	Alpbach Tal
17 Su	Leogang
23 Sa	Elmau

March 2008

2 Su	St. Johann
8 Sa	Scheffau
15 Sa	Obertauern
22 Sa	Mayrhofen
30 Su	Kirchberg

April 2008

5 Sa	Flachau Sportwelt Amade
12 Sa	Stubai – Glacier Party*

A Cancellation Fee of EUR 15 will be applied to any booking cancelled after the Wednesday before a trip.

Alternative locations may be chosen by the trip captain depending on snow conditions.

*Last Trip of the year includes a big party and a picnic before returning to Munich and is EUR 5,- extra.

Reservations:

Advanced payments to be made, if possible in full, at any regularly scheduled meeting. Contact Dave Cougler +49 (0)89 36 03 74 55 to make money transfer arrangements.

Members signing up after the bus reservation deadline of the Wednesday evening before a day trip will be subject to a EUR 5,- surcharge.

A minimum of 23 participants is required to run the trip.

Costs:

Members paying in advance EUR 45,- | Members paying on bus EUR 50,- | Nonmembers EUR 55,-
Children TBD on day. Includes the bus ride and the lift ticket!

Departure times:

Departure Time from Giesinger Bahnhof (U2/S5/S6): **06:45**

Departure Time from the ski area: **16:15**

→→→→ Snowboarding

The Munich International Ski Club is not only for skiers. Over the past few years an increasing number of snowboarders have started to creep into the club. They range from beginners to experts. In fact, some people have started off in the club as skiers before realising that snowboarding can be easier to learn and a lot more fun. And I should know because I'm one of them !! It's possible to hire equipment and to take lessons at most resorts. For lessons it's advisable to book ahead just in case. The club doesn't actually arrange lessons but our members can give advice to those who want to learn. Usually the snowboarding basics can be picked up in a day or two. After that it's just a case of 'practice makes perfect'. So why not give it a go ? Even if you're new to winter sports or a skier who just happens to be curious, give it a try. You might just like it.

Brief History: Though it didn't go mainstream until the 1980s, snowboarding actually originated in the 1960s. Only then it was called "snurfing," and it was more like sledding standing up. Though the sport finally got marginal acceptance at resorts in the '80s, everyone had a horror story. Boarders told tales of being chased away from resorts by Eurotrash ski snobs, while skiers were appalled by rude, aggressive kids carving up their powder. These days boarders and skiers coexist peacefully. Snowboard magazines and televised "extreme sports" events like the X-Games raised boarding's popularity to new heights. In 1998, the erstwhile outsider sport finally got the thumbs-up from the establishment when giant slalom and halfpipe events were added to the Olympic Games. (At the 2006 Winter Games, Turin hosted the first-ever boardercross event.) Mainstream or underground, all it takes is one glance at the shredders in the halfpipe to see that snowboarding still hasn't lost its edge

Snowboarding gear: Snowboards are measured in centimeters (cm) and range in length from around 100 cm (for kids) to more than 180 cm (for serious speed-hounds). A general rule of thumb for beginners is to find a board that comes up to your chin. Wide-waist boards are useful for boarders with longer feet, which may not fit comfortably on a regular board, and for adventurers who plan on carving untouched powder all day. A wider board distributes weight over a larger surface area, making it harder to sink into fresh powder. This means that boarders can usually learn to board off-piste quicker than the average skier.

Bindings are what attach your boots to your board. Resorts commonly rent step-in bindings, which are quicker for newbies to get into and out of. Strap-in bindings offer a little more security and finesse both on the mountain and in the park.

Boots depend on the type of bindings you use. Step-in bindings use a stiffer boot, while you'll use a lighter, more comfortable boot with strap-in bindings.

Safety gear: Accidents can happen and one of the most common accidents is damage to the wrists caused by falling on your hands. So a pair of wrist guards and a helmet are recommended for beginners and experts alike.



www.munichskiclub.com