



## **SLOPE OFF FOR AN AVANT SKI WEEKEND AT THE GROVE**

*September 2010:* Always wanted to ski but have not had the nerve to tackle the slopes or feel too rusty to shine on skis? Then head to The Grove, Hertfordshire ([www.thegrove.co.uk](http://www.thegrove.co.uk)) for an Avant Ski Weekend and prepare the body and mind for an alpine adventure. Running over four weekends from 5th – 7th November 2010, 7th – 9th January 2011, 14th – 16th January 2011 and 28th – 30th January 2011, the Avant Ski package starts from £495 per person and includes a two night stay, all meals, carefully designed fitness classes and a day's ski school on the slopes at The Snow Centre in Hemel Hempstead.

Check in at The Grove and be greeted by an expert Ski Instructor who will give the low down on how to stay upright on the slopes. Start with an afternoon of exercises including a kettle bell workshop and a specially created ski circuit class. Designed to help strengthen the muscles used in skiing - legs, abs, back and arms and improve balance, core strength and stability.

The next day, it is time to hit the piste at The Snow Centre in Hemel Hempstead ([www.thesnowcentre.com](http://www.thesnowcentre.com)) which is Britain's newest indoor snow sports destination. Designed to replicate the alpine conditions every skier dreams of, there is a huge 160m main slope, as well as the largest indoor lesson slope in the UK. It is the perfect place to put into practice The Grove's expert tuition.

No ski weekend away is complete without a sauna and some hearty alpine food. Saturday evening's dinner includes a selection of après ski favourites and plenty of vin chaud. The next morning, it is time to strengthen and restore the body's balance with a Pilates session at Sequoia Spa.

The Grove's Avant Ski Weekend has been designed to build confidence and refresh the body and mind ready for the 2010 / 2011 season. Grab a taste of the alpine lifestyle only 30 minutes from Central London and in the luxurious surroundings of London's cosmopolitan country estate.

**AVANT SKI WEEKEND – FROM £495 PER PERSON**

**RUNNING FOR FOUR WEEKENDS**

**5<sup>TH</sup> – 7<sup>TH</sup> NOVEMBER 2010, 7<sup>TH</sup> – 9<sup>TH</sup> JANUARY 2011**

**14<sup>TH</sup> – 16<sup>TH</sup> JANUARY 2011, 28<sup>TH</sup> – 30<sup>TH</sup> JANUARY**

Avant Ski Weekend includes:

- Two night's accommodation including breakfast and dinner
- Kettle Bell Workshop, Ski Circuits training and Pilates Class
- A day's ski school at The Snow Centre including lunch
- Use of the Sequoia Spa facilities

**Further information:**

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