



SECRET
SKI 2015



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MAKE THE MOST OF YOUR HOLIDAY WITH OUR 'SECRET SKI GUIDE'

We've brought together two of the hottest snow sports stars in the UK; female alpine skier **Chemmy Alcott** and British snowboarder **Aimee Fuller**, to share their insider knowledge on where to see, and be seen on the slopes this spring.

Whether you are a beginner, or advanced, this guide includes tips on getting the right equipment, how to escape the queues and finding the right resort for your needs.

When you're taking a break from the slopes, there are personal recommendations on favourite restaurants, the best bars and other quirky activities that you might not find in your typical guide book. Shhh!

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BEST SNOW
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AIMEE FULLER

Aimee is one of the brightest talents in UK snowboarding and is now one of the most recognised faces on the world snowboard scene. So far, her most notable career achievement has been representing Great Britain in the

Women's Slopestyle event at the Sochi Winter Olympics. Aimee has travelled all around the world testing the slopes and is excited to share her insider knowledge of some of her favourite destinations.



"I LOVE THE END OF THE SEASON. END OF MARCH, EARLY APRIL IS THE QUIETEST AND IT'S SUNNY AND WARM." AIMEE



CHEMMY ALCOTT

Four time Olympian and Britain's number one female alpine skier, Chemmy, began skiing competitively at the age of eight. She competed in the Salt Lake City, Turin, Vancouver and Sochi Winter Olympics, and at the pinnacle of her career was ranked 8th in the world. Although Chemmy is now focusing her energy on other endeavours, she still loves the slopes and has a world of knowledge to share from her many ski adventures.



"EASTER SKIING IN CANADA IS IDEAL. IT'S A LOT WARMER THAN JANUARY BUT STILL HAS AMAZING SNOW." CHEMMY



For The Fitness Fanatic

BEST RUNS

Best for park action: *LAAX, Switzerland.*

Aimee: This park has a huge top to bottom run with awesome features, varying from small to large. It's great for progression and all abilities. The park is set up really well and there's a trendy café at the top "No Name" where you can hang out and watch people shred the park.

📍 LAAX SKI RESORT, SWITZERLAND: ✈️ ZÜRICH. 📱 @SNOWPARKLAAX.

Best for extreme: *Mayrhofen, Austria.*

Aimee: This run has some great terrain, and while it can get busy, go off-piste and there are some really steep slopes including the steepest in Europe.

📍 MAYRHOFEN ZILLERTAL TIROL, AUSTRIA: ✈️ INNSBRUCK. 📱 @MAYRHOFEN.

Best for a challenge: *Peak to Creek ski run, Whistler, Canada.*

Chemmy: This run is 7km long and is such a physical challenge! It's great to do on the last day of your holiday to test yourself. I once did 487 turns without stopping on it. Be sure to get a massage after.

📍 WHISTLER BLACKCOMB, CANADA: ✈️ VANCOUVER. 📱 @WHISTLERBLCKCMB.

Best for off-piste skiing: *Verbier, Switzerland.*

Chemmy: Located in the Swiss Alps, Verbier has great tree runs on the other side of the valley. Good for all weather conditions, even if it's a white out.

📍 VERBIER, SWITZERLAND: ✈️ GENEVA. 📱 @VERBIERONLINE.

Secret ski top tip: *Valle Nevado, Chile.*

Chemmy: If you are really into your skiing, head here for sunrises to die for and ski slopes to yourself. It's incredible; people forget about summer skiing, but in Chile the mountains are epic. You compromise on hotels, which are not as great as Europe. It's more old school but the snow is amazing and you never have to queue for the lift.

📍 VALLE NEVADO, ANDES MOUNTAINS, CHILE: ✈️ SANTIAGO. 📱 @VALLE_NEVADO.

BEST EQUIPMENT

Best snowboard: *Roxy 149cm.*

Aimee: This is my favourite board to ride; it's hand made in the USA by Mervin. The quality doesn't come much better - best idea would be to pick one up online from the US to get it at a US price.

PRICES START AT £250.00.

Best skis: *Atomic.*

Chemmy: This Austrian brand has been manufacturing ski equipment for over 50 years and makes great alpine skis.

PRICES START AT APPROX. £300

Best ski gear: *Jack Wolfskin.*

Chemmy: I wear Jack Wolfskin head to toe. The light weight jackets have amazing insulation, protecting you from the cold.

PRICES FOR SKI JACKETS START AT £99.00

Best board boots: *Vans Aura.*

Aimee: For boots I would recommend the Vans Aura. They are a super comfy high performing boot, with a double boa so it's easy to get tight to lock in your heel, plus you just pop the boas and it's easy to get off after a long day on the slopes, great for when you're tired.

PRICES START AT £209.95.

Best helmets: *POC.*

Chemmy: POC have a variety of concepts for different needs and are committed to reducing the force transmitted to the brain in the case of a crash. Five stars for safety.

PRICE STARTS AT £150

Best ski shops: *Snow and Rock, Ellis Brigham and Ski Bartlett.*

Chemmy: These guys really know the industry - they are passionate about the sport. At the end of the season you can pick up some real bargains. Ski technology has changed a lot and recently there has been some really radical change but it is slowing down. You're safe to know if you buy skis this year they will be good for the next year or two.

SNOW + ROCK, ELLIS BRIGHAM, SKI BARTLETT.

Pass as
a local



"just huck it",
"give it a rip",

Aimee: This basically means, give it everything you've got and go for it!

AMERICAN PHRASE USED
BY BRITISH SNOWBOARDER
BILLY MORGAN AT THE
SOCHI OLYMPICS.

BEST SPA/RECOVERY

Best resort spa: *Refuge deux lagazuoi, The Dolomites, Italy.*

Chemmy: For something a bit different, ski with a bikini underneath and head here to the sauna after you ski. I love Italy and the Dolomites – the food and runs are amazing.

THE LAGAZUOI MOUNTAIN REFUGE, CORTINA D'AMPEZZO (BL) – ITALY, COST: €15.

Best reflexology massage: *Eco Chic Spa, Whistler Village, Canada.*

Chemmy: I had an amazing reflexology massage here after I completed the Peak to Creek ski run. This definitely saved my muscles.

ECO CHIC SPA, 2011 INNSBRUCK DRIVE, WHISTLER VILLAGE, CANADA. COST: \$70.



For The Après Skier

Fit tip



Work before you go.

Chemmy: Building endurance is key and this is best done on the bike. Build up inner quads and protect your knees.

BEST PRE-SKI EXERCISE

Chemmy: *Standing Leg Swing.*

1. Stand in a neutral body position not overly arching your back with your Transverse Abs (TA) switched on (these are your deep abdominals – you should be able to breathe freely and talk comfortably but feel like you are slightly sucking your belly button into your spine).
2. Holding on to something secure, actively swing the leg as far forward and backward as you can. I say active as it should be a conscious mind to body swing of the leg not just gravity pulling it to and fro. The movement comes from your glutes and quads (bum and thighs).
3. Remember to switch sides.
4. Repeat until you feel the tensions ease and the legs are warm.

FOR MORE PRE-SKI EXERCISES VISIT

 SKI.CAXTONFX.COM/SECRETSKI

BEST BARS

Best après ski bar: *Crap Bar, Laax resort, Switzerland.*

Aimee: It's a super cool resort and you can ride straight down the slope to the bar as it's on the slope. It's a nice atmosphere, but can be pricy.

CRAP BAR: LAAX-MURSCHEG LIFTS, +41 81 927 99 45.

Best for cocktails: *Quartz Bar, Chamonix, France.*

Chemmy: A chic lounge with a range of cocktails as well as an extensive wine list. This atmospheric bar serves up a large range of liqueurs including the very rare Chartreuse de Tarragone. Great for live music, especially jazz.


QUARTZ BAR: 38 ROUTE DU BOUCHET 74402 CHAMONIX-MONT-BLANC, +33 (0) 4 50 53 05 09.

Best entertainment: *Le Rouge, Verbier, Switzerland.*

Chemmy: This hotel has bands and burlesque nights. It's always doing something different and can be very wild!

LE ROUGE: RUE DE RANSOU 37, 1936 VERBIER, SWITZERLAND.



 FOR QUICK WEBLINKS VISIT SKI.CAXTONFX.COM/SECRETSKI

BEST RESTAURANTS

Best steak house: *Jimmy's Steak House, Aspen, USA.*

Aimee: After a long day on the slopes order yourself a mega fillet steak cooked to perfection with sweet potato and greens! They serve amazing drinks too and it's a great atmosphere.

JIMMY'S: 205 S MILL ST, ASPEN, AMERICA. **CUISINE:** AMERICAN.

Best view: *Chez Dany, Verbier, Switzerland.*

Chemmy: Go for dinner and ride down afterwards using wooden or plastic skis under the moonlight. The food is delicious and fresh.

CHEZ DANY: HAMEAU DE CLAMBIN 10, 1936 VERBIER, +41 27 771 2524, **CUISINE:** TRADITIONAL SWISS.

Best for breakfast: *Wild Wood Bistro, Whistler, Canada.*

Chemmy: You'll find the most incredible breakfasts in the whole of Whistler here. The banana bread french toast is not to be missed.

WILD WOOD BISTRO: 3/ 4154 VILLAGE GREEN, WHISTLER, CANADA. **CUISINE:** FRESH & MODERN.



Top tip

Hitting the slopes after a night out?

Chemmy: You have to get up early, even if this means not going to sleep. The snow will be best then, especially if there's been a big dump. Ski or board all morning, and then once it starts catching up with you, go to sleep in the afternoon. That way you will never waste a day.



As recommended by



BEST SKI APPS

Mammut Safety App

Perfect for off-piste skiers and riders; this software provides global avalanche bulletins, a compass, clinometer, altimeter and an SOS button, which instantly transmits the coordinates of your location, by text, to the local emergency services. **PRICE: FREE.**

Ski Club Snow Report

Detailed daily snow reports, piste conditions, weather forecasts and live webcams for some 250 resorts across the world are available with this app. **PRICE: FREE.**

FATMAP

A mapping and ski planning tool, combining gaming and mobile tech to produce 3D maps which allow skiers to pinpoint their exact location. Includes: ratings, reviews, lifts and snow conditions. **PRICE: £2.49 PER RESORT.**

TILE

Travelling with children? Always know where they are with Tile. A handy, tile-shaped device linked to an app, Tile casts a Bluetooth signal which is linked to the app to track a lost item. Put one in your children's pocket for peace of mind. **PRICE: ONE TILE STARTS AT APPROX. £15.00.**

Caxton FX

Use with the Caxton FX currency card. This app lets you manage your holiday money with zero fees and even less stress. You can load your card at any point before or during your trip, check your balance and transactions, and get real time exchange rates. **PRICE: FREE.**



BEST SHOPPING

Best ski shop: *Simond Sports, Flaine, France.*

Chemmy: I went here as a child and still go there now. It's family run and the lady who runs the shop was my very first ski teacher. They are all really nice, and don't try to push things on you and let you have a good look around.

SIMOND SPORTS: RÉS. ALDÉBARAN 74300 FLAINE.

Best for variety: *La Cooperativa, Cortina, Italy.*

For department store shopping in the ski fields the Cooperative is the largest and best stocked shopping centre in the Dolomites. Its six floors hold a diverse assortment of merchandise, ranging from the latest fashion to traditional products.

LA COOPERATIVA DI CORTINA: CORSO ITALIA, 40, 32043 CORTINA D'AMPEZZO BL, ITALY.

Best for souvenirs: *'The Cow Shop', Zürich, Switzerland.*

An important Swiss icon, this shop only sells wares that pertain to cows. All the cow-related products you could possibly want.

THE COW SHOP: BAHNHOFSTRASSE, 8001 ZÜRICH, SWITZERLAND.





For The Family



BEST FAMILY FRIENDLY RESORTS

Best for space: *Fairway Village, Park City, Utah, America.*

Aimee: At Fairway Village you can rent a massive house with a prime view overlooking the whole resort for a great price. Definitely some of the best mountain views I have ever seen.

📍 FAIRWAY VILLAGE, PARK CITY, UTAH, AMERICA: 📍 UTAH.

Best for accessibility: *Flaine Resort, France.*

Chemmy: I grew up skiing here and used to go all the time on family holidays. It's the concrete capital and not the prettiest, but the reason it's great for families is that it is just an hour from Geneva airport. You don't want to travel too far when you have kids. It's very easy to get to although no cars are allowed in the resort. You can drive in for half an hour only, and ski in and ski out which is ideal in terms of safety for little ones.

📍 FLAINE RESORT, GRAND MASSIF, FRANCE: 📍 GENEVA.

BEST RUNS FOR FAMILIES

Best for no queues: *Aspen, America.*

Aimee: It's just that little bit further away from Denver, so you don't get the weekend warriors. Fly straight into Aspen and have unlimited miles of perfectly groomed terrain. Great for kids that are just learning.

📍 ASPEN SNOWMASS, COLORADO: 📍 ASPEN-PITKIN COUNTY AIRPORT.

Best for all ages: *Meribel, France.*

Chemmy: A top tip is to ski over to the grand masiff range, to the restaurant at the Restaurant L'Igloo. It's really fun and a quirky experience which is great for kids as well as the parents, and if parents want to get boozy, skidoos (snow mobiles) will take you back so you don't have to ski.

📍 L'IGLOO: GALERIE DES CÎMES, 73550 MERIBEL, FRANCE: 📍 CHAMBERY.

BEST SKI SCHOOLS

Best for all levels: *Magic in Motion, Meribel, France.*

From the award winning 'children's fun factory', to adult technical clinics or simply guiding on and off-piste, Magic in Motion offers lessons for skiers and snowboarders of all abilities, with the advantage of lift queue priority.

📍 MAGIC IN MOTION, MERIBEL, FRANCE: 📍 CHAMBERY.

Best for international: *Niseko International Sports School (NISS), Japan.*

Its location may be exotic but NISS offers lessons in English, allowing children or adults at any level, to learn to ski at Niseko's beautiful mountains.

📍 NISEKO INTERNATIONAL SPORTS SCHOOL, NISEKO: 📍 SAPPORO CHITOSE.

Best for Private Classes: *Tinderbox Ski School, Chamonix, France.*

Private ski lessons are the best way to improve your confidence and control. Lessons at Tinderbox are designed around you; where you'd like to improve, meeting your needs and aiming to help you reach your goals. The best location and terrain is selected based on your skill level and goals.

📍 TINDERBOX SKI SCHOOL, CHAMONIX, FRANCE: S530 ROUTE DES BOSSONS, 74400 CHAMONIX-MONT-BLANC: 📍 GENEVA.

Top tip

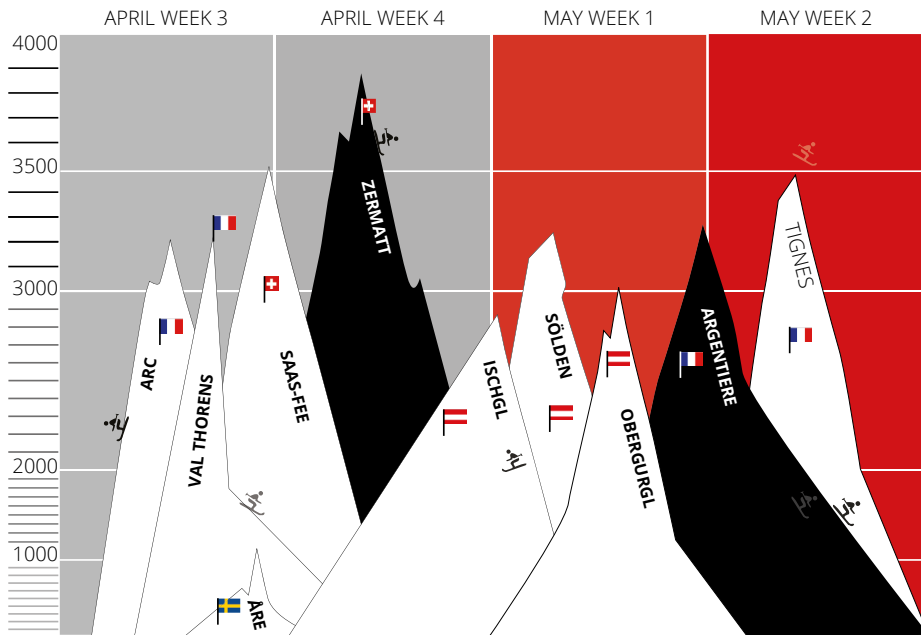


Rent kids ski gear, don't buy it.

If you're skiing with kids it's a waste of money to invest in good quality gear that they will have grown out of by their next trip.

MOST SKI RENTAL PLACES PROVIDE CHEAP OPTIONS FOR CHILDREN WHEN RENTING TO FAMILIES.

BEST END OF SEASON SNOW



RESORT	RESORT HEIGHT	SLOPES	PISTES	USUAL CLOSING
Zermatt, Switzerland	1620m	1620 - 3820m (1525 - 3820m including Cervinia) (350km including Cervinia)	200km	Late April/early May on glacier
Arc 1950/Arc 2000, France	1950 - 2000m	1200 - 3225m	200km	Late April
Saas-Fee, Switzerland	1800m	1800 - 3500m	100km	Last weekend in April
Are, Sweden	380m	380 - 1275m	100km	Late April/early May
Obergurgl, Austria	1930m	1795 - 3080m (1200 - 3250m - Paradiski)	110km	1st weekend in May
Sölden, Austria	1380m	1350 - 3250m	150km	Early May
Ischgl, Austria	1400m	1400 - 2870m	238km	Early May
Val Thorens, France	2300m	1800 - 3230m (1800 - 3230m - 3 Valleys)	150km (600km - 3 Valleys)	1st or 2nd weekend in May
Val d'Isère/Tignes, France	1850/2100m	1550 - 3455m (Espace Killy)	300km (Espace Killy)	1st weekend in May (Tignes stays open until the 2nd weekend in May)
Argentière (Chamonix), France	1035m	1035 - 3275m	155km	2nd weekend in May

SOURCE: CAXTON FX

PHOTOCREDITS

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ABOUT CAXTON FX

Caxton FX is a FinTech FX company that has become an entrepreneurial success story. From launch, in 2002, Caxton FX has helped consumers and businesses manage their currency through a pre-paid currency card and a number of personal and business foreign exchange services.

Caxton FX is supporting a number of female sports stars with its sponsorship programme. Female Alpine Skier **Chemmy Alcott** and British Snowboarder **Aimee Fuller**, are just two UK sports stars who are working with Caxton FX to raise awareness and inspire women to compete in sport and in the workplace.

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Top tip



Buy ski gear at resort

Try to buy your equipment at Eurozone resorts; the GBP/EUR rate has improved so much, it's a great way to save money.

Chemmy: BREAK YOUR SKI BOOTS IN BEFORE YOU GO. WEAR THEM WHILE WATCHING TV AND GO FOR WALKS AROUND THE HOUSE. IT'LL GIVE YOU A HUGE ADVANTAGE ONCE YOU'RE OUT THERE. AND, IF YOU DO BUY BOOTS IN THE UK GO TO PRO FEET ON FULHAM ROAD.





Tommy Ax
Hince fuller
-x-



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