

SkiRail Map of the Alps

- ‘A much better option than trying to make sense of the various rail networks’ websites’ Chamonet.com
- ‘An interesting and helpful start to your rail experience’ Where to Ski and Snowboard (website)
- ‘For less than a tenner it puts everything you need in one handy package. And if you’re planning a big ski rail trip this winter, it’s indispensable. Excellent if you fancy a rail jaunt. Useful even if not as it maps out all resorts, how they are linked, and how to get there’ Fall-line Skiing issue 95
- ‘This map enables you to understand where resorts are - and plan exciting journeys to reach them. I love it!’ Responsible Skiing
- Simon Calder’s ‘Travel tip of the week’ The Independent
- ‘A map showing the key rail routes to the main Alpine resorts - a terrific idea’ The Man in Seat 61 - International Rail Expert
- ‘Green-minded skiers and boarders should get their hands on this map’ Green Magazine

SKI CLUB MEMBERSHIP — THE ESSENTIAL ADDITION TO YOUR SNOWSPORTS EXPERIENCE

The **Ski Club** is the biggest snowsports membership club in the UK for good reason. With over 100 years of history, our community has developed both on and off the snow.

In resort, members can ski with the unrivalled Ski Club Leader service or go on our exhilarating Freshtracks holidays. Back home, we have events throughout the year and a huge online community where members can share information and reviews and make new friends.

Ski Club membership comes with numerous benefits and services catering for every aspect of skiing and snowboarding - from planning your holiday with our information team and saving hundreds of pounds a year, to skiing with the Club.



RAILEUROPE

If you're travelling to the slopes this season, why not make this the year of the train? If you love to ski, but hate the journey you will be pleasantly surprised by how simple, quick and comfortable the train can be.

Many ski resorts have their own station, or a station nearby, dramatically reducing the transfer time compared to flying. And, with no additional charges for carriage of skis, boards and suitcases, the train can even save you money.

Fares to Bourg St Maurice for resorts including Les Arcs and Val d'Isere start from as low as £109 standard class return on day trains. For bookings, contact Rail Europe on 0844 848 4070, visit www.raileurope.co.uk or call into the Rail Europe Travel Centre at 193 Piccadilly, London W1J 9EU.

TO ORDER YOUR COPY OF THE **SKIRAIL MAP OF THE ALPS** AND FOR DETAILS OF OUR NEW ALPS RESORT APPS, VISIT

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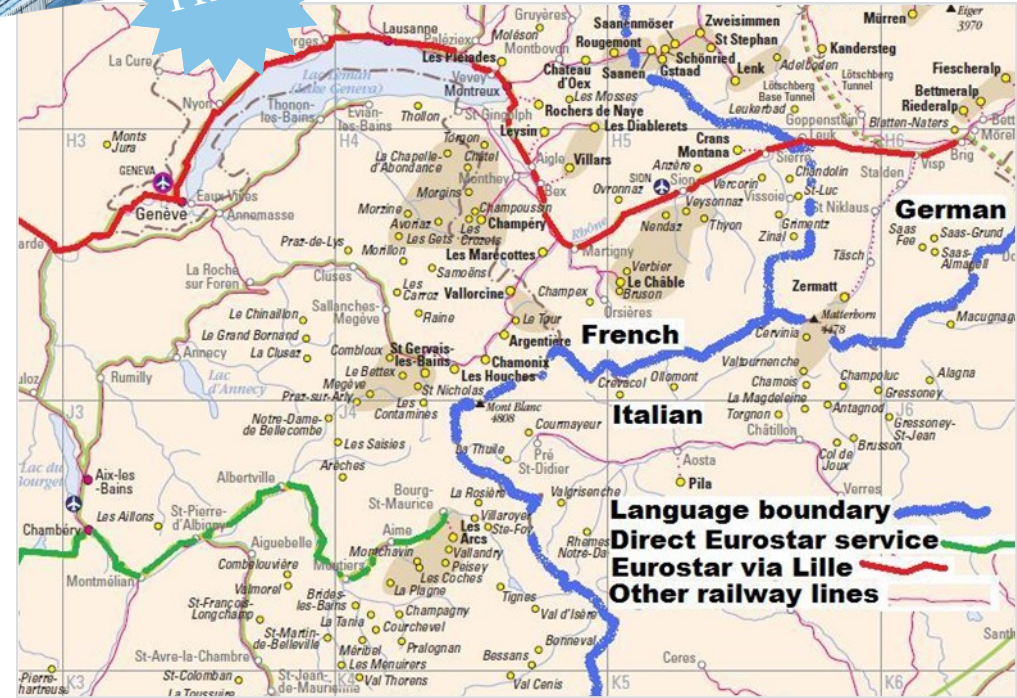
Produced by the SkiRail Map of the Alps team with thanks to David Holmes (concept), Lisa Labrousse (translation), snowheads.com (additional vocabulary suggestions)

SkiRail Map of the Alps



FREE

SKI HOLIDAY VOCABULARY FOR FRENCH-SPEAKING RESORTS



Rail-accessible, French speaking resorts

Switzerland

Champéry (for the Portes du Soleil)
Chateau D'Oex
Crans Montana
Le Chable (for Verbier)
Les Diablerets
Les Marecottes

Les Pléiades
Leysin
Rochers de Naye
(above Montreux)
Rougemont (for Gstaad)
Villars

France

Argentière (for Grand Montets)
Briançon (for Serre Chevalier)
Chamonix
Les Arcs (for Paradiski)
Les Houches
St Gervais
Vallorcine

The **SkiRail Map of the Alps** helps you to navigate your way to over 120 destinations by train from major international resorts to little known villages with just a handful of lifts.

Trying your hand at the local language is an enjoyable and rewarding experience of any ski holiday, and this free guide is the ideal accompaniment to the map. Outside the French Alps, French is also the first language in western Switzerland. All French-speaking Swiss resorts together with the northern part of the French Alps are shown on the map above (an amended excerpt from the SkiRail Map of the Alps).

Getting to the resort by train

- Ski resort **La station de ski**
- When is the next train to Champéry? **Quand est le prochain train à Champéry ?**
- Is there a combined rail ticket and ski pass? **Y a-t-il un billet combiné pour le voyage en train et forfaits de ski?**
- A single (and back) to Chamonix **Un aller (et retour) à Chamonix s'il vous plaît**
- Is there a discount for group travel? **Est-ce qu'il y a une réduction sur les billets pour les groupes?**
- Which side of the train has best views? **De quel côté du train est la meilleure vue?**
- Can I buy food on the train? **Puis-je acheter de la nourriture dans le train?**
- Train timetable **Les horaires de train**
- Stamp your ticket **Composter votre billet**

From the resort railway station to the ski slopes

- How long does it take to walk to the ski slopes? **Combien de temps faut-il pour marcher jusqu'aux pistes de ski?**
- What time does the next bus go to the ski lifts? **A quelle heure est le prochain bus pour les remontées mécaniques?**
- Free shuttle bus **Une navette gratuite**
- How much will a taxi cost to the slopes? **Combien coûte un taxi pour les pistes?**
- Left luggage lockers **Une consigne à bagages**
- Is there a ski hire shop by the ski lifts? **Y a-t-il une location de ski par les remontées mécaniques?**

At the ski hire shop

- Ski hire /Ski hire shop **La location de ski**
- **Can I hire** some skis? **Puis je louer des skis?**
ski boots = **des chaussures de ski**, a snowboard = **un snowboard**
cross-country skis = **des skis de fond**, snowshoes = **des raquettes**
poles = **des batons**, a helmet = **un casque**
- They are too small/big **Ils sont trop petits / gros**
- **I am** a beginner skier **Je suis un skieur débutant**
an intermediate/advanced skier = **un skieur intermédiaire/avancé**
- I will (won't) ski off piste **Je vais (pas) skier hors piste**
- I mainly ski green/blue/red/black slopes **Je vais surtout skier les pistes vertes/bleues/ rouges/ noires**
- When does the ski hire shop close? **A quelle heure la location de ski ferme ?**

Shoe size conversion chart

UK	1	2	3	4	5	6	7	8	9	10	11	12
European	33	34	35.5	37	38	39	40	42	43	44.5	46	47
American	1.5	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5

Weight conversion chart

Stones	6	7	8	9	10	11	12	13	14	15	16	17
Kilograms	38	44.5	51	57	63.5	70	76	83	89	95	102	108

Lift passes and ski lessons

- A lift pass for one day/one week **Un forfait d'une journée/semaine?**
- Can I have a group lesson/a private lesson? **Puis-je avoir une leçon de groupe / un cours particulier?**
- Can I have a private snowboarding lesson? **Puis-je avoir une leçon de snowboard privé?**
- I'd like to go off piste **J'aimerais faire du ski hors-piste**
- Piste map **Un plan des pistes** Ski school **Une école du ski**
- An English-speaking instructor **Un instructeur parlant anglais**

On the mountain

- Ski lifts **Les remontées mécaniques**
Drag lift **Le téléski** Gondola **La télécabine**
Chairlift **Le télésiège** Cable-car **Le téléphérique**
- 1,000m of vertical drop **Mille mètres de dénivelé**
- Slow down **Ralentir** Moguls **Les bosses**
- Powdery snow **La neige poudreuse**
slushy = **fondante**, icy = **glacée**, packed = **damée**, fresh = **fraîche**
- Slope reserved for very good skiers **Piste réservée aux très bons skieurs**
- Nursery slopes **Pistes débutantes** Tree-lined runs **Pistes bordées d'arbres**
- Where are the quieter slopes? **Où sont les pistes tranquilles?**
- I'm only here for one day - which are the best slopes? **Je ne suis ici que pour un jour - qui sont les meilleures pistes?**

Snowboarding speak

- Snowboard **un snowboard** Jump (in a terrain park) **un tremplin/saut**
- 180 **quatre vingt** 360 **trois six** We rode the powder **On a ridé la peuf**
- He/she killed that jump! **Il/elle a déchiré le kick!**
- I'm stuck. Can I get a tow? **Je suis coincé. Puis-je obtenir un remorquage?**
NB many snowboarding terms are the same in French as in English
eg **un goofy/regular** and **le jibbing**

Eating out

- Can you recommend a mountain restaurant? **Pouvez-vous recommander un restaurant de montagne, s'il vous plaît?**
with table service = **avec service à table**, with self-service = **self-service**
- **Can I have** a glass of mulled wine? **Puis-je avoir un verre de vin chaud?**
a hot chocolate = **un chocolat chaud**, a coffee with milk /
with cream / black = **un café au lait / un café-crème / un café noir**
- Is there live music later on? **Y a-t-il de la musique live plus tard?**

The weather

- The weather forecast **La météo**
- What is the weather forecast for tomorrow? **Quelles sont les prévisions météo pour demain?**
cloudy = **nuageux**, sunny = **ensoleillé**, snowy = **neigeux**,
cold and windy = **froid et venteux**, poor visibility = **mauvaise visibilité**
- It will be minus five degrees **Il sera moins cinq degrés**
- There will be a thaw **Il y aura un dégel**
- When is fresh snow forecast? **Quand est prévu la neige fraîche?**
- A blizzard **Une tempête de neige**