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## Autumn 2015 newsletter

Welcome to our autumn newsletter. We really hope you had a great summer and are looking forward to the winter: not long now.

We hope you find these newsletters interesting (we send out two a year in Autumn and Spring), but of course if you'd rather not receive them just let us know and we'll remove your details immediately.

To unsubscribe from our news letter please go to: [www.brentaski.com/mail](http://www.brentaski.com/mail)

### In this edition:

- Your ski jacket explained
- What length should your skis be
- What's the different: Flat-Light / White-Out
- All about Coffee
- Do I "really" need ski lessons

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# €-£

**All our prices for the coming winter (that's every week in every hotel) are lower than last winter.** The reason we can do this is that, as everyone knows, the Pound has been gaining strength against the Euro during this year - we think it's only fair.

## News

**The link between Madonna and Folgarida is "finally" being updated.** After years of asking, the ski lift company has finally been given permission, by the National Park Authority, to replace the old 3-man Malghette chair lift (No. 6 on the piste map). Work will commence as soon as the snow disappears in 2016 and the new lift will fully open for the following season.

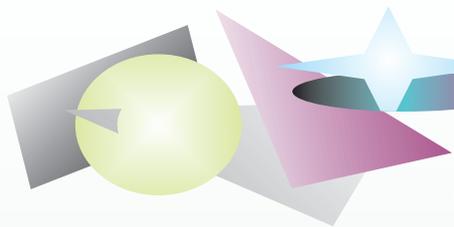


## News

**Work is almost complete on the brand new Little Grizzly Black Run** which will open in time for the up and coming winter season.

This is not just an upgrade of an existing run but a completely new piste. Running from the top of Monte Vigo (in front of the Orso Bruno Café) it runs all the way down towards Marilleva and, due to steep gradient, it will appeal to advance skiers.





### Your ski jacket explained

#### Water-proof??

Don't you just love marketing departments? They must sit around for hours coming up with different ways to say the jackets made by their company are NOT waterproof, for example shower-proof, snow-proof, spray-proof, weather-proof, etc the list is endless. The reason they do this is that there is a binding ISO Standard which material must have before they can call something "water-proof", which is ISO 811 (and BS EN 20811). So remember that if it doesn't say water-proof, it isn't.

#### Breathable

Your jacket should keep you warm and dry, but not too hot. It can do this as you are warm and the outside world is colder, this causes a difference in pressure which pushes warm air through the garment. As the warm air contains moisture this is also pushed out. The reason moisture can be pushed out whilst still maintaining the water-proofing is that water droplets are much bigger than moisture molecules. Water-proof garments are made from material with close knit fabric where the gaps between the fibers are small enough to stop water coming in but big enough to allow the moisture out.

#### 1 Hood

When it's snowing your hood will fill with snow, so most hoods are either detachable or fold into the collar. Some hoods are large enough to go over your helmet and are adjustable with either elasticated loops, drawstrings or Velcro, although not many people ski with their hood up as it restricts movement.

#### 2 Collar

You'll need a high collar which can be pulled up higher than your chin, or maybe even a little higher, as this will keep the (possibly gusting and sub-zero) wind off your face. A little extra protection is always worth it.

#### 3 Zip

The main zip at the front of the jacket must be covered by a large flap of material which extends all the way over the zip. This will stop water and wind seeping in through the zip.

#### 4 Pockets

As you'll be carrying loads of "stuff" whilst skiing big chunky pockets are a definite bonus so the more the merrier. Outside pocket zips should have "pull tags" so you can open them without taking off your gloves.

#### 5 Vents

These are either zipped or clipped openings in the jacket which allow heat to escape. You'll find them under the arms or at the sides and occasionally on the front.

#### 6 Sealed seams

In the olden days (1990's) jackets were stitched together which, regardless of how water-proof the material was, formed lines of small holes, allowing water to seep through. In modern jackets many (or all) seams are now sealed together rather than stitched.

#### 7 Snow-cuffs

These are at the end of the arms and made of stretchy material with a hole to hook over your thumb. Not only will they stop your sleeve riding up but will also keep the snow/wind out.

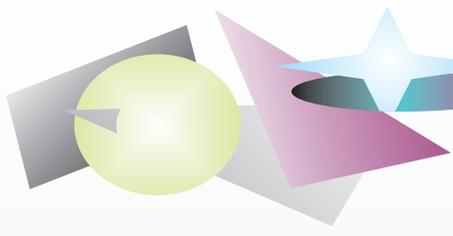
#### 8 Powder skirt

This is an elasticated band to stop snow going up into your jacket if you fall over or are (as the name implies) skiing in deep powder.

#### 9 Lift pass pocket

Virtually all ski resorts now have automatic barriers on lifts which are opened by brushing your lift pass over a large sensor (normally on the left). This means you don't need to continually scramble for your pass at each lift and so there is no chance of forgetting to replace your "very" expensive lift pass back into your pocket.





### What's the difference: Flat-Light and a White-Out

Of course we'd all like each day of our ski holiday to be in perfect conditions - fresh powder snow and bright sunlight, and maybe a light breeze wafting the aroma of a freshly brewed cappuccino over the slopes - but unfortunately mother nature isn't always that kind.

To be able to ski you need not only to be able to see but, as you're moving over uneven ground, to be able to see clearly. We see something when light (normally from the sun) reflects off it into our eyes. In certain atmospheric conditions the light you receive is either reduced or mixed together to such an extent that you can't see well enough to be able to ski (safely).

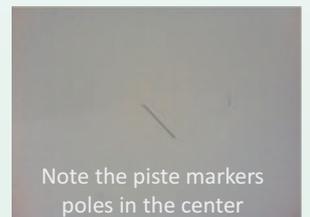
Two of the most common problems we encounter on a ski slope are known as Flat-Light and White-Out conditions.

Flat-Light is a Diffusion of sunlight which is both Scattered and Diffused by atmospheric particles such as water molecules, ice crystals, etc. plus ground laying snow causing light to be received from multiple directions. Commonly the effect is increased during a White-Out and/or later in the day when the sun drops towards the horizon, due to sunlight passing through the atmosphere for a greater distance. The result of this is that light is received by your eyes from multiple directions which produces shadows which overlap and cancel-out each other. This dulls the area and removes indicators such as tones and contrast, making it difficult to see similarly coloured slope features (most things on a ski slope are white). The loss of visual indicators of shape and edge detail results in objects and features seeming to blend into each other, producing a flat featureless vista. An effect of visual blending may be a loss of depth of field resulting in disorientation.



Note the snow has lost all definition

A white-Out is a Reduction and Scattering of sunlight which has been blocked, reduced or scattered by ice crystals in falling snow, wind-blown spin-drift, water droplets in low lying clouds or localised fog, etc. The remaining scattered light is merged and blended. Due to a reduction in reflected light, visual references e.g. the horizon, terrain features, slope aspect, etc. are significantly reduced or completely blocked. This leads an inability to position yourself relative to the surroundings. In severe conditions, due to a loss of kinesthesia (ability to discern position and movement) confusion, loss of balance and an overall reduction in the ability to operate, due to the increased danger (real or perceived) this presents may be found.



Note the piste markers poles in the center

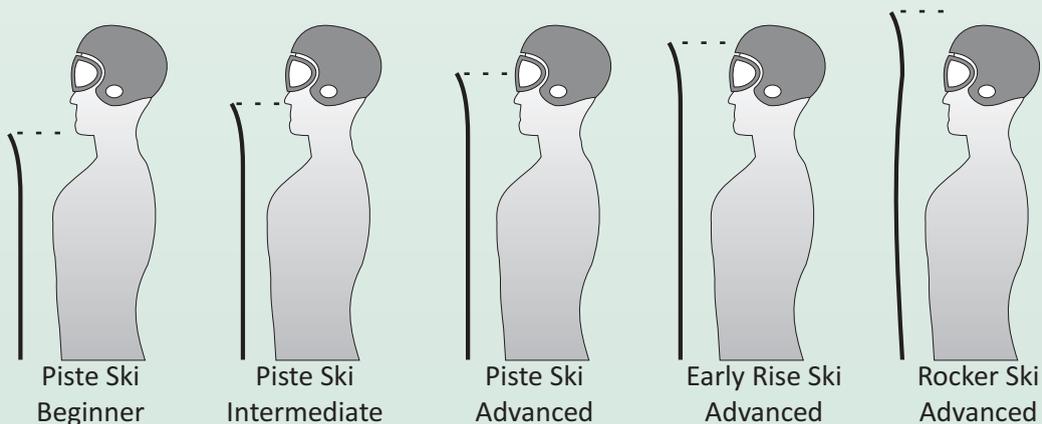
### What's your ski length

We are asked, many times, "what length should my skis be", but of course there is no simple answer. As a rough guide you can use your height and weight to work out an approximate length. This should then be adjusted for your skiing ability/style.

Rocker and Early Rise skis will be around 10cm longer as they have less contact with the snow whilst skiing on piste.

The best advise we can give is to ski on a length that is about right and then experiment with "slightly" different lengths. Then just use the skis you have the most fun on.

Weight stones	Men	Women
< 8 st	140cm	} less 5cm
8 to 9 st	145cm	
9 to 10 st	150cm	
10 o 11 st	160cm	
11 to 12 st	165cm	
12 st >	170cm	
<small>Beginner + 0cm Intermediate +5cm Advanced +10cm</small>		



### *It's time for a coffee*

Italy is THE place to be for coffee lovers. One of the many benefits of traveling to Italy is the opportunity to taste one of the many (and we do mean "many") types of coffee available.

The first thing to remember is that to "prendere un caffè" doesn't mean to just drink a coffee. It's more about "enjoying" your time whilst you chat with friends and take a break from the slopes.

In the Brenta Dolomite there are plenty of slope side cafes to take a break so relax and take in the atmosphere.



### *All about ski lessons*

Do I really need more ski lessons?

Many intermediate and advanced skiers will ask themselves if ski lessons are really necessary. Of course the answer to this question is No, you don't need more ski lessons to enjoy a wonderful ski holiday. But there again if you want to extend your comfort zone to steeper pistes, faster skiing, having control on ice, enjoying moguls and to skiing off-piste, then good ski lessons are probably the most effective way to help you progress.

What about the fun?

Doesn't having lessons mean missing out on the fun of a ski holiday ? Not really. A good ski instructor will aim to make the session(s) fun. You'll get to ski much better than you thought you could, you'll get to ski terrain you never imagined possible, and you'll be with a group of like-minded people.

Can I get better?

Most certainly! As a ski instructor I've never met a client who can't improve their skiing skills and enjoy their skiing even more. A good instructor will be able to see what your strengths and weaknesses are, and will be able to help you develop new and improved skills. Not only will you improve your control of how you ski, but you will grow in confidence as well. There really is no limit!

What options do I have?

In all ski resorts there is a range of options. Private ski lessons work really well if you want to work on one or two things or have a general tune-up at the start of your holiday. Joining a group class for the week gives you more time to improve your skiing with the help of your instructor, and is a great way to ski socially with a bunch of friends. In some resorts you also have a choice of local ski schools or a small number of British ski schools that offer a full package of ski lessons, video feedback, guiding and apres ski activities.

