



2022 Holidays

Arinsal - Andorra

Arinsal is part of the Vallnord ski area, so you can also explore neighbouring Pal. Beginners will spend their first couple of days on the lower parts of the Arinsal sector, while intermediates can hop on the cable car to the wide, tree-lined runs of Pal, the next valley over. And if the mood takes you, the après ski scene starts right at the bottom of the slopes.

There's a pretty big après ski scene in the area, with an almost constant party happening at the bottom of the slopes. There are plenty of bars, restaurants and venues to choose from.

Holiday Dates (click to register)

[Week 1: 23rd January - 30th January 2022](#)

[Week 2: 30th January - 06th February 2022](#)

[Week 3: 06th February - 13th February 2022](#)

[Week 4: 20th February - 27th February 2022](#)

[Week 5: 27th February - 06th March 2022](#)

Online
Registration
Now Open

Click on week to register	Skier Price:	Family/ Carer Price:	Helper Price:	Single Supplement:
Week 1:	£2,214.00	£1,289.00	£955.00	£240.00
Week 2:	£2,321.00	£1,371.00	£1,030.00	£290.00
Week 3:	£2,321.00	£1,371.00	£1,030.00	£290.00
Week 4:	£2,525.00	£1,515.00	£1,360.00	£330.00
Week 5:	£2,321.00	£1,371.00	£1,030.00	£290.00

Prices listed are starting from, you will be contacted after your registration with a full quote and price breakdown



Hotel Princessa Parc ★★★★★

Is a large, stylish hotel in a prime location close to the main gondola and only moments from the resort's hub. There's a wide range of facilities to keep everyone entertained off the slopes. The superb spa and wellness area features a hydromassage pool, hot tubs, sauna, steam room and ice fountain for a small extra charge.

You've got a choice of bars including the Cocktail Bar Aquarium - plus a bowling alley and pool tables to keep everyone entertained in the evening. If you've got the family in tow, the little ones can be dropped off at the free kids' club.

The restaurant serves a varied buffet breakfast and 4-course buffet evening meal with daily hors d'oeuvres.

Accessibility: the hotel is accessible throughout, with limited adaptive rooms available.

Rooms: we have a range of different room types available to book. Single rooms are available at a supplement. All rooms have satellite/cable TV, hairdryer, telephone, free WiFi, tea and coffee making facilities, safe (€20 deposit required) and The Princessa Parc minibar. Bathrobes are included in all rooms and cots are available at a supplement.



Transfer time: the transfer time from the airport to the hotel is approximately 4hrs, with a stop half way.

Lessons: you will receive one lesson per day either in the morning or afternoon (if you have a preference, please highlight this at the time of registration).

Lessons will last approximately three hours and will be provided by DSUK Instructors.

We have a limited number of snowboarding instructors, so if you would like to snowboard please highlight this at the time of registration.

Prices include:

Return flights and transfers from Gatwick, Manchester or Birmingham Airports.

7 nights half board accommodation based on sharing a twin or double (household bubble only), single rooms are also available at a supplement

Lift Passes & Ski/Snowboard Hire

6 half days of adaptive skiing / snowboarding instruction (for the skier/snowboarder)

Flight Details*

Gatwick

Outbound

DEP Gatwick 06:40 ARR Toulouse 09:25

Return

DEP Toulouse 10:55 ARR Gatwick 13:50

Manchester

Outbound

DEP Manchester 07:15 ARR Toulouse 10:30

Return

DEP Toulouse 11:50 ARR Manchester 13:00

Birmingham

Outbound

DEP Birmingham 06:35 ARR Toulouse 09:00

Return

DEP Toulouse 10:10 ARR Birmingham 11:00

*maybe subject to change

Resorts

We work closely with Crystal Ski to offer a wide range of destinations which provide accessible accommodation and facilities wherever possible. Despite lots of improvements over the years, there may be some parts of resorts or hotels that are not fully accessible. If you have any questions about a particular hotel feature to contact us.

Travel and Airport Assistance

The majority of our skiers and snowboarders will travel with the DSUK Representative and all Helpers from London Gatwick. If you are able to travel independently (or with your carer/family/friends) it may be possible to fly from an airport nearer to you. Please note if you choose to do this there will be no extra assistance and you will meet the rest of the group and DSUK Rep at the hotel when you arrive.

Transfers

The holiday price includes a transfer from the destination airport to your hotel, we have accessible transfers available on most trips – please let us know at the time of booking if you need an accessible transfer. Accessible transfers are only available on London Gatwick flights.

Lessons and Snow Schools

Lesson details are included in the resort information.

All of the weeks offer a 'half day' skiing or snowboarding, you will be skiing or snowboarding in the morning or afternoon, with the remaining time being your own. If you have a preference for morning or afternoon lessons, then please let us know and we will try our best to accommodate this.

Passport and Immigration

For trips to Europe, your passport must be valid for at least 3 months after your return to the UK.

Insurance

All participants on DSUK Holidays must have their own travel insurance covering winter sports in their policy. We recommend that you research travel insurance companies before you secure your booking. A copy of the policy will need to be sent to DSUK prior to full confirmation. Please note that we are unable to give any advice on insurance companies, but perhaps ask other skiers and snowboarders on our Facebook page

[facebook.com/DisabilitySnowsportUK](https://www.facebook.com/DisabilitySnowsportUK)

Important Information

Snowboarders

Due to the limited availability of adaptive snowboard instructors we are restricted to how many snowboarding lessons we can provide on our holidays, but we will always try and provide an instructor for the trip that you would like to attend. If you are a snowboarder wanting to join us this season, please talk to a member of our team at the time of reservation.

Weight Restrictions

We will ask for your weight at the time of booking. We will use this information to ensure you are matched with an appropriate instructor and to ensure that you do not exceed any maximum weight limits placed on any of the adaptive equipment. Thank you for your understanding.

Membership

Everybody who attends a DSUK Adaptive Snowsport Holiday must be a current member of the charity. We will check your membership status at the time of booking. If you are not a member or your membership will expire before the trip, we will include this in your invoice. If you are travelling with a carer, family member, or friends we will upgrade your individual membership to Family membership, so that they are also covered.

Ski / Snowboard Carriage

You are welcome to take your own snowsports equipment if you would prefer. Please advise of this at the time of reservation.

Accommodation

Due to uncertainty with Covid-19 restrictions, we will not be offering solo-travelling members the option of sharing a room with someone from another household, if you are travelling alone you will need to pay a single supplement.

Family rooms or single occupancy room are available, these will incur a supplement and are not guaranteed until we have received confirmation from the resort.

Important booking terms to note

- We can only guarantee the price held for each trip until 31 October 2021
- Your trip will not be fully confirmed until all forms required are completed and returned to DSUK Please find full Terms and Conditions at the end of the brochure

Do I need to take a PA or carer?

Our DSUK Helpers are unable to provide any form of personal care. They are very happy to help out at the breakfast buffet, help with your snowboots, guide/assist around the resort etc. However, they are not professional carers.

Please read the below, if you answer 'Yes' to one or more of these statements you will be required to take a carer on the trip with you.

- I need help with washing, bathing and/or getting dressed
- I require help or assistance when going to the toilet
- I am unable to independently transfer without any special equipment.
- I require someone to help me throughout the night.
- I am not able to feed myself independently

If you are unsure whether you should take a PA or Carer, please give the office a call on 01479 788770



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CRYSTAL
SKI HOLIDAYS

Definitions and Glossary

Skier/Snowboarder

Refers to the primary traveller who will be skiing or snowboarding.

Carer/Personal Assistant (PA)

A carer or PA is a person who is required to give personal care and assistance to a skier or snowboarder if required. Sometimes this is a family member or friend, and others can be a hired carer. Carers/PA's must book a carer place.

DSUK Rep (Representative)

Is the member of staff who is responsible for the oversight and management of the Holiday and is the in-resort point of contact for all Holiday guests.

Family Member

Is the travelling companion(s) attending the holiday together with a Skier/Snowboarder.

Helper

Is a volunteer on the Holiday. They are there to assist Skiers, Snowboarders, Instructors and Family Members attending the holiday in a variety of ways, but they cannot offer assistance with personal care. All weeks, with the exception of family weeks, will include DSUK Volunteer Helpers.

Lead Instructor

Is the person who has overall responsibility for the instructors and tuition in the resort.

Contact Details

Tel: 01479 788770

Email: bookings@disabilitysnowsport.org.uk

Web: www.disabilitysnowsport.org.uk