Department of Physical Education, 2nd FoM, CU, Bruslařská 10, 102 00 Praha 10 Tel. 272 082 500 – 506 https://telovychova.lf2.cuni.cz/en

Winter sport courses at

ERLEBACH CHALET

Trip I: 6th - 11th February 2022

Trip II: 13th - 18th February 2022

Location: Erlebach mountain hotel/chalet in Rokytnice nad Jizerou – the Giant Mountains, North Bohemia This chalet is located about 1000 m above sea level in the ski resort Rokytnice nad Jizerou, near the mountain chalet Dvoračky. It is a traditional and romantic mountain chalet. Due to its location, the ski conditions are suitable for downhill and cross-country skiing as well as for snowboarding. We ski in the area Rokytnice n. J. - Horní Domky.

Transport: individual

Programme:

- practical lessons of downhill and cross-country skiing and snowboarding according to your choice
- theoretical lessons about the winter sports, new trends, equipment, service and waxing

Expected price: 3. 270 CZK

<u>What is included:</u> accommodation, food (half board – breakfasts and dinners), service tools and wax, **transport of your luggage and sport equipment** from parking lot in Rokytnice n. J. to the chalet

<u>Food:</u> breakfasts are prepared by ourselves, dinners are at near mountain hotel Dvoračky

Special dietary requirements must be notified at least one week before the course starts to the guarantor of the winter sport courses Mgr. Andrea Kovaříková.

Accommodation: multi-bedded rooms

Equipment: !!! You need your own skis and/or snowboard and/or corss-country skis!!!

Our departments offers a limited number of equipment for cross-country skiing and snowboarding at SC UK Hostivar, Bruslarska 10, Prague 10. Borrowing hours will be specified on our website during December. For borrowed material you will pay in advance: complete set (cross-country skis, poles, shoes) or snowboard incl. boots cost 300 CZK / week. Extra days are charged 50 CZK for each additional day.

<u>What to bring:</u> ISIC card, ID, health insurance card, medical supplies for mountain environment, sport equipment including helmet, headlamp for cross-country skiing or hiking, indoor shoes, etc.

All the students have to be registered for the course in SIS in advance! Enrolment will be checked at the start of the course.

If you have to cancel the course due to Covid-19 positive result, no cancellation fees will be charged and participants will receive a full refund. Other reasons (personal or health reasons) is subject to cancellation according to the terms and conditions published on our website.

In any case contact our secretary hana.hirsalova@lfmotol.cuni.cz as soon as vou can.