Brymore
experience to last a lifetime

Ski Trip 2025 - Folgarida

Saturday 13th - Saturday 20th December

SKIAREA CAMPIGLIO DOLOMITI DI BRENTA

WELCOME

This year a group of 48 boys and 8 staff are heading to the premiere Italian resort of Folgarida-Marilleva in the Val di Sole (sunshine valley) of the Brenta Dolomites, designated a UNESCO World Heritage Site, a mountain landscape of exceptional natural beauty. Folgarida-Marilleva was chosen for its excellent snow record, snow making and because it caters for all abilities, with plenty of easy sunny slopes for beginners and intermediates.

We look forward to seeing you outside the front of school, Brymore Academy, on Saturday 13th December at 2.45am.

If you are late, I am afraid we will not wait. In this extreme event please let Mr Ashton know ASAP on 07554 295977 and meet us, in Departures, at Birmingham Airport at 6am.

We will be staying at the:

Luna Wellness Hotel ****
Via dei Brenzi, 32 38025
Str. Dei Brenzi, 32,
Folgarida Dimaro (TN) Italy

Brymore
experience to last a lifetime

A few headline house-keeping matters first and foremost…

Please ensure that your passport and Global Health Insurance Card (GHIC UK) are lodged with Finance as soon as possible, they will be kept in the school safe until we depart.

GHICs are free, if you don't have one, details can be found on this website:

Applying for healthcare cover abroad (GHIC and EHIC) - NHS (www.nhs.uk)

We have fully comprehensive travel, snow sports and health insurance included, however previous experience tells us that these GHIC/EHIC cards often speed things along in MIUs or hospitals.

We need to ensure that a) we have everyone's passport and EHIC/GHIC, and b) we can double check that we have the correct passport, that it has not expired (we have been caught out at check-in on both counts in the past). These need to be handed into finance by 14th November please so that we do not have any last minute headaches on the day of departure.

Your passport, boarding card, GHIC and Brymore ID card (with your details and emergency contact numbers) will all be issued to you on the coach as we approach the airport. All contained in a transparent wallet, on a lanyard, that we suggest you keep around your neck as we transit airports, to minimise the risk of loss. (You may keep these documents in your jacket pocket, your carry-on bag or rucksack). Hopefully everything else you need to know is in this brochure…

Please read it carefully as it will make your life easier

We look forward to seeing you outside the front of school, Brymore Academy, Saturday 13th December at 2.45am

TRAVEL DETAILS

Breakfast and lunch on Saturday are not included, so students will require cash in Sterling and in Euros to buy breakfast (£15) and lunch (€15-20) at Birmingham airport and in motorway services in Italy; we will not be dining in the hotel until 8.30pm. Pocket money must be lodged with Mrs Warton-Browne before we depart but will not be available until we arrive in resort.

Our carriers Easyjet and Ryanair, unfortunately do not take cash, only card payment for in-flight snacks.

Outbound journey - Saturday 13th December 2025
2.45am - Arrive at Brymore (Please do not park in front of school - loading coach)
3.00am - Depart from Brymore
6.15am - Arrive at Birmingham Airport BHX
6.45am - Check-in EasyJet desk - for flight EJU948 to Milan Linate LIN
8.45am - Departure of flight EJU948 from BHX to LIN
11.40am (CET) - Arrive Milan Linate LIN, Italy (scheduled flight time is 2 hrs)
2.00pm (approx - new EES procedure at boarder control could take 2 hours)
Transfer to Folgarida, Italy by coach (including a comfort and lunch stop, Euros required - if you do have a couple of €1 or 50 cent coins, these are often needed to use the toilet)
6.30pm (approx) - Arrive Hotel Luna, Folgarida (allowing for comfort stop)
7.00pm - Check-in Hotel Luna, unpack and prep kit for the morning…
8.30pm - Dinner, briefing for the morning, resort 'orientation walk-about' if time
10.30pm - Bedtime and sleep… please!!!

Typically breakfast will be at 8.00am however, on our first morning breakfast will be super early at 7.00am to allow for ski-fit.

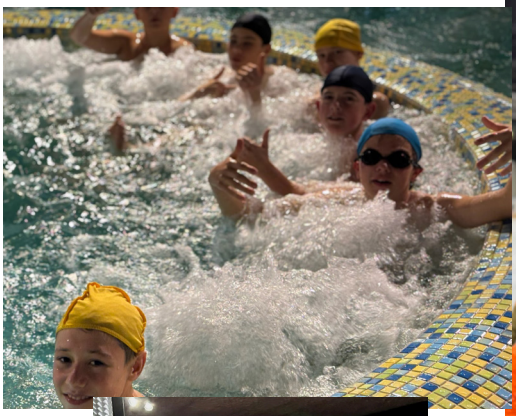
BAGGAGE ALLOWANCE
1 x Checked item up to 20 kg - maximum dimensions of 81cm x 119cm x 119cm
1 x Carry-on item up to 10 kg - hand luggage, a rucksack for example), with maximum dimensions of 40cm x 25cm x 20cm.

Batteries and any items that contain batteries must be packed in your hand-luggage and please ensure that your washbag (containing toiletries) is packed in your main/checked bag.

Return Journey - Saturday 20th December 2025

8.30am - Breakfast
9.30am - Load transfer coach
10.00am - Depart from hotel - coach transfer to Milan Bergamo, BGY
2.00pm - Arrive Milan Bergamo BGY, allowing for comfort stop
4.05pm - Departure of flight FR359 from BGY to BRS
(scheduled flight time is 2 hours 5 minutes)
5.10pm - Arrival of flight FR359 at Bristol Airport
6.00pm - Depart Bristol Airport for Brymore
7.00pm - Arrive Brymore

Boys will call / text you with an accurate ETA at Brymore once we are safely onboard our transfer coach. I will also keep Brymore's Facebook feed updated with our ETA. Please be considerate where you park at school as our transfer coach will need access.



TYPICAL DAILY ROUTINE

8.00am	Breakfast
8.45am	Meet with your group outside hotel – kit check
9.00am	Board Folgarida 1 gondola to 'Malghet Aut 1855'
9.20am	Ski-fit
9.50am	Meet ski instructors at ski school
10.00am	Ski school (2 hours)
12.00pm	Hot lunch at Chalet D'Angeli
(although lunch is included you may wish to bring cash for drinks / snacks)	
1.00pm	Ski school (2 hours)
3.00pm	Après ski social / arcade - share tales of the day's exploits!
4.00pm	Take gondola down to Folgarida 1300
4.30pm	Hotel: shower, change and chill
5.00pm	Boys bank – in reception
5.30pm	Swimming / free time / shopping (on offer most evenings, you choose)
7.00pm	Dinner followed by daily awards, briefing for the evening and the following day
8.15pm	Evening activities
10.00pm	Bed, lights out, sleep…

SKI INSTRUCTION

There are four hours of instruction per day (six days). Students can only ski under the supervision of the local ski school or Mr Ashton. PLEASE DO NOT ASK TO FREE SKI, HOWEVER COMPETENT YOU ARE! (our insurance does not cover you to ski/board without a qualified instructor)

APRÈS SKI ACTIVITIES

Cultural visit and gift shopping in the World Cup resort of Madonna di Campiglio / Ice skating at Malé / MaX-Factor / Karaoke / Pop Master / pizza night

YOU WILL NEED FOR THE SLOPES

Ski socks x 3 pairs (minimum)
Thermal underwear (optional)
Thin base and mid-layers
Sweatshirt or hoodie
Ski trousers or salopettes
Ski/boarding jacket
European travel adapter
Good sense of humour (essential)
Waterproof ski/board gloves
Ski goggles (UV protection)
Sunglasses (UV protection)
Sun cream (high factor – essential)
Lip sun block (essential)
Sturdy shoes/boots with grip
Swimwear and towel
See Ski Equipment Guide at the rear of this brochure

APRÉS SKI

You will also need to pack casual clothes for going out in the evening.
A head-torch would be useful but not essential.

IN THE HOTEL

Comfortable wear / Pyjamas / Blister plasters / Lip balm / Sliders
Toilet bag and contents (again, please pack in checked luggage NOT in carry-on).

CAMERAS / PHONES / TABLETS / iPODS

Make sure that phones, cameras, GoPros, MP3s, or similar are all named. If you take them, then please remember that it is your responsibility to keep them safe. We also recommend that you do not lend or swap your personal belongings with your friends; accidents do happen and this can cause distress and contention. Staff will not be held responsible for any damage incurred to expensive personal belongings taken on the trip. We cannot guarantee the safety of expensive items while away, whether in the hotel or otherwise. While away, we do not have the time to conduct investigations, as we might in school if damage occurs to personal belongings – it is your responsibility to keep your kit safe.

Look after your kit and your kit will look after you…
Confucius say

PLEASE DO NOT SEND YOUR SON WITH ANY AEROSOLS AS THEY WILL BE CONFISCATED AND DISPOSED OF DUE TO SOME STUDENTS WITH ASTHMA

Mountain range around Folgarida

POCKET MONEY

Recommended: Sterling: £30 - £50, Euros: €150 - €350, but this is age dependant and at the discretion of parents. Please bear in mind boys will need cash for meals on the outbound and inbound journeys. The boys do enjoy a bit of shopping along with gift buying. We have also found that they do get hungry in the evenings even though a hearty (often four-course) meal is provided. There are shops / pizza restaurants / take-aways in the village.

HIGHLY RECOMMENDED

If you would like us to look after your son's spending/pocket money, please hand this into Finance, in a clearly labelled envelope (receipt provided), before the end of term – some Sterling for the return journey and Euros for whilst we are away (sorry, but we will not accept this on the morning of our departure). Ms McFall will run a 'boys bank' every evening while we are away, so small denominations please.

RECOMMENDED WEBSITES & APPS

Brymore ski tour portal Brymore - Max Ski

Hotel's website: www.hotelluna.it/en

www.ski.it/en

Please download the app to you phone / home screen and register, here you will find maps, local weather conditions, live webcams and any resort information you may require…

RISK ASSESSMENT SUMMARY

• In all cases, clear instructions will be given
• Whilst away, boys will be given emergency mobile phone numbers of staff on an ID card with their name, school, photograph, hotel address and phone number
• On transfer coaches, boys must wear seat belts
• When taking part in any activity safety instructions will be given and MUST be followed
• When under remote supervision (i.e. in airports, service stations, restaurants, activity venues or while shopping), boys must stay in groups of between 3 and 5
• Crossing roads will be monitored by staff (unless under remote supervision), although boys will be expected to use their own road safety initiative
• At airports, boys are to remain with staff at all times unless otherwise instructed
• Whilst abroad, boys will be frequently reminded that traffic is on the opposite side of road to that in the UK
• On arrival at the accommodation emergency exits will be pointed out to the boys and an emergency evacuation is always practised
• Boys are not to enter other boy's rooms
• Under NO circumstances are boys allowed to enter the rooms of students from other schools
• Valuables must be kept out of sight and are brought on the trip at the total risk of the owner
• No climbing out of windows or across balconies - these are fire exits only
• Downtime activities will be supervised by school staff with appropriate behaviour expected
• At least one member of staff will be at a known rendezvous point when shopping
• When swimming: no running around the poolside, adhere to pool rules and the directions of pool staff and lifeguards – parental permission is required for boys to use facilities
• Always respect those around you
• Risk Assessments will be reviewed by Brymore staff on a daily basis and boys will be notified of any changes in advance of any relevant activities undertaken

CODE OF CONDUCT

We are a large group, so I anticipate that everyone will join in and support one another throughout the week – everyone will be part of a group of roughly eight or nine students, led by a member of staff and an experienced Year 11 student who will check that you are all present when transiting airports, check that you have your travel documents and also check every morning that you have correct kit (goggles, gloves, helmet), lift pass, GHIC etc.

Your explicit co-operation is a basic expectation if we are all to have a good time.

PLEASE READ CAREFULLY:

EXPECTATIONS

• Boys will be expected to follow Brymore's usual code of conduct - standard school sanctions will apply on return if any school rule is not followed

Apologies for listing contraband items below however, we have found being explicit from the outset minimises issues throughout the week

• Taking and the participating in the use of alcohol and/or other substances, including smoking or vaping is strictly prohibited and will be sanctioned – this is non-negotiable
• Bringing, purchasing and carrying dangerous items, such as knives is prohibited
• Purchasing knives, cigarettes, e-cigarettes, vapes, matches, lighters, alcohol, fireworks or bangers is strictly prohibited – this would result in a student being removed from all activities, parents informed and potentially being flown home at parental expense
• Should a member of the party place either themselves or other members of the group at risk, staff reserve the right to remove the individual from some or all remaining activities, including the remainder of their ski / board tuition

Not adhering to any of the above expectations (especially if an individual puts the safety or wellbeing of the party or their group at risk) could lead to staff making arrangements for an individual to be flown home at parental expense.

Mr McHale is aware I have reluctantly had to do this in the past.
I have his full support with this sanction.

Ian Ashton – Ski Party Leader

Val di Sole

OTHER THINGS TO REMEMBER ON THE SLOPES

ALWAYS wear ski goggles or sunglasses on the slopes – blindness is a real consequence

ALWAYS wear a helmet, gloves and carry a hat with you

ALWAYS wear lip block and sun cream – sunburn is painful and a serious concern every year and can prevent you from skiing the following day

NEVER go to the mountain without your jacket, helmet, hat, eyewear, gloves, sun cream and lip block

NEVER go to the mountains without your lift pass, GHIC and your emergency contacts ID card

REMEMBER that the greatest threats to your well-being are:

- Lack of food (eat your meals)
- Altitude and cold (wrap up warmly)
- Tiredness (midnight feasts are not the answer)
- Cold, fatigue and altitude all lead to grumpiness!
- Challenging ourselves, steep slopes and new techniques all require concentration but ultimately lead to good fun and a sense of achievement

SMILE – it makes your skis turn parallel

LAUGH – it makes your skis run faster

BEND THE KNEES – it makes the rest of us laugh

AND FINALLY…
We have trophies for Expert Skier, Best Beginner, Ashton Beanie Award, individual and team prizes for MaX-Factor, Pop Master, Brymore Boy of the Week, Gentleman Jim along with daily fun awards for Muppet and Wipeout of the day.

INTERNATIONAL SKI FEDERATION - RULES FOR THE CONDUCT OF SKIERS AND SNOWBOARDERS - 'THE SKI CODE'

The FIS rules apply to all Skiers and Snowboarders. The Skier or Snowboarder is obliged to be familiar with and to respect them. Skiing and Snowboarding like all sports entail risks.

1. Respect for others: Skiers and snowboarders must behave in such a way that they do not endanger or prejudice others. Skiers and snowboarders are responsible not only for their own behaviour but also for defective equipment.
2. Control of speed: Skiers and snowboarders must move in control. They must adapt their speed and manner of skiing or boarding to their personal ability and prevailing conditions of terrain, snow & weather as well as to the density of traffic.
3. Choice of route: Skiers and boarders must choose their route in such a way that they do not endanger other skiers or boarders. The skier or snowboarder in front has priority.
4. Overtaking: Skiers or boarders may overtake another provided that they leave enough space for the overtaken skier or boarder to make any voluntary or involuntary movement.
5. Entering: Starting and moving, a skier or boarder entering a marked run, starting after stopping or moving upwards on the slopes must look up and down the slopes that they can do so without endangering themselves or others.
6. Stopping: Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted, after a fall in such a place, a skier or snowboarder must move clear of the piste as soon as possible, one must not stop in narrow places or where it is difficult to be seen from above.
7. Climbing, descending and walking on a piste: On foot a skier or boarder either climbing or descending on foot must keep to the side of the piste. moving against the general direction poses unexpected obstacles for other skiers and boarders. Footprints damage the piste and can cause danger to skiers and boarders
8. Respect for signs: Respect for signs and markings, a skier or boarder must respect all signs and markings.
9. Assistance at accidents: Every skier or snowboarder is duty bound to assist.
10. Identification: Every skier or snowboard is a witness, whether a responsible party or not, must exchange names and address following an accident witnessed.

SKI EQUIPMENT GUIDE

In addition to the kit list, I have been asked various questions over the years regarding what to expect and pack. The following gives anyone who has not visited a mountain area in winter an idea of what to expect and pack depending upon how prepared you like to be. So although not exhaustive the following should prepare you as our departure draws near.

The alpine environment is notoriously changeable in terms of weather conditions, temperatures and visibility. These variable conditions can swing like a pendulum over the course of just one day; a sunny, promising start can rapidly change into severe drops in temperature accompanied by a white-out, especially at high altitudes. Fortunately, advanced weather forecasts, smartphone apps and local knowledge can keep us abreast of what the weather might be doing, so prior preparation in terms of planning and packing should keep most people out of clothing-trouble! However, for the novice skier, exactly what to pack and why can seem like a bit of mystery, thus potentially exposing them to risks such as sunburn, eye damage, over-heating, exhaustion or hypothermia.

The aim of this guide and packing checklist is to attempt to de-mystify some of the whys and wherefores of the equipment needed for skiing, in order to prevent anyone being 'caught out' or ill-informed of the potential effects of what is an inherently hazardous environment. Some carefully chosen, functional equipment can significantly reduce any risks, and maximise comfort and enjoyment!

ESSENTIALS - why?

OUTER JACKET

Skiing is an energetic sport which is practised in a range of weather conditions. Consequently, the ideal ski clothing should be adaptable, breathable, waterproof, windproof, functional and durable. During energetic sports, the body releases large amounts of fluid, which in non-breathable garments, collects as moisture. When the ambient temperature drops, the moisture cools the garment and the skin, making the wearer cold and uncomfortable, and as a result, more at risk from hypothermia. Breathable garments, however, allow moisture to pass through the outer shell into the atmosphere and as a result the wearer remains dry and warm.

The choice is wide and varied these days, so it really is a personal preference as to whether you choose baggy trousers with multiple pockets and belt loops, or skintight racing salopettes! A key feature to look out for is at the bottom of the leg. Make sure the bottoms are wide enough to be worn over ski or snow boots, and that there is an internal snow skirt, which will stop excessive amounts of snow disappearing down into your ski boots. The key thing is NOT to wear jeans or any other kind of heavy canvas material. These will soon get wet, heavy and uncomfortable, causing your enjoyment of the slopes to fast ebb away. Adaptable clothing systems allow the weight of the item to be adjusted according to the conditions. Jackets with zipped ventilation and removable fleece linings are one such example of this. Whilst good quality outdoor jackets can accommodate many of the requirements of skiing, specifically designed ones include the minimal ideal features, plus a few skiing extras!

SALOPETTES OR TROUSERS?

As with your outer jacket, trousers and salopettes should be both weatherproof and breathable. Salopettes generally differ from trousers in that they have a high back and braces, a feature which provides superior warmth and protection over trousers, as they don't allow as much snow or cold air in if you plan on falling over a lot!

SOCKS

This is the little, but mighty piece of clothing to try and get right before heading onto the slopes. It is, without doubt, worth investing in at least a couple of pairs of technical ski socks, that are properly built for the job. Ski boots are uncomfortable at the best of times, so if your socks are all wrong, then this only compounds the problem.

Long, knee-length, ski-specific socks are designed to protect your shins from the pressure of the ski boots, which is where you should feel the pressure if your legs are in the correct position. If you choose to take long football socks instead (for example), the ribbed nature of them can cause pressure points, hot spots and blisters, so are clearly best avoided. Short socks will cut off at the wrong point within the boot and cause similar issues. It is not necessary to wear two pairs of socks when skiing; the extra layer could cause chafing and blistering, and they should not be worn over undergarments such as thick tights or thermal long johns for the same reason.

BASE LAYERS

As conditions in the mountains can be variable, it is always a good idea to dress with a few thinner base layers, rather than one or two thicker layers as this will enable a comfortable core temperature to be achieved by varying the number of layers you are wearing. Base layers include items such as thermal vests, micro-fleeces, polo necks, thin woollen (Merino wool is fantastic) jumpers. All these base layers should be breathable or have good moisture wicking properties.

GLOVES/MITTENS

Gloves and/or mittens are an essential item, not only to protect the hands from the extremes of temperature, but also from the sharp steel edges of skis and snowboards when carrying them, the cold bars of chairlifts and also the dreaded snowburn, if you fall over! Where possible, choose a breathable, waterproof glove or mitten, as the extremities of the body are susceptible to cold, particularly if they are damp through perspiration or through being waterlogged. Most gloves/mittens designed specifically for snowsports will come with an adjustable wristband to close the cuff for increased warmth, and reinforcement of its features.

GOGGLES

Firstly, if you are in the position where you have to choose between either goggles or sunglasses, then we recommend you choose goggles. Either way, you MUST have some eye protection; the sun's UV rays bouncing off white snow in alpine environments is far more extreme than under normal conditions. Goggles will also provide superior protection against poor conditions, such as when you get caught in a blizzard or white-out, when the wind is up or when the light is flat.Goggles often come with various features, such as interchangeable lenses, double anti-fog lenses, vents and of course, various price tags. Interchangeable lenses are a good idea, as it allows you to adjust your goggles according to the prevailing light conditions, allowing you to see the contours of the snow better. However, for many, this is just too much of a hassle, so a safe bet is to pick a pair with an orange coloured lens as this will provide you with the best average, overall, all-round visibility for the majority of conditions. For those that wear glasses, an oversize frame called an OTG (Over The Glasses) is available. The goggle frames provide enough internal volume to accommodate most styles of optical glasses allowing the goggle to be worn over normal glasses.

SUNGLASSES

Sunglasses are a good alternative to goggles, and if you can afford to have both, then take both with you. Eyes can be easily damaged if eye protection is not worn in snowy alpine conditions, and in extreme circumstances can cause snow blindness. Sunglasses with both 100% UVA and UVB protection are needed ideally, and sunglasses with polarized lenses even better. A close fitting, or flexible frame will be most useful as when they are dropped or impacted as a result of a fall, they will be less likely to break or cause injury.

SUNSCREEN/LIP PROTECTION

This is maybe not the first thing that springs to mind when packing for a winter holiday, however, even when the sun is not visible, its harmful rays can do some considerable damage at altitude, so be sure to take some! Suncreams are available in a range of Sun Protection Factors (SPF) and you should choose one which is best suited to your skin type, however we recommend selecting at least SPF 30, and preferably one suited to sporting activities which tend to be sweat resistant. A lip balm containing SPF is also an excellent idea, especially for those prone to cold sores.

EMERGENCY CONTACTS

Brymore Academy Staff ITALY :
Mr I Ashton – 07554 295977 ITALY – Ski Party Leader
Mr T Lines - 07570 310201 ITALY – Medic

Additional staff on trip:
Mrs J Taylor-Lane
Ms V McFall
Mr N Dickinson
Mr H Orr
Mr S Western
Lady L Warren (volunteer)

Brymore Academy Staff UK :
Mr S McHale 07386 953063

Insurance: Zurich Travel Assistance 24-hour helpline
Tel: +44 (0)1489 869 888
www.zurich.co.uk/travelassistance
Policyholder: Brymore Academy Incorporating Brymore Trading Subsidiary

In the event of an incident or accident, the boys will have an ID card on them, which will include emergency numbers for Italy, designated staff contacts and the 24hr Travel Assistance number. They will be briefed by Brymore staff as to what to do in this regard and parents will be informed in such circumstances as soon as practicable.

Brymore

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