



Adaptive Adventures
5th Annual Vail All Mountain Camp
January 31 – February 3, 2007



Tentative Itinerary

(Activities and Times Subject to Change)

Cell Numbers: Joel - 312.310.2770 * * Matt -303.910.9831

Tuesday, January 30

Arrive in Vail

3:30 p.m. - Fit equipment for all monoskiers at Gold Peak

7:00 p.m. Informal Group meeting at the Roost Lodge

Wednesday, January 31

8:10 a.m. Shuttle Pick-up going from The Roost to Golden Peak

8:00 - 9:00 a.m. Meet at Golden Peak Base Area / Registration and Set-up

9:00 - 9:30 a.m. Introduce Group / Plan for the Day / Assign Groups

9:30 a.m. - Noon On-snow warm-up

10:00 - 3:00 p.m. Video arena open to "Adaptive Adventures" - Black Forest Area

Noon - 1:00 p.m. Lunch on your own

1:00 - 3:30 p.m. On-snow instruction

3:30 – 4:45 p.m. Video Review and Pizza Party – Downstairs at Golden Peak

5:00 p.m. Shuttle Pick-up from Golden Peak to Roost Lodge

Thursday, February 1

8:10 a.m. Shuttle Pick-up going from The Roost to Golden Peak

8:00 - 9:00 a.m. Meet at Golden Peak Base Area / Set-up / Plan for the Day

Assign Groups

9:00 a.m. - Noon On-snow instruction

Noon - 1:00 p.m. Lunch on your own

1:00 - 3:30 p.m. On-snow instruction and Free Skiing

3:30 p.m. Shuttle Pick-up from Golden Peak to Roost Lodge

4:30 - 6:00 p.m. Video Review and Après Ski - Informal – Roost Lodge

Friday, February 2

8:10 a.m. Shuttle Pick-up going from The Roost to Golden Peak

8:00 - 9:00 a.m. Meet at Golden Peak Base Area

9:00 - 9:30 a.m. Introduce Group / Plan for the Day / Assign Groups

9:30 a.m. - Noon On-snow instruction

10:00 - 3:00 p.m. Video arena open to "Adaptive Adventures" - Black Forest Area

Noon - 1:00 p.m. Lunch on your own

1:00 - 2:30 p.m. Level 1 Race - Black Forest Race Arena

3:15 p.m. Race Awards Ceremony

3:30 p.m. Shuttle Pick-up from Golden Peak to Roost Lodge

6:30 - 9:00 p.m. Group Dinner Party Group Party at the Colorado Ski Museum – Main Parking Structure

Shuttle available (Leaves Roost @ 6:15 PM return @ 9:30 p.m.) or town bus

Saturday, February 3

8:10 a.m. Shuttle Pick-up going from The Roost to Golden Peak

8:30 - 9:00 a.m. Meet at Golden Peak Base Area / Set-up / Plan for the Day

Assign Groups

9:00 a.m. - 1:00 p.m. On-snow instruction

Noon - 1:00 p.m. - Lunch

1:00 - 3:30 p.m. Free Skiing

3:30 p.m. Shuttle Pick-up from Golden Peak to Roost Lodge

Groups each day will be divided by skier ability and desired goals.