



# #SHADESOFWINTER CAMPS 2024

# CONNECT, INSPIRE & EMPOWER

#shadesofwinter Camps by Sandra Lahnsteiner-Wagner

Location: GASTEIN - Austria

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## SIGNATURE FREERIDE CAMP

1st - 4th FEBRUARY 2024

## FREERIDE TOURING CAMP

29th FEBRUARY - 3rd MARCH 2024

The #shadesofwinter CAMPS connect girls and women from all over the world with like-minded women who share the same passion for skiing. The camps are a true source of empowerment for new adventures on and off the mountains.

Learn from the best! The camps, hosted by pro skier, ski guide, filmmaker and founder of Shades of Winter Sandra Lahnsteiner-Wagner are coached & guided Sandra herself and her inspirational team of leading female athletes and ski guides. The coaches are certified ski guides and have a broad range of experiences in the mountains, from being an athlete to years of guiding and coaching and outstanding mountain adventures all over the world. These women live to share and empower others and will create a remarkable experience in the mountains of Gastein for you.

The goal is to connect you with women who love skiing as much as you do, to help you to improve your ski technique in the backcountry, to support you to become more self-confident when it comes to decision making and gain more knowledge in terms of avalanche safety. The coaches will support you to drop your first cliffs and to simply be a happier, better skier when leaving the camp. You will have tons of FUN among other outdoor passionate girls and women.



# OUR CAMP SET-UP

## #SHADESOFWINTERCAMPS 2024

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### FREERIDE HOT SPOT GASTEIN

The Gastein valley with its 4 different ski resorts - and among those, the highest non-glaciated ski resort within the Salzburgerland, is a paradise for freeride skiers, right at the doorsteps of the Nationalpark Hohe Tauern.

Surrounded by 3000m peaks, Gastein offers a great variety and easily accessible freeride terrain. Playful enough to enjoy the powder to the max and with great opportunities to push your comfort zone in big mountain terrain – something Sandra and her team loves to do – to support women to expand their playground and possibilities within freeride skiing.



### SAFETY FIRST - AVALANCHE SAFETY WORKSHOP

Freeride skiing is fun, and we love it to the moon and back. But skiing off-piste does also come with risks. We will talk about it, we will look at the avalanche reports together, we will help you to improve and boost your knowledge, so you are prepared to use your avalanche emergency equipment in case of an avalanche and also to be able to teach your friends back home how to use beacon, shovel and probe and how to safely max out a good powder day.

### ACCOMODATION PARTNERS

During our CAMPS in 2024 we will once again stay at the lovely Hotel Blü in Bad Gastein. This new hotel is known for its fresh and hipster approach and could easily be located right in the middle of Stockholm just as well. We are glad it's right in the middle of the village of Bad Hofgastein with great views into the mountains.

# COACHES

## #SHADESOFWINTERCAMPS 2024

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### SANDRA

Lead by an entrepreneurial mindset, driven by her passion for skiing and the outdoors, a curiosity for creating new paths, and a dedication to manage new challenges - Sandra masters wearing different hats as a professional skier, filmmaker, mental coach, speaker, ski guide and founder of Shades of Winter and the Mountain Women's Talk.

I'M PASSIONATE TO SKI WITH OTHER WOMEN: "Since more than 10 years I'm hosting and coaching Freeride Camps for women. I love to share my love for skiing, and it makes me incredible happy to see all the smiles a day of skiing powder in the mountains together creates."



### CLAUDIA

Claudia Kohler is new to the #shadesofwinter family – but not at all new to coaching, let alone skiing. The former alpine ski racer works as an alpine ski racing coach in a school in Montafon and can be found skiing, climbing and ski touring whenever possible. She fell in love with Gastein and its enormous potential for freeriding and touring while visiting Sandra and now can't wait to show you some of her favorite runs in the valley. She'll be guiding the new FREE(ride) touring camp together with Sandra.



### SABINE

Sabine Schipflinger is coaching #shadesofwinter camps since many years now. She spreads her energy, knowledge, and love for skiing in such an energetic and inspiring and joyful way. This year she'll guide and coach the Signature Freeride Camp in Gastein together with Sandra and can't wait to help YOU to jump your first cliffs and become a better skier! With Sabine's help you'll find the biggest powder smile ever on your face.



# #shadesofwinter SIGNATURE FREERIDE CAMP

01. - 04.02.2024 BAD GASTEIN

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## SKI - EAT - SLEEP - REPEAT

During the SIGNATURE FREERIDE CAMP we will ski as much (pow) as we can. You will improve your ski technique in the backcountry, become more self-confident when it comes to decision making, gain more knowledge in terms of avalanche safety, drop your first cliffs and simply be a happier, better skier when you leave the camp. You will have lots of FUN among other outdoor passionate girls and women.

## WHAT'S INCLUDED IN THE TOTAL CAMP PRICE OF EUR 1199,00

- 3x nights with half board in a double room\*\* at Hotel Blü in Bad Gastein (drinks not included)
- take-away lunch snack from the breakfast buffet
- 2x afternoon snacks at Hotel Blü (drinks not included)
- 3-day lift pass for all Gastein ski resorts
- 3 days guiding & coaching by Sandra & her team
- avalanche safety workshop
- Freeride skis to test from FISCHER
- helmets & goggles to test from ALPINA SPORTS
- avalanche backpacks to test from EVOC
- Goodie Bag filled with cool stuff from our partners
- and since a photographer will join us - you'll take home some of your best memories captured on camera!



## PARTICIPATION REQUIREMENTS

Sign up for the #shadesofwinter SIGNATURE FREERIDE CAMP if you have experience in off-piste skiing and freeriding in different terrain and want to learn more, get better and send some first cliff drops.

If you have no backcountry experience BUT you call yourself a sporty and solid skier on black slopes, your mind and body is ready for something new and the only reason you haven't been skiing in the backcountry yet is not having the right community around you - then you should sign up as well!

Get your squats done girls, train your core and maybe add some endurance sessions to your schedule the next weeks – getting up after falling over in powder is more fun when your body supports you and we might add some short boot packing missions to our freeride adventure in Gastein. Still unsure about it? Don't hesitate to contact Sandra directly [sandra@shades.plus](mailto:sandra@shades.plus)

# #shadesofwinter SIGNATURE FREERIDE CAMP

01. - 04.02.2024 BAD GASTEIN

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## PROGRAM: (\*program may be changed shortly due to weather conditions)

### MEET & GREET

Thursday, 1st February 2024:

- individual arrival in the afternoon, check-in our hotel from 4pm Hotel Blü, Bad Gastein
- 6.30pm Meet & Greet in Hotel Lobby
- about 7.30pm enjoying dinner together at the hotel
- selecting and adjusting our freeride test skis, so we are ready to go in the morning

### GROUNDHOG DAYS

Following a rich breakfast at our hotel, the together check of the avalanche and weather report we will, suited to the daily conditions, go to one of the ski resorts in the Gastein valley.

Whether we'll stop at a mountain hut for lunch (not included) or just find a sunny spot where we can snack something from the breakfast buffet – we'll just decide together in the group. Once we come back to the hotel in the afternoon we'll get spoiled with some sweet and sour snacks at the hotel. Following some relax time at the hotel, some mingling with like-minded women from the camp we'll get to enjoy the delicious dinner (that also fits vegetarian!) at the hotel

### CHASE POW, SMILES AND GET INSPIRED

Friday, 2nd February 2024 und Saturday 3rd February 2024:

- 7am-ish breakfast & preparing individual lunch snacks directly from the buffet
- freeriding and chasing pow in one of the ski resorts in Gastein
- avalanche safety workshop either on Friday or Saturday, based on weather and snow conditions
- back at the hotel: afternoon snacks, yoga (depends on the schedule of the hotel) sauna, get-together time, relax
- around 7.30pm dinner time, enjoy the Alpine Fusion Cuisine at Hotel Blü
- Inspirational talks & daily reflections

### ENJOY SKIING, BE PROUD, LEAVE WITH NEW FFF\* IN YOUR CONTACTS

Sunday, 4th January 2024:

- brekkie 7am & lunch prep
- daily avalanche report
- we'll make it another best day out skiing in Gastein
- around 1.30 / 2pm lunch at a ski hut in Gastein (not included in the camp price)
- around 2.30 / 3pm DONE deal & Good Bye

\*female freeride friends ;-)



# #shadesofwinter FREERIDE TOURING CAMP

29.02. - 03.03.2024 BAD GASTEIN

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The first #shadesofwinter FREE(ride) TOURING CAMP in February in Gastein connects girls and women from all over the world who want to ski some great and new lines in the Gastein valley and experience a good backcountry adventure. We will use the ski lifts in the ski resorts of Gastein. But once somewhere at and near the top, we will unpack our skins, change our bindings to hiking mode and tour up to that one ridge to ski off the backside, hike up to that other peak to ski that line that looks amazing and get back up from the other side to end up somewhere near or in the ski resort to simple do it again - what we call FREE(ride) TOURING. We might hike up to 800meter per day, maybe in one push, maybe we do 2 hikes with 400m ... based on snow and weather conditions and the avalanche situation. We will run an avalanche workshop to make sure we get even better with our emergency equipment and most important – we will create smiles and laughs within our mountain women community.

## WHAT'S INCLUDED IN THE TOTAL CAMP PRICE OF EUR 1199,00

- 3x nights with half board in a double room\*\* at Hotel Blü in Bad Hofgastein (drinks not included)
- lunch snack from the breakfast buffet
- 3-day lift pass for all Gastein ski resorts
- 3 days guiding & coaching
- Avalanche safety workshop
- helmets & goggles to test from ALPINA SPORTS
- avalanche backpacks to test from EVOC
- skins to test from CONTOUR
- freeride touring skit to test from FISCHER
- Goodie Bag filled with cool stuff from our partners
- and since a photographer will join us - you'll take home some of your best memories captured on camera!

## PARTICIPATION REQUIREMENTS

Sign up for the #shadesofwinter FREE(ride) TOURING CAMP if you have experience in skiing off-piste in different terrain and want to learn more, get better and are motivated to earn your turns, hike for lines, experience an adventure in and around the ski resorts in Gastein.

Get your squats done girls, train your core and add some endurance sessions to your schedule the next weeks – we'll hike up 400 to 800m a day and since we have 3 amazing days in a row: imagine if Sunday was the best day ever but your body complains? 😊

Still unsure about it? Don't hesitate to contact me directly [sandra@shades.plus](mailto:sandra@shades.plus)



# #shadesofwinter FREERIDE TOURING CAMP

29.02. - 03.03.2024 BAD GASTEIN

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## PROGRAM: (\*program may be changed shortly due to weather conditions)

### MEET & GREET

Thursday, 29th February 2024:

- individual arrival in the afternoon, check-in our hotel from 4pm Hotel Blü in Bad Hofgastein
- 6.30pm Meet & Greet in Hotel Lobby
- around 7.30pm dinner at the hotel

### GROUNDHOG DAYS

Following a rich breakfast at our hotel, the together check of the avalanche and weather report we will, suited to the daily conditions, go to one of the ski resorts in the Gastein valley, take the gondola up to the mountains to ski, hike, repeat. We will use the lifts and additionally may hike up to 800meter per day.

Whether we'll stop at a mountain hut for lunch (not included) or just find a sunny spot where we can snack something from the breakfast buffet – we'll just decide together in the group. Following some relax time at the hotel, some mingling with like-minded women from the camp we'll enjoy the delicious dinner (that also fits vegetarian!) at the hotel.

### CHASE POW, SMILES AND GET INSPIRED

Friday, 1st March 2024 and Saturday 2nd March 2024:

- from 7:30a.m. international breakfast & preparing lunch packages from the buffet
- weather check and tour planning for the day
- exploring the Gastein Mountains: lift - ski - hike - ski - repeat
- avalanche safety workshop either on Friday or Saturday, based on weather and snow conditions
- back at the hotel: enjoy the rooftop spa, yoga (depends on the schedule of the hotel), get-together time, relax
- around 7.30pm time for dinner
- inspirational talks & daily reflections

### ENJOY SKIING, BE PROUD, LEAVE WITH NEW FFF\* IN YOUR CONTACTS

Sunday, 3rd March 2024:

- brekkie 7:30am & lunch prep
- weather check and tour planning for the day
- lift - ski - hike - ski - repeat
- about 1.30pm lunch at a ski hut in Gastein (not included in the camp price)
- about 2.30pm DONE deal & Good Bye

\*female freeride friends ;-)



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# #shadesofwinter CAMPS 2024

## GENERAL INFORMATION

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### WHAT TO BRING

Even though we have plenty of great gear to test from our partners, please make sure to bring your own freeride skis (with mandatory touring binding and skins for the free(ride touring camp!!), poles, ski boots, ski clothing and full equipment for backcountry skiing: helmet, backpack with shovel and probe, avalanche transceiver and of course plenty of motivation and excitement for brilliant days of our free(ride) touring days in Gastein.

### BOOKING AND PAYMENT TERMS

Please fill out the registration form completely and send it to [sandra@shades.plus](mailto:sandra@shades.plus) A confirmation of registration including an invoice will then follow via e-mail. The full camp amount is due 10 days after receipt of the invoice. With the transfer, your camp spot is guaranteed.

I'm excited to welcome you at the Shades of Winter #shadesofwinter Camp in Gastein!

### COVID-19 PROTECTION MEASURES AND TRAVEL REQUIREMENTS

Arrivals to Austria currently do NOT need "3-G" proof (vaccinated/recovered or tested). We reserve the right to adapt the changes to the legal regulations and will update you, if there will be new regulations. For more information find the [Entry Regulations for Austria](#).

At the moment there are no special requirements to use lifts in the ski resorts or at hotels and restaurants.

### CANCELLATION POLICY AND PROTECTION

It is recommended to take out private travel cancellation insurance because up to 100% of the camp fee can be withheld, depending on the time of a possible cancellation.

Non-binding recommendations: [Europäische Reiseversicherung](#) or [UNIQA](#).

### CANCELLATION FEES (general Austrian travel conditions ARB 1992)

- Until the 40th day before the start of the journey, 10% of the travel price can be charged.
- From the 39th to the 15th day before the start of the journey, 50% of the travel price can be charged.
- From the 14th to the 4th day before the start of the journey, 80% of the travel price can be charged.
- From the 3rd day before the start of the journey, the entire travel price can be retained.



# #shadesofwinter CAMPS 2024

## GENERAL INFORMATION

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### COVID-19 – MONEY BACK GUARANTEE

If the SHADES OF WINTER FREERIDE or TOURING CAMP IN GASTEIN cannot be held due to official regulations, the participants (according to package tour law) will receive the whole participation fee back. Alternatively, the participation fee can be used for another event by shades.plus or Sandra Lahnsteiner or issued as a voucher.

This also applies if arrival is not possible due to border closures in the final destination country, in this case Austria. All travel expenses such as train tickets, flights or rental cars will not be reimbursed by shades.plus GmbH, but must be arranged with the respective company.

### MINIMUM NUMBER OF PARTICIPANTS

If the minimum number of 6 participants is not reached, the organizer can cancel the event up to 21 days before it begins (withdrawal from the contract). In this case, the participant will be refunded the payments made for the participation fee immediately, but in any case, within 14 days after the withdrawal. The organizer will inform the participants promptly if it becomes clear at an earlier point in time that the minimum number of participants cannot be reached.

### REGISTRATION – BOOKING – PAYMENT

Registration for the Shades of Winter Camps takes place exclusively via the booking form by e-mail. Payment is then made after the invoice has been sent. The information in the registration form must be filled out completely and truthfully by the participant. Once the booking has been completed, the participant will receive a confirmation of receipt of the registration by email from the organizer. A binding contract for participation in the event is concluded when the participant receives the acceptance of the contract offer declared by the organizer. Upon or immediately after the conclusion of the contract, the organizer will provide the participant with the confirmation of participation.

### RESPONSIBILITIES AND RISKS

Practicing outdoor sports brings a lot of fun, but also risks. So please respect your personal scope while adventuring in the mountains. Pay attention of staying in a good healthy and sportive condition while joining the camp. We will guide you through the backyards in a safety way – so please follow our instructions. You are the ultimate responsible for your action. |

### YOUR CONTACT FOR ALL YOUR QUESTIONS AND NEEDS

Sandra Lahnsteiner-Wagner  
+43 664 35 29 335  
sandra@shades.plus



# #shadesofwinter CAMPS 2024

## FAQs

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### **How do I know if my skiing skills are good enough to participate in the #shadesofwinter SIGNATURE FREERIDE CAMP?**

You should have some experience in off-piste skiing and if that's not the case - you should be a really sporty skier on black slopes. Please also see details at camp participation requirements. If you are unsure, you can also send a video of you skiing to Sandra via whatsapp.

### **What kind of fitness level do I need to be for the #shadesofwinter FREE(RIDE) TOURING CAMP?**

We will take advantage of the lifts in the ski resorts but since we are aiming for some freeride lines off the main stream, we will hike an altitude of 400 – 800meters per day, in one push or in two different hikes, depending on location and conditions. And since we have 3 amazing days, make sure to be fit enough to enjoy the 3rd day just as well – imagine it's THE best day ever ;-)

### **Which skills do I need to jump off a cliff?**

Visualize a chair in your office, or your office desk. And now imagine it's a perfect powder day with great snow in your office and you are standing in ski boots and skis on your desk. And now imagine it's not a flat hard floor like in your office but a soft powder landing with some good landing angulation. And now imagine you've your #shadesofwinter coaches right next to you who explain and show you what to do – will you jump? We believe you will – and you might even send it of higher than your office desk, let's talk about a bar... ;-)

### **What will the weather be like, what kind of clothes should I take?**

The ski resort goes up to 2600m, and we could be pretty exposed to the wind. Be prepared for everything – from a perfect bluebird powder day to a stormy winter day. Layers are always the best option and since we are wearing backpacks, that extra down liner is super light but might be super warm.

### **Who will lead the tours and the various programs?**

The #shadesofwinter camps and its daily programs are run by Sandra Lahnsteiner-Wagner and Sabine Schipflinger (Signature Freeride Camp) and Claudia Kohler (Free(ride) Touring Camp). All of them are state certified ski instructors and ski guides. We reserve the right to exchange the guides if needed.

### **What kind of equipment do I need?**

Freeride or Freeride Touring equipment (depending the camp), helmet, appropriate ski clothing, basic avalanche safety kit (transceiver, probe, shovel). We recommend skis with a width in the middle of 95mm to 110mm.

### **Is it a problem, if I want to come alone?**

Not at all. 85-95% of the participating women come without knowing anyone prior to the #shadesofwinter camps, but you can be sure to make new friends in a second! Our package includes 3 nights in a double room and Sandra usually has a great intuition to find matching room buddies, but if you don't want to be paired with another woman, you can ask for single bedroom. Additional fees will apply and we can't guarantee availability but will do our best to support your needs. Please let us know in the booking form.

### **How much pocket money will I need?**

If it's a really good powder day and good weather, we might not even stop for lunch at a hut but maybe just snack our lunch bites we took from the breakfast. So maybe we'll stop for a coffee, or grab a soup at a mountain hut if we are cold, we'll decide within the group on Friday and Saturday. Back at the hotel after skiing you could spend some money for more coffee or even celebrate your day with an Apres' ski drink. And then of course there is dinner (which is included as well as breakfast) but maybe you deserve a good glass of wine? Other than that, there won't be too much time and possibilities to spend your money (we think) ;-)

### **What kind of insurance should I take out?**

Please make sure, you do have a corresponding health, accident and liability insurance! Please choose an insurance which expands for off-piste skiing and is valid in Austria. For traveling we recommend [Europäische Reiseversicherung](#) or [UNIQA](#). (non binding recommendations!)

