

Dear Coach,

Welcome to Pre-Season Nordic Training at Panorama Mountain Resort!

Training will start on November 15<sup>th</sup> (please note this date is weather dependent) and will be available for training until the Nordic Center opens or until December 7<sup>th</sup>. The mountain opens to the general public on Friday December 8<sup>th</sup>.

Teams will ride the Mile One Quad and the Champagne Chair up to the beginning of the track. Teams must download both chairlifts to the base of the mountain. The chairlift will run from 8:00am and the last download will be at 3:30pm.

Training and tickets must be organized and confirmed ahead of time with the Racing & Competitions team. Please see the contact details listed below. You will not be able to purchase lift tickets the day of.

The following pages outline details of lodging, ticket pricing, training blocks, meal plans and extras. We look forward to welcoming your team to Panorama!

Sincerely,

Amy Green  
Racing and Competitions Coordinator  
Panorama Mountain Resort  
Phone: 250-341-3031  
[amy.green@panoramaresort.com](mailto:amy.green@panoramaresort.com)

## Lodging

November 15 – December 7, 2017.

### Upper Village Condos – Tamarack & Ski Tip

Unit Type	Common Bed Configurations	Occupancy	Book by Sept 15	Book by Nov 15	Book after Nov 15
Studio	Queen, pull-out sofa	Four	\$127.40	\$147.00	\$166.60
One Bedroom	Split king, pull-out sofa	Four	\$148.85	\$171.75	\$194.65
Two Bedroom	Split king, queen or 2 singles, pull-out	Six	\$215.15	\$248.25	\$281.35

### Upper Village Condos - Taynton, Panorama Springs, Summit, & 1000 Peaks

Unit Type	Common Bed Configurations	Occupancy	Book by Sept 15	Book by Nov 15	Book after Nov 15
Studio	Queen, pull-out sofa	Four	\$142.35	\$164.25	\$186.15
One Bedroom	Split king, pull-out sofa	Four	\$167.70	\$193.50	\$219.30
Two Bedroom	Split king, queen or 2 singles, pull-out	Six	\$244.40	\$282.00	\$319.60
Three Bedroom	Split king, queen, 2 singles, pull-out	Eight	\$306.15	\$353.25	\$400.35

### Townhomes - Hearthstone, Aurora, Riverbend, Lookout

Unit Type	Common Bed Configurations	Occupancy	Book by Sept 15	Book by Nov 15	Book after Nov 15
Two Bedroom	King, queen or 2 singles, pull-out	Six	\$244.40	\$282.00	\$319.60
Three Bedroom	King, queen, queen, pull-out	Eight	\$306.15	\$353.25	\$400.35

### Lower Village Condos - Horsethief, Toby Creek Lodge

Unit Type	Common Bed Configurations	Occupancy	Book by Sept 15	Book by Nov 15	Book after Nov 15
Studio	Queen, pull-out sofa	Four	\$118.30	\$136.50	\$154.70
One Bedroom	Queen, pull-out sofa	Four	\$138.45	\$159.75	\$181.05
Two Bedroom	Queen or 2 singles, pull-out	Six	\$200.20	\$231.00	\$261.80
Three Bedroom	Queen, queen, 2 singles, pull-out	Eight	\$250.25	\$288.75	\$327.25

### Budget Hotel - Pine Inn

Unit Type	Common Bed Configurations	Occupancy	Book by Sept 15	Book By Nov 15	Book after Nov 15
Hotel	2 Queen beds	Four	\$86.70	\$86.70	\$86.70
Hotel	1 King or 1 Queen	Two	\$82.45	\$82.45	\$82.45

\*Please note rates may be subject to change

\*Please note rates are pre-tax

You must be a lodging guest of Panorama Mountain Resort in order to be eligible to train.

Your accommodation booking includes:

- Access to the Pine Inn gym which features a selection of free weights and exercise machines
- Use of the Panorama Springs hot pools facility

Please visit [www.panoramaresort.com](http://www.panoramaresort.com) for complete lodging descriptions and village maps.

## Lift Tickets

Tickets can be purchased in bulk and for multiple days. Each team will receive an account number for lift ticket transactions which allows for daily fluctuation if needed.

Lift tickets are mandatory for mountain access and are scanned on each use of the lift. All athletes and coaches must carry their lift tickets with them at all times when on the mountain. Season Passes will not be available during pre-season training.

	<u>Rate per Day</u>
November 15th – December 7th (This rate applies to dates prior to Nov 15th in the event of an early start date)	\$25

## Transportation

Let Panorama organize custom transportation for you and your team! Common transfer prices are quoted below. Please contact Panorama Mountain Resort for a transportation quote. Transfers booked within 14 days are subject to availability and may incur additional charges. (Please note all prices listed are subject to change)

Bus Size	Mini bus Seats 1 - 3 guests	Midsize Coach Seats 4 - 7 guests	Full sized Coach Seats 35-45 guests
Calgary International Airport to/from Panorama Mountain Resort (rates are based one way and subject to change, availability and tax)	\$600.00	\$750.00	\$1750.00

## Meal Plan

Our meal plan is designed to nourish and fuel high performing athletes. 3 meals are served daily in the Great Hall. The meal plan starts with dinner on the night of arrival and finishes with lunch on the day of departure. While each meal has a scheduled window for service; times may be adjusted to fit specific training block times.

Breakfast 7:00-9:00am

Lunch 11:30-1:30pm

Dinner 6:00-8:00pm

	<u>Rate per Day</u>
Meal Plan (3 meals per day)	\$54/day
Dinner only	\$30/day

\*Vegetarian options available, when booking for the meal plan, please let us know of all allergies, or dietary restrictions including vegetarian/vegan.

## Meal Plan Menu

### Breakfast

Assorted continental breakfast

Muffins, bread, croissants, preserves, cold cereal, fruit salad, yogurt and granola.

Daily egg feature, crispy bacon, pork sausages, breakfast potatoes

### Lunch (3-Day Rotation)

Premade Sandwiches: Chicken Caesar wrap, turkey bacon wrap, curry kale wrap

Soup Station: Vegetarian chili, Meat soup/stew option changing daily

Salad Bar: Romaine with caesar garnishes, Kale Salad

Dessert daily: Assorted cookies

- Hot lunch Day 1,2  
Shepard's pie, stroganoff, veggie pot pie, steamed veggies boiled rice/mashed potato
- Hot lunch Day 3,4:  
Chicken ala king, herb and garlic marinara, with penne, Grilled chicken breast, rice pilaf/penne pasta
- Hot lunch Day 4,5:  
Chow Mein, stir fried vegetables, egg fried rice, sweet and sour pork, honey garlic chicken balls

### Dinner (7-Day Rotation)

#### Day 1

Chicken Parmesan  
Roasted garlic Scallop potatoes  
Winter succotash / Beets and greens  
Roasted red pepper mac and cheese  
Salad bar / Focaccia squares  
Mini cakes

#### Day 2

Stuffed pork roulade wrapped in bacon  
Hand cut Fries, gravy and cheese on side  
Bacon baked bean/ maple glazed carrots  
Mushroom Bourgeon  
Salad bar  
Pumpkin pie

**Day 3**

Kalamata chicken cacciatore  
Barley risotto  
Zucchini provincial / garlic green beans  
Tuscan Tagliatelle pasta with saffron cream  
Salad bar  
Coffee cake with espresso icing

**Day 5**

Sticky pineapple ham  
Cheese and Garlic mashed potatoes  
Zucchini gratin, Chili and garlic roasted broccoli  
Sweet Spinach and corn pot pie  
Salad bar / Bread rolls  
Chocolate brownie

**Day 7**

Roast turkey & ham with sage and cranberry Potato stuffing  
Roasted potatoes  
Roasted butternut squash / peas and pearl onion  
Perogies  
Salad bar / Potato and rosemary bread  
Sticky buns

**Day 4**

Roast beef with Jus  
Twice baked potatoes  
Brown butter and herb kernel corn/Roasted carrots and lentils  
Cheesy pasta bake with braised garlic greens  
Salad bar / Mini Yorkshire puddings  
Carrot Cake

**Day 6**

Red Thai chicken curry  
Citrus rice pilaf  
Dhal with vegetables / chickpea tabbouleh  
Samosas  
Salad bar / Naan Bread  
Chocolate glazed rice crispy