

13th January, 1962

# SCOTLAND!

mountains, and skiers find good runs from Strathspey, Deeside, or farther west at Glencoe. The peak season is March and April—just right for the Easter holidays.

The longer spring days open up all the glories of the Cairngorm plateau with its several peaks rising to over 4,000 feet.

The Scottish Youth Hostels Association is running beginners' courses from this month until the last week in April. At Glenisla

the weekly cost is £7 5s. 0d., and at Loch Morlich £7 15s. 0d., both centres giving a seven-shilling discount for ski-ers under 16.

The instructors, some British and some Norwegian, are trained at the Norwegian Ski-School, so that as well as being expert ski-ers they have also been trained in the technique of teaching.

The hostel equipment is of a very high quality, and beginners can hire all they need without having to go to the expense of equipping themselves.

Most young people learn quickly. And though they often fall, beginners seldom hurt themselves. It is only the better ski-ers who try to be clever or go too fast who get hurt.

At the end of each week tests are held for the Norwegian Ski-School star badges—one star for competent ski-ers, two stars for good ski-ers, and three stars for the very good. Some beginners

make such good progress that they reach the two-star standard after only a week.

## Holidays abroad

If you can persuade your parents to let you combine learning to ski with a holiday abroad you could join one of Erna Low's Teenager Parties. These are for boys and girls in the age groups 13 to 16 years and 16 to 21 years. If you have a big brother or sister over 16 you can join him or her in the older party.

If you have a very small brother or sister then Miss Low also runs children's parties complete with trained nurse to look after them and two hours a day in the ski-school.

These parties go to Austria and Switzerland, and are timed to fit in with both Christmas and Easter holidays. For further information write to 47 Old Brompton Road, London, S.W.7.



There's many a slip for the newcomer to ski-ing. But who cares? It's all part of the fun.



shire.



A good preparation for your ski-ing holiday is at an indoor school where you can practise on this new artificial snow slope made of plastic bristle.



You are never too young to start ski-ing—and if you begin as early as the little lady on the left you may one day achieve the skill of the expert seen below.



A speedy run down one of the slopes in the Cairngorm Mountains.

