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TRAVEL NEWS

Peak Retreats Launches Ski Confidence Week for Nervous and Returning Skiers

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French Alps specialist Peak Retreats has unveiled a new Ski Confidence Week designed to help skiers rediscover their confidence and enjoyment on the slopes in a supportive, pressure-free environment, writes Donna Richardson.

The four-night hosted experience will take place in La Rosière in the French Alps from 13–17 March 2027 and combines mindset coaching, small-group ski tuition and wellness-focused downtime. The programme is aimed at skiers who may feel anxious, out of practice or less confident than they once were, whether after time away from skiing or changes in life circumstances.

According to Peak Retreats, the concept was created in response to growing demand from skiers who still love mountain holidays but no longer feel entirely comfortable on skis.

Alison Willis, Managing Director of Peak Retreats, said the company wanted to create a trip that focused less on performance and more on enjoyment and reassurance.

"We know how much joy skiing with family and friends can bring," she explained. "Speaking with clients who'd experienced anxiety about their skiing, whether from being pushed beyond their comfort zone or because of changes in life experience, highlighted the need for a different kind of trip. We wanted to create an experience where guests could ski at their own pace, meet like-minded people and come away feeling more relaxed and confident."

The experience begins before guests arrive in resort, with a live online Ski Confidence Course led by ski mindset coach Louise Podge. Delivered over four sessions ahead of departure, the course explores the causes of ski anxiety and provides practical tools to manage nerves both before and during skiing.

Once in resort, guests stay at the four-star Alparena Hotel & Spa in La Rosière, a destination known for its wide, quiet pistes and sunny setting. Guests can choose private ensuite accommodation or share with a friend, while all participants have access to the hotel's spa facilities, including an indoor pool, hot tub, steam rooms and saunas.

The format of the week has been intentionally designed to feel flexible and relaxed. Mornings include small-group ski lessons with a maximum of four skiers per group, focused on building confidence rather than technical progression. Afternoons are left free for guests to ski independently, explore the resort or unwind in the spa.

Shared breakfasts and evening meals are included to encourage a sociable atmosphere, while Peak Retreats hosts remain on hand throughout the trip for additional support.

The company says the initiative reflects broader changes in what skiers are looking for from winter holidays, with more travellers seeking wellbeing, balance and experiences tailored to their personal pace rather than performance-driven instruction.

Peak Retreats also notes that confidence on the slopes can shift at different stages of life, whether after becoming parents or grandparents, returning from a long break away from skiing or simply becoming more aware of risk over time.

The Ski Confidence Week package includes four nights' accommodation at the Alparena Hotel & Spa, the pre-trip online mindset course and follow-up session, three mornings of small-group ski instruction, a three-day lift pass, ski equipment hire, breakfast and three-course evening meals. Travel options include rail from London with shared resort transfers or transfers from Geneva for those flying on designated services.

Places are limited in order to maintain a small and supportive group dynamic.

Prices start from £1,754 per person, with super early bird offers available until 30 June 2026. Guests can secure a place with a £200 deposit.

Peak Retreats, founded in 2002, is the UK's only employee-owned ski holiday company specialising exclusively in the French Alps.

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Donna Richardson

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