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Ski Confidence Week launched to help skiers feel more in control on the slopes

BY SKIER & SNOWBOARDER on 11TH MAY 2026 · (0)

French Alps specialist Peak Retreats, the UK's only employee-owned ski holiday company, has launched a brand new Ski Confidence Week – a four-night hosted trip designed to help skiers feel calmer, more confident and more in control on the slopes.

Taking place in the French Alps resort of La Rosière from 13-17 March 2027, the experience combines mindset coaching, small group ski tuition and a relaxed, sociable short break.

It's aimed at skiers who may feel nervous, out of practice or less confident than they once were and are looking to reconnect with the enjoyment of skiing in a supportive environment.

The new concept has been developed in response to growing demand from clients who still love the mountains but no longer feel as assured on skis as they once did.

Alison Willis, Managing Director of Peak Retreats said: "We know how much joy skiing with family and friends can bring. Speaking with clients who'd experienced anxiety about their skiing, whether from being pushed to go beyond their comfort zone or as a result of shifts in their life experience, highlighted the desire for a way to get back to the simple pleasure of skiing. We wanted to create a trip where everyone could come together as a group, meet like-minded people, prioritise both themselves and their skiing and come away feeling confident and relaxed."

Rather than focussing on progression or performance, Ski Confidence Week is centred on mindset and reassurance, allowing guests to ski in a way that feels right for them.

The experience

The experience begins before guests even reach the resort, with a live online Ski Confidence Course led by Ski Mindset Coach Louise Pode. Delivered over four sessions in the weeks leading up to departure, the course explores the causes of ski anxiety and provides practical tools to manage nerves in the lead-up to skiing and on the slopes.

Guests then travel to La Rosière, a resort known for its wide, quiet pistes and sunny aspect.

Accommodation is at the four-star Alparena Hotel & Spa where guests can choose to either have their own ensuite room or share with a friend. All guests enjoy 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 unpressured:

- Three mornings of small group ski lessons (maximum four per group), focused on confidence and enjoyment
- Free afternoons to ski at a relaxed pace, explore or unwind in the spa
- Shared breakfasts and dinners to encourage connection without obligation
- Ongoing support from Peak Retreats hosts throughout

Responding to changing skier needs

Peak Retreats has seen increasing interest in trips that prioritise wellbeing, balance and personal pace over performance-driven instruction.

The company also notes that many skiers experience changes in confidence at different life stages, whether returning to skiing after a break, becoming a parent or grandparent, or simply becoming more attuned to risk as the years pass.

Ski Confidence Week has been created to reflect these shifts, offering an alternative to traditional hosted ski trips that can sometimes feel intimidating or fast-paced.

What's included

The Ski Confidence Week package includes:

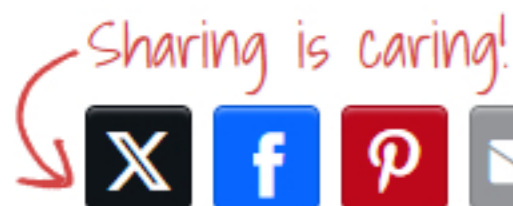
- Four nights at the 4-star Alparena Hotel & Spa
- Pre-trip live online Ski Confidence Course and post-trip follow-up session
- Three mornings of private small group ski instruction
- Three-day lift pass and ski equipment hire
- Daily continental breakfast and 3-course evening meals
- Travel options including rail from London with shared transfer to resort or shared transfer from Geneva for those opting to fly (on designated flights).
- Dedicated Peak Retreats hosts throughout

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

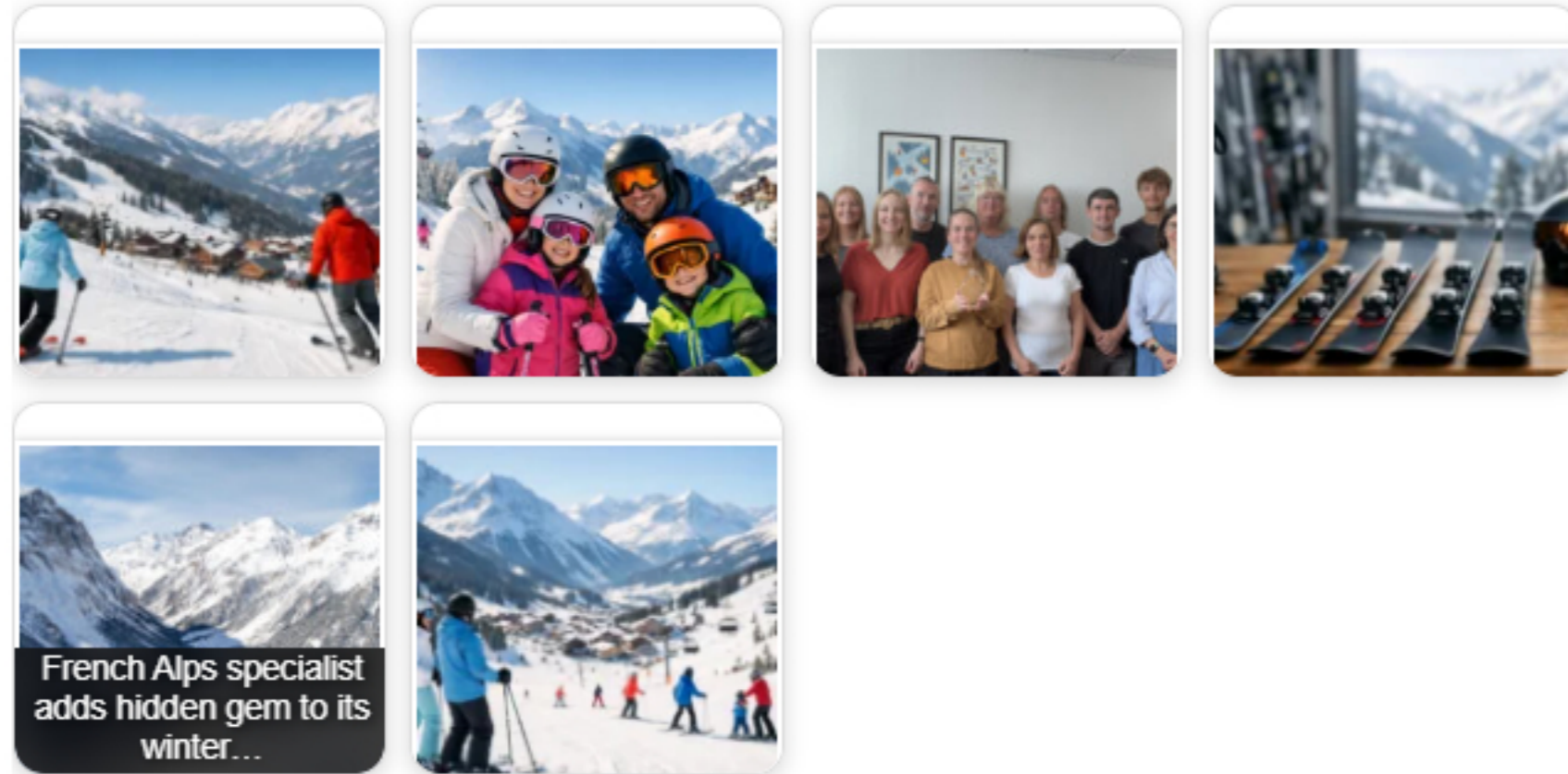
Ski Confidence Week takes place from 13-17 March 2027, with super early bird prices available until 30 June 2026.

Prices start from £1,754 per person and can be secured with a low initial deposit of just £200. For more information about Peak Retreats' Ski Confidence Week visit the [dedicated web page](#).

To book, contact Peak Retreats on 023 9283 9310 or email reservations@peakretreats.co.uk



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