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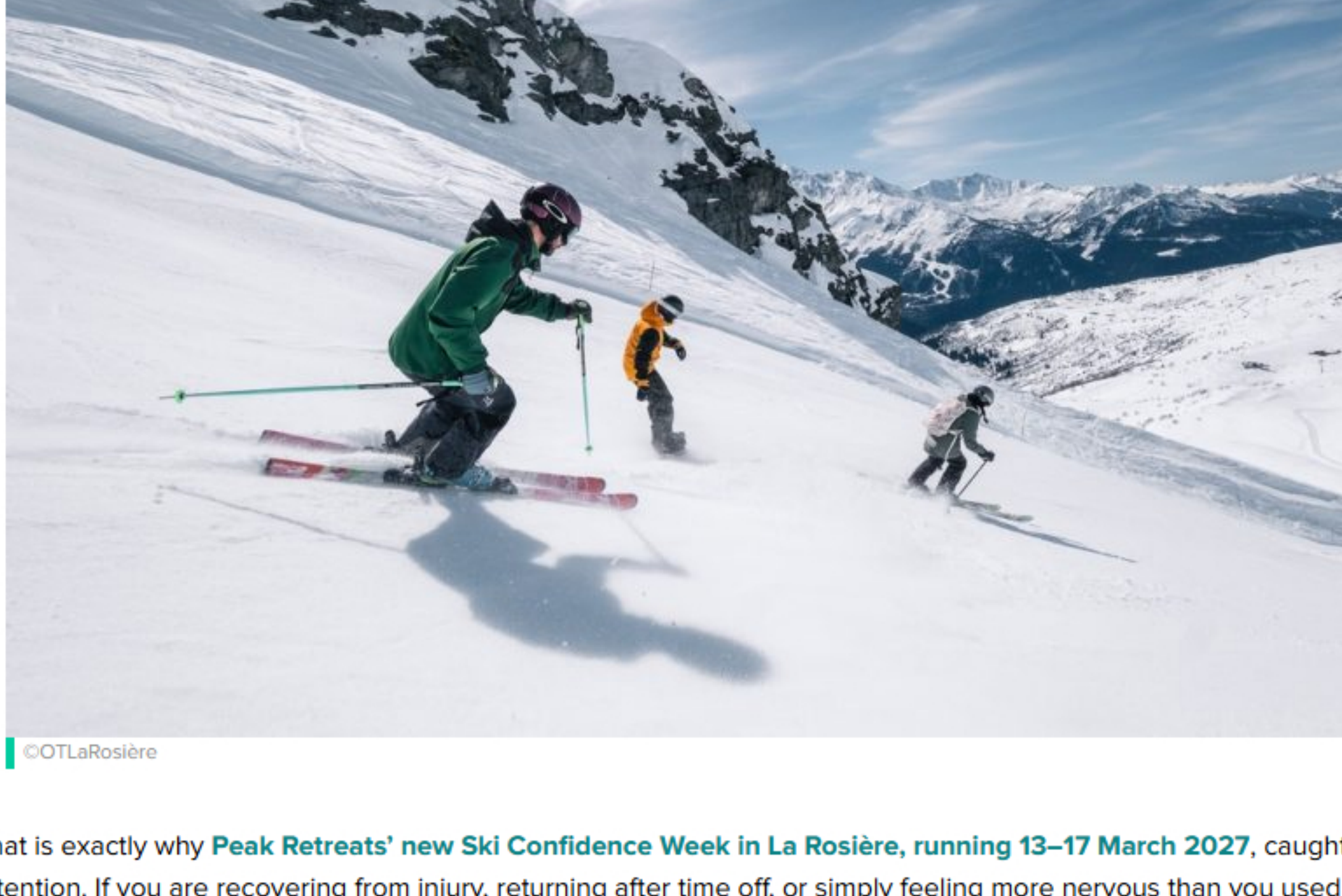
A Confidence Reset in La Rosière.

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There is something about the quiet at the top of a run when you are not quite yourself on skis. The view is still magnificent, the air still has that clean, high-altitude bite, and the snow still crunches underfoot as you shuffle into position. But inside your helmet, the calculations have changed. The piste looks steeper than it used to, the other skiers feel closer, and a small, unwelcome thought edges in: maybe today is the day it all goes wrong.

I know that feeling because I have lived it. A torn hamstring and a 9 month recovery does not just take strength out of your leg, it takes certainty out of your head. Even once you are medically "fine", there is a lag where your body remembers pain and your mind keeps reaching for the brakes. You find yourself skiing defensively, second-guessing turns you used to make without thinking, and scanning the slope for danger in a way you never did before.

And it is not only injury that can do it. Time away from the slopes has a similar effect. Miss a few winters, then come back on a trip with friends or family who ski regularly, and suddenly you are trying to rebuild confidence in motion, in the middle of someone else's holiday rhythm. You want to enjoy it, you want to keep up, but you also do not want to be the person standing on the side of the piste pretending you are admiring the view when really you are talking yourself into the next section.



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That is exactly why **Peak Retreats' new Ski Confidence Week in La Rosière, running 13–17 March 2027**, caught my attention. If you are recovering from injury, returning after time off, or simply feeling more nervous than you used to on snow, this is the kind of week that makes sense. It is designed to help you settle the mind as well as the body, build trust in your skiing again, and arrive at that long-awaited trip with friends or family feeling ready, not apprehensive.

This is not being sold as a high-octane improvement camp. Nor is it a week that shouts about "pushing your limits". The stated aim is calmer: to help skiers rediscover their confidence and enjoyment, with mindset coaching, small-group ski instruction, and the sort of supportive structure that makes nervous skiers feel they can breathe again.

Why this matters right now

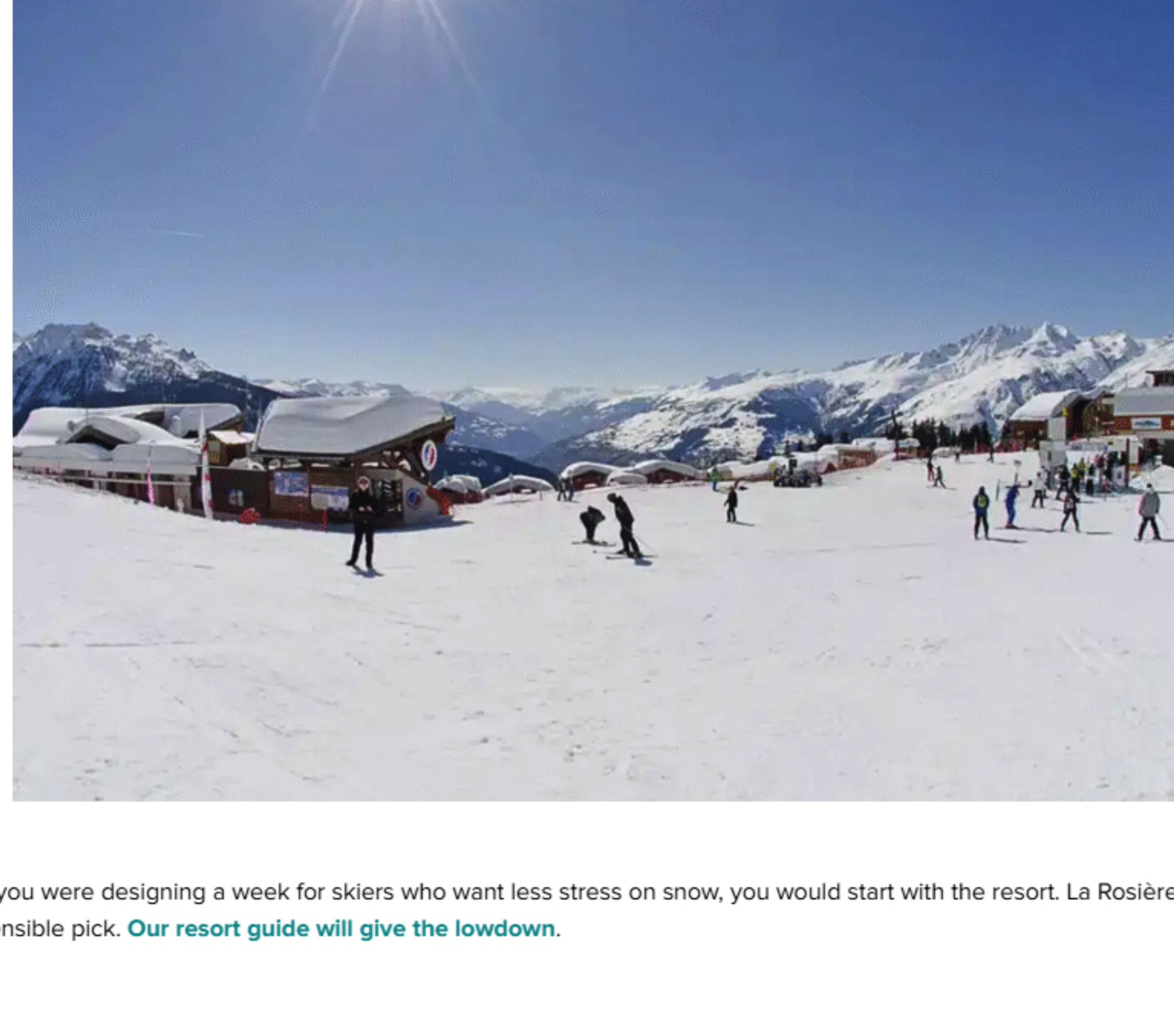
Skiing has always been full of bravado, often good-natured and sometimes exhausting. There are skiers who love speed, love steep, love telling you how little visibility they had on that face yesterday and how they "sent it" anyway. Good for them! The problem is that an awful lot of holiday skiing happens in mixed groups, with different abilities, different appetites for risk, and different reasons for being there. One person is chasing mileage. Another just wants a long lunch and a gentle cruise to finish. A third is quietly terrified, but goes along because they do not want to be the one who spoils the day.

That is where confidence can start to fray and is not always the snow or the slope. Sometimes it is the feeling of being hurried, judged, or out of place.

Peak Retreats' Managing Director Alison Willis frames the new week in exactly those terms. "We know how much joy skiing with family and friends can bring," she says. "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."

That is the heart of it. A holiday that gives you permission to prioritise how you feel, not just what you can technically do.

La Rosière is a confident choice for confidence



If you were designing a week for skiers who want less stress on snow, you would start with the resort. La Rosière is a sensible pick. [Our resort guide will give the lowdown.](#)

La Rosière plays to its strengths in the best possible way, with broad, confidence-boosting pistes that tend to feel pleasantly unhurried and a sunny aspect that keeps the skiing bright and inviting, giving you the space to settle into your turns and practise at your own pace. The village itself has a friendly, slightly understated feel that suits this concept well, and it is also a resort where you can build your day around what works for you. A couple of gentle runs, a coffee, another run, a long lunch, perhaps a little more skiing, then back for a swim.

When you are trying to rebuild confidence, those details matter far more than people like to admit. A wide piste gives you room to breathe and pick your own line, rather than feeling funnelled into someone else's pace. A calmer slope scene means fewer close passes and fewer moments where you are forced into quick decisions. And while sunshine is not a magic fix, in March it does make a difference, with longer days and softer light taking the edge off and making everything feel that bit more manageable.

If you want to get a feel for the resort, the best starting point is the official site ([larosiere.net](#)). [Peak Retreats has details of the trip on its own page \(peakretreats.co.uk\).](#)

The experience

The experience begins before guests even reach the resort, with a live online Ski Confidence Course led by Ski Mindset Coach Louise Pöde. 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.

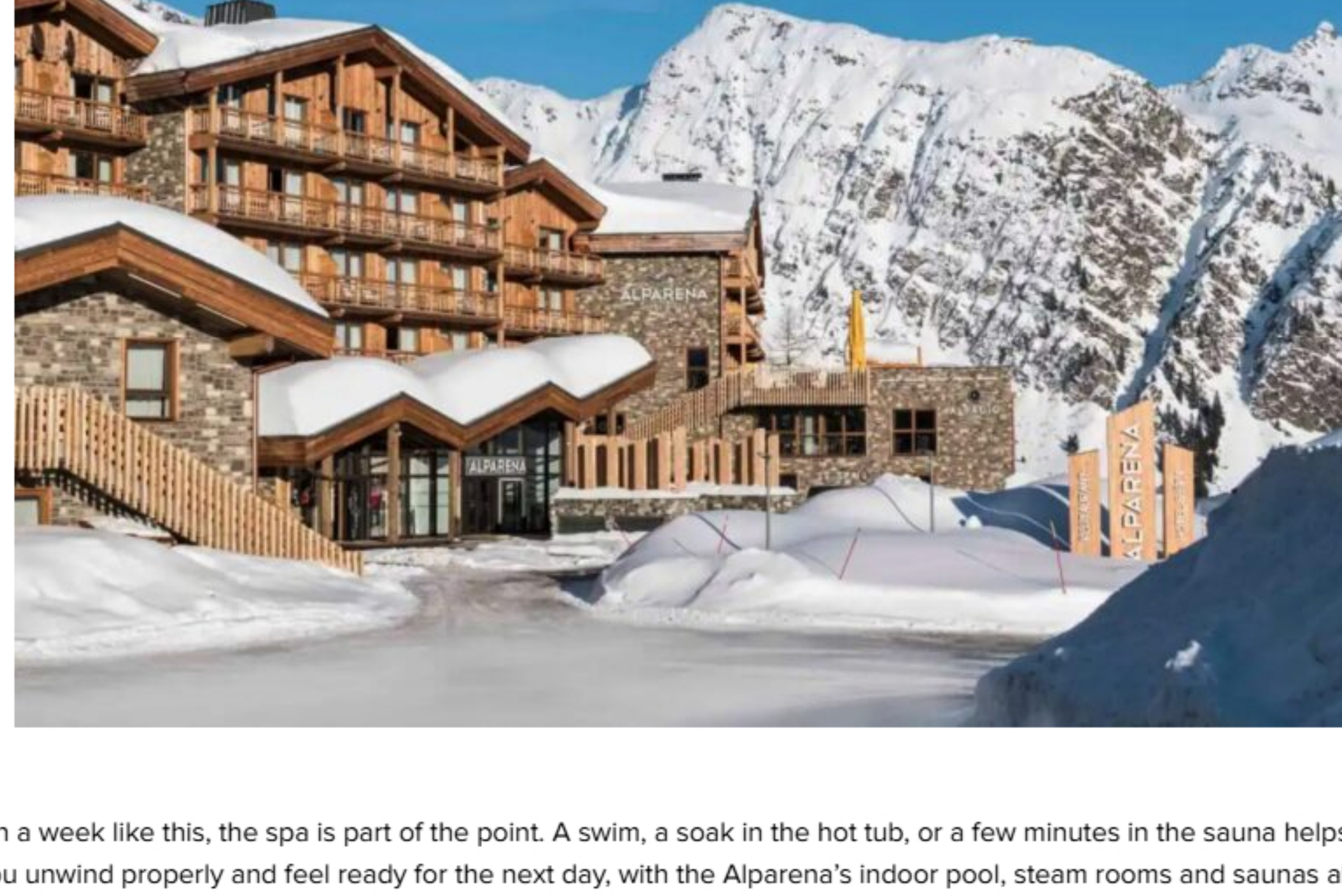
Accommodation is at the four-star Alparena Hotel & Spa where guests can choose to either have their own ensuite room or share with a friend. All guests enjoy access to the hotel's spa facilities including an indoor pool, hot tub, steam rooms and saunas.

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

Where you stay matters, and this one fits the brief

Accommodation is at the **4★ Alparena Hotel & Spa**, and it is not hard to see why it works for this kind of short break.



On a week like this, the spa is part of the point. A swim, a soak in the hot tub, or a few minutes in the sauna helps you unwind properly and feel ready for the next day, with the Alparena's indoor pool, steam rooms and saunas all included. Add a comfortable base, easy logistics and relaxed evenings, and 4 nights in La Rosière can feel satisfyingly complete rather than rushed.

What's included, and what it costs



Ski Confidence Week runs 13–17 March 2027. To keep the group dynamic small and supportive, places are limited.

The package includes:

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

Prices start from £1754pp and can be secured with an initial deposit of £200. Peak Retreats is offering super early bird pricing until 30 June 2026.

[Spring Skiing Guide – everything you need to know.](#)

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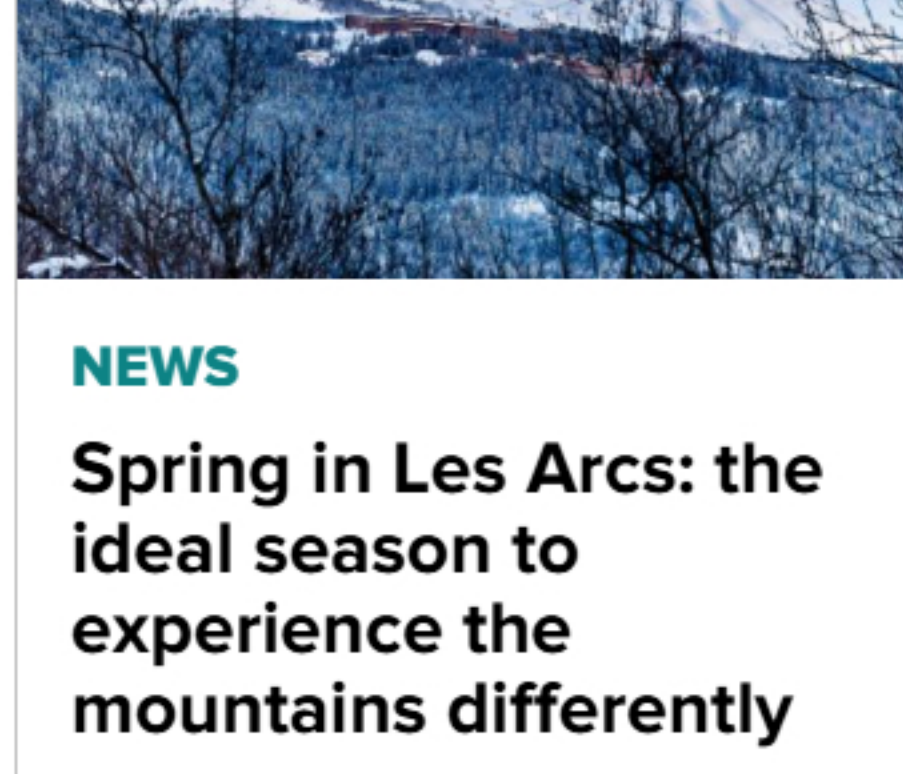
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