



Victoria Police Ski Club

Incorporated

P.O. Box 33 Blackburn South 3130

Information For First Time Skiers

This document refers to 2002 prices

Planning Trip

Note: Information provided relates to the Mount Buller Ski Resort. Information is relative to a certain degree to Mt Stirling which is a Cross Country Ski Resort. There are different considerations and planning required for skiing cross-country, however, information contained in this document can be used as a reference and checklist.

1. Attempt to ascertain as much information you can obtain about the resort, conditions and costs involved. Mt Buller is On Line with a Web Site and information is available from:- **www.skibuller.com.au**
2. Plan how long you want to stay. ie Day Trip, Weekend Trip or 1 week etc. Be aware that if you are going to stay more than one (1) day you may end up sore or stiff and not feel like skiing at some time. This should be factored into your planning so you do not purchase a long-term lift ticket and waste money for a day of non skiing. Lift tickets are expensive and you should purchase a ticket to suit you and your budget.
3. Ensure your vehicle is properly serviced before venturing into the snow. This includes anti-freeze in the radiator. Also, a shovel to clear snow and a scraper to remove snow from windscreens, car windows and roof of car. Include in your car a ground sheet to place onto the ground to avoid kneeling or lying in the snow to fit chains or check under the car. When parking do not apply handbrake, leave in gear, place a rock behind wheels of car and lift wipers off windscreen.
4. The following should be considered when planning:-
 - Chains are required for all vehicles entering ski resorts in Victoria. They must be on board before you pass the tollgate. Police will issue on the spot fines for failure to comply. Chains costs about \$13 per day to hire and the longer you hire them the cheaper the rate. Ensure to ask the place where the chains are hired how you fit the chains to the car and which wheels to fit them ie back or front wheels.
 - Skis, poles and boots are needed. They can be hired in Melbourne, Mansfield or at Mt Buller and cost \$25 to 30 per day to hire and the longer you hire the cheaper the rate.
 - Ensure you have suitable weather/water proof clothing to ski in and allow for any conditions including rain, snow and wind. It is important to stay warm whilst skiing. Good gloves and hat are essential. Ski clothing can be hired.
 - **The VPSC recommend Ski Centre Mansfield, Maroondah Hwy, Mansfield (near Bus Depot) and also Pullins Ski Hire next to the BP Mansfield Chalet Road House Mt Buller Road to hire the above equipment. Discounts are available to persons mentioning the Victoria Police Ski Club.**
 - Mt Buller has a Discover Skiing package, which costs 755 for adults and \$40 for children, which provides a free 2 hour lesson teaching you the basic skiing fundamentals. You can take this lesson more than once if you wish. The ticket gives you access to limited lifts but as a learner you will not need to venture further past these areas.
 - Accommodation is available at various locations. Ensure this accommodation has drying rooms in order to dry you clothes overnight if they become wet.



Victoria Police Ski Club

Incorporated

P.O. Box 33 Blackburn South 3130

Information For First Time Skiers

NB ACCOMMODATION is available at the Victoria Police Ski Club, Buttercup Road, Merrijig (about 30 mins drive to the mountain top). Bookings can be made through the Booking Officer on telephone 9738 0767 any Tuesday or Thursday nights between 6pm and 9pm. Accommodation prices are very reasonable and the Lodge allows guests to cater for themselves.

Arriving/Skiing the Mountain

1. All Victorian Ski Resorts charge a fee to enter the resort. Mt Buller it cost \$18 per day. This enables you to park at Horse Hill close proximity to Horse Hill Chair, which provides access to the ski runs. There is a ski hire place at Horse Hill. Alternatively, you can park at Horse Hill and catch a free bus to Cow Camp, which is at the foot Little Bourke St Ski Run. This is a day centre with toilet facilities, tables and chairs, heaters and restaurants. It is ideal place to have lunch if you have taken lunch with you.
2. There are numerous eating establishments on the mountain from cafes to restaurants. Ensure you eat and drink water whilst skiing as you burn a lot of energy whilst skiing and need the fuel to enable you to keep going.
3. Eating on the mountain can be expensive, however you can find places where food and drinks are at a reasonable cost. If you wish to take food and drink with you lockers are available at Cow Camp and Spurs Restaurant for hire to store gear/packs you do not wish to carry all day whilst skiing.
4. Learners should not ski any run that is not marked Green indicating the easiest of runs. If unsure about a run or trail, ask either a lift attendant, ski instructor, guest services person or a ski patroller for advice. These persons will provide the correct information.
5. Ensure you collect a Trail Map from the ticket windows before venturing onto the mountain. These are free and indicate the difficulty of all runs on the mountain.
6. Look after yourself whilst skiing. If you get tired or cold stop, go into a cafe or shelter, rest and warm yourself up. You do not want to suffer hypothermia or injure yourself. This can happen very easily when you are tired and/or cold.
7. Persons not wishing to drive onto the mountain can catch a **bus** along Mt Buller Road to Cow Camp (Village Centre). Mt Buller Bus Lines (**Telephone 57 752606**) operate the service at regular intervals throughout the day and costs \$31-40 Adults and \$15-60 Children (Under 14 yrs) from Hunt Club Hotel, Merrijig (from Mansfield \$35-20 A & \$17-50 C). Vehicles can be parked in and around the Hunt Club Hotel.
8. Consider placing kids in Ski School kindy, they have organised activities, with specialised children's ski instructors. They play fun leaning to ski games, which makes it easier for them to pick up skiing. Kindy is located at the base of "Burke Street" Phone 5777 6052
9. Skiing is a fun sport. The only person you need to satisfy or impress is yourself. If you have children consider using a helmet to protect your child's head. Ski in control at all times. Use the skiing experience to challenge your ability against the mountain. The lifts and refreshments breaks are the ideal time to socialise. You do not have to ski Black runs to impress any one. Injuries do occur whilst skiing. Therefore, skiing within your capabilities and standards will minimise the injury risk.



Victoria Police Ski Club

Incorporated

P.O. Box 33 Blackburn South 3130

Information For First Time Skiers

Mt Buller Lift Company Prices 2002

	<u>Adult</u>	<u>Children</u>	<u>Family</u>
Daily Ticket Prices	\$75	\$40	\$202

Family includes 2 Adults and 2 Children with \$30 for each additional child.

Note: Discover skiing packages are available at the same price as a lift ticket, but include a two hour beginner lesson and limited lift use.

Lessons

Private Lesson 1-5 people \$92 / Hour

Lift and 3 Hour lesson for
Intermediate / advanced \$110

Ski Kindy all day (3 – 5 years / 6-14 Years) \$95

Ski Kindy 8.30am-1.00pm (3 – 5 years / 6-14 Years) \$69

Ski Kindy 1.00pm-3.30pm (3 – 5 years / 6-14 Years) \$56

Includes unlimited Lift passes

Foot Passenger Ticket	\$16	\$8	\$43
------------------------------	------	-----	------

Chairlift Blue Bullet 1&2 & Horsehill Chair

White'n Wild Tube Park	\$22	\$15	
-------------------------------	------	------	--

- Includes Foot Passenger Chairlift ticket.

Rates decrease for multi-day lift tickets and lessons. Lift and lesson packages available.

ACCOMMODATION at Victoria Police Ski Club

Rates per person

Sunday to Thursday \$20/ night

Friday & Saturday \$25/ night (2 nights minimum)

Members of VPSC have the benefit of a cheaper rate. Memberships are available. Please contact a current committee member for additional details on obtaining membership.

Lodge contains: Drying Room, Central Heating, slow combustion fireplace, Radio/CD player, Pool Table, Refrigerators, Ovens, Microwave Oven, Crockery, Cutlery, Coffee & Tea supplied.



Victoria Police Ski Club

Incorporated

P.O. Box 33 Blackburn South 3130

Information For First Time Skiers

Reduce Ski Injury's

You can reduce your likelihood of having an injury on the ski fields by taking some easy steps this winter.

- ✓ Warm up before going flat out. Doing some stretches as you start the day and after a break will help reduce the risk of strained and torn muscles.
- ✓ Keep your equipment in good working order. A service on your ski equipment will help reduce injury and improve your skiing. Make sure hire skis are in good condition before taking them, ie there are no gouges from the bases, the bindings work etc.
- ✓ Always ski in control. Take note of the difficulty level of the run and ask advice of a mountain employee if you're not sure. Also note the condition of the snow. Ice is more difficult to ski on, so exercise caution on icy days.
- ✓ Make sure you and your guests are dressed appropriately for the conditions. Hypothermia is serious and can even cause death. Hire gear is available.
- ✓ Get some Sleep. "Drowsy Drivers Die". Make use of the lodge & drive up the night before. Skiing tired makes your reactions slower and injury more likely.
- ✓ Let someone know your plans, including a return time so if something unforeseen happens you have backup.

Mt Buller Facilities

- Medical Centre, above the Abom restaurant, on Burke Street. This is for Emergency care and injuries received skiing. (This is **not** a Free Service)
- Cow Camp Day Centre. Located in the Village. Includes Bus depot, with free shuttles going to car park, two restaurants, phones, heaters, toilets, tables and chairs.
- Information Centre. Located in the Village. If you can't find something, or need more information on the mountain.
- Police Station. Located in the Village.
- Supermarket. Located on the lower side of Mt Buller Chalet hotel. (Small and very pricey)
- Ski Hire facilities. Located at Horse Hill Car Park and in the village. *Please note VPSC recommend Ski Centre Mansfield to hire ski equipment and clothing.*
- Latrobe University's Kids Klub. Something to keep the kids occupied that doesn't include skiing. Phone 5777 6052.
- Movie Theatre. Located behind the Mt Buller Chalet Hotel.
- Ice-Skating. Located at the Latrobe University Mt Buller Campus.