



## Learning to Ski with Autism in Les Saisies - France

---

Ski 2 Freedom Foundation was delighted to have helped Charlie learn to ski and overcome the challenges often faced by those with Autism. Les Saisies and the ever brilliant ESF Les Saisies proved to be the best ski resort and an amazing holiday was had by all the family!



*Huguette Braisaz, from ESF Les Saisies, was such an excellent ski instructor - patient, empathetic and above all just perfect with Charlie that he progressed in leaps and bounds.*

Les Saisies has always been one of Ski 2 Freedom's favourite ski resorts as it is particularly well suited to those with autism, Down's Syndrome, cognitive needs, blind skiers, and anyone with a physical or neurological condition - in fact it pretty well suits everyone!!



*"One of the joys of my work, is to visit beneficiaries whenever I can, to see for myself how they are getting on. Being able to ski with Charlie and his instructor, Huguette, last week was utter heaven and I felt so honoured to see this young boy making such incredible progress! Autism just did not stand in the way of his gain a new skill and having such an inclusive and accessible family ski holiday.*

---

---

*It is being able to continue to help families like this that makes me most grateful to all our donors for their help and any future donors....*

*Les Saisies has long been known to me and continuous to delight with what it can offer. The skiing for everyone is amazing and, outside the school holidays and, especially towards the end of the season, with its own micro-climate, there is always snow but no people! The best conditions for so many people to learn to ski - snowshoe or just enjoy the well-being of the mountains - surely a place of great placitude and empowerment” Catherine Cosby*

## **General Feedback on ESF Les Saisies and Les Saisies for an Inclusive Winter Ski Holiday**

***The family stayed at the Residence des Armaillis - booked through Peak Retreats. They had hired a car from Geneva Airport as this gave a lot more flexibility to explore the region. Catherine Cosby, Founder of Ski 2 Freedom, had recommended the ESF Les Saisies.***



***Ski 2 Freedom @ski\_2\_freedom would like to thank @esflessaisies for all their help in making this accessible and inclusive dream ski holiday become a reality for Charlie and his family.***

***@peakretreats #ski #frenchalps #savoimointblanc #lessaisies #esflessaisies #beaufortain #tranquility #destress #autism #magic mountains #inclusiveandaccessibletourism #inclusiveandaccessibleski #accessibletravelwinter #skiingforall #mountains4all #winterwonderland #smiles***

**Catherine Cosby Ski 2 Freedom - [catherine.cosby@ski2freedom.com](mailto:catherine.cosby@ski2freedom.com)**