

**"GO CONFIDENTLY
IN THE DIRECTION
OF YOUR DREAMS!
LIVE THE LIFE
YOU'VE IMAGINED"**

**- HENRY DAVID
THOREAU**



Are you looking for adventure, adrenaline, a new found freedom, somewhere different and truly memorable for you, your family or friends?

The main objective of Ski 2 Freedom Foundation is to give families and individuals the opportunity to enjoy the mountains – year round with the amazing activities and opportunities available.

For over 150 years the Alps and Mountains have been well-known for their therapeutic qualities. We are striving to bring this reality closer and are breaking down barriers to enable everyone to benefit on an equal basis and at all levels in mountain activities. They



are a natural location for rehabilitation and an opportunity to find self-confidence and a renewed spirit for life.

Explore your potential in activities such as skiing, snowboarding, snow-shoe walks, freestyle, extreme snow-sports, off-piste – from back-country to ski touring, cross country skiing, ski jeering (behind a horse), dog-sledging, handbike, mountain biking, fishing, kayaking, golf – the list goes on!

Ski 2 Freedom Foundation works with a number of military organisations and families, and is the link between these mountain activities and anyone whose life is affected by a disability, life-challenging or life-changing condition, regardless of age, nationality, cultural or social background. Our '**Ski 2 Freedom Information Resource**' ensures that beneficiaries achieve barrier-free access to the mountains. We provide a global and comprehensive guide and tailor our advice and support to meet your specific requirements.

**WELCOME TO THE MAGIC OF
THE MOUNTAINS AND ALLOW US
TO BE YOUR GUIDE ON A JOURNEY
FULL OF NEW EXPERIENCES!**

> WHO WE HELP:

- Individuals and families
- Rehabilitation Units – both Military and Civilian
- Support Workers and their clients

> HOW WE CAN HELP YOU:

- Helping to decide where to go and which activity is best suited to your needs
- Where to stay
- Provide personal support and help if required
- Provide information and access for breakthrough technological developments
- Provide tailor-made programme for a group or family activity; a time-out for wives/partners caring for an injured Service person; supporting siblings or other family members who are affected by a disability within the family.

**WE WOULD BE DELIGHTED
TO HELP YOU SO DO
PLEASE CONTACT US:
contact@ski2freedom.com**

**OR VISIT OUR WEBSITE
www.ski2freedom.com**

CHARITY NO. 1151307