

La Plagne: Home to the unique Vertiski (allowing paraplegic skiers to stand while in action on the slopes)

Bastien Perret: Ripping through the powder



Catherine Cosby with Amy Lowes and Adrien Vallier from the ZigZag ski school which specialises in skiers with special needs



"I love being part of the action, and for me that's in the mountains. I can't live without height, horizons and space."

little more combined with Paralympic events taking place at the same time. We have some wonderful skiers like Kelly Gallagher, Jade Etherington and Anna Turney who deserve a lot more exposure.

Is anything being done to rectify this?

Actually, there might be. Rachael Latham, who competed in the 2008 Paralympics for Great Britain in swimming, is now a Channel 4 presenter. She's been asked to cover both the Winter Olympics and the Paralympics. So we're finally seeing some continuity between the two. She recently went to Courchevel to get her skiing legs

back so she can navigate her way around Sochi for all the different events.

What else can be done to help?

Lots of things! Probably the main one is spreading the word and raising awareness. But also, for those people who have a disability or who care for someone with a disability and want to experience the mountains, to get in touch with us. Or for those who are already skiing, to give us some feedback so we can encourage more people to do the same. The more information we can give to people, the better.

As our 'Ask The Expert' for this issue of Ski+board, what questions would you like to address?

If any Ski Club members could share their experiences with Ski2Freedom that would be wonderful, not only for us but the many other charities. Also, if any skiers would like to try something new, feel free to contact me and I'll definitely be able to give you a few recommendations. Whether it's a child wanting to become more independent or someone's condition deteriorating. Even if I don't know the answer, I've got some incredible contacts who will. We would never say we are the experts - there's something new to learn every day. ■



Slowly does it: Learning how to sit-ski



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