

Be Safe
in the Snow
with
Nix
the
witch



ALPE DI SISI 
Südtirol

This book belongs to:



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in the Snow
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Nix the Witch

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Dear Children and Parents, Dear Winter Sports Participants on the Alpe di Siusi!

I am "Nix the Witch", and I live on the Alpe di Siusi in both summer and winter. In recent years, much has changed and people are skiing, tobogganing, and snowboarding faster and faster each year.

For this reason I got off my broomstick and tried out the sports myself: downhill skiing, snowboarding, tobogganing, and cross-country skiing. Here are my best tips for you, and you should take them very seriously to avoid dangerous situations or even accidents.

*I hope you have wintertime
fun on the Alpe di Siusi!*

Yours, Nix the witch

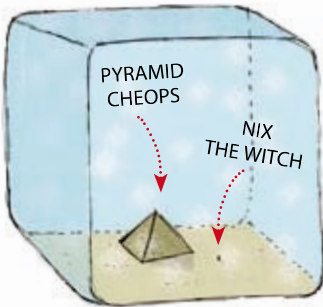


Snow = Nix

You all know the word “snow”. Just as Italian “neve” and Latin “nix” do, it comes from a very ancient root, i.e. “na”, which basically means “water”. And “nix”, “neve” or “snow” means water that can lie on or stick to things. Makes sense, right?



When it rains in winter, water freezes into tiny ice crystals. On their way to the ground, the individual crystals combine and form snowflakes. In a



single winter season, the amount of natural snow falling on the Alpe di Siusi is 280.000.000 m³. This number is of course too large to grasp. However, if you'd pack all this snow into a single cube,

its length would be 650 meters. The Great Pyramid of Giza would easily fit into it, and so would I, only more easily than the pyramid would.

If you've been skiing, you've probably seen a snow cannon. If too little natural snow has fallen on the Alpe di Siusi, then more snow can be produced with a snow cannon. Just like natural snow, snow from the snow cannon consists simply of water and air, and is therefore not artificial. I'll show you how it works, so you can see that it's no witchcraft.

A snow cannon consists of a small blowpipe, the so-called turbine (1). At the back end, the turbine has a ventilator. It has a ring with jets at the front. Very



fine mist comes out of these jets (2) – that is, water in the form of very fine droplets.

A mixture of water and air comes out of other openings, the so-called nucleators. This mixture forms the nucleus of the snow. The tiny droplets emerging from the jets stick to it. The ventilator shoots the little water drops way into the air. By the time they land on the ground, they have frozen into snow. Of course, it has to be cold outside, or else the water will not freeze.

How to ride the lift

In order to avoid accidents, I have to be really careful getting on and off the lift.

What you need to know: To ride any lifts you will need a ski pass. You can get one in ski pass offices, and they offer different kinds of passes: one-day passes, week passes, or passes for the whole season. The ski pass has an electronic chip in it and is read by a scanner at the turnstile. Since the scan-

ner is always on the left-hand side of the turnstile, it's best if you wear your pass on your left arm. Most skiing jackets have a little pocket on the left side for ski passes. Whenever I want to use the lift, I approach the turnstile very carefully, and OPEN SESAME! I go on through.



Surface t-bar lifts

Here's what I do:

- > Down at the base of the lift, I first pass through the turnstile and come up to the spot where you grab the bar. If there aren't any of the "Alpe di Siusi Liftboys" there to hand me the bar, then I just grab it myself and put it between my legs. I know this from my broomstick! I just make sure that the t-bar or disc is placed correctly behind

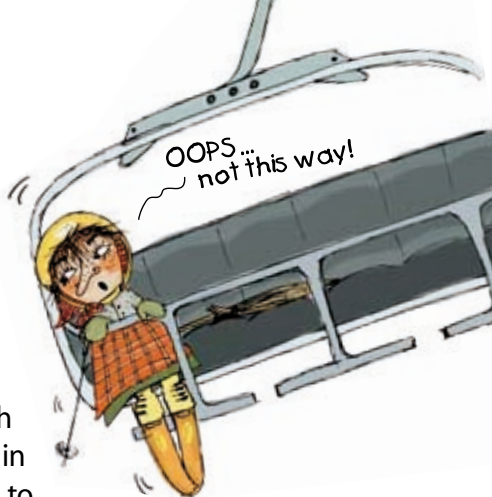
me. Geez, it's kind of hard to explain. But you guys know what I mean, right?

- > Then the lift takes me up to the top of the hill. What's really important, is to make sure that I stand nice and calm and try not to make any turns. I make sure to ski in the tracks that are there. Once (okay, okay, twice) I actually fell during the ride. It wasn't so bad, it's just important to get out of the ski tracks if it does happen.
- > Once I'm up there, I move the bar from the back to the front, and I simply let go of it. I then ski onto the piste, and the bar goes back on up to the lift. By now, I've gotten used to making sure that I have one hand holding my poles and one holding tightly onto the bar.



Chairlifts

Here's
what
I do:



- > Down at the base of the lift, I first go through the turnstile, get in line, and ski up to the entry barrier. When it opens, I quickly yet carefully move forward up to the entry point, which is marked. Once there, I look backwards and watch the chair as it approaches. When it arrives, I sit right on down. In case it's a four or six person chair with only two people in it, I sit in the middle, because chairs with uneven weight are hard to get out of at the top. Especially for kids.
- > The next thing I do is lower the safety bar. Some of the lifts on the Alpe di Siusi have a special safety bar for children, so grown-ups need to be espe-

cially careful, or else they'll pinch their legs. Right before I arrive at the top, I lift up the safety bar, stand up at the exit point, and slide down to the piste.

- > Some chairlifts on the Alpe di Siusi have extra protection against bad weather, it's called a "bubble". You will have to close this separately from the safety bar. It's usually grown-ups that do it, since the hooks you have to grab to close it are really high up. The bubble is really handy, especially if it's windy or snowy. Then you get to ride up without getting wet. Makes sense, eh?

Gondola lifts

Here's what I do:

- > Down at the base of the lift, I first go through the turnstile, and then to the entry point for the gondola. Once I've gotten into the gondola, I make sure that there aren't any objects, bags or ski boots interfering with the doors of the gondola.

> At the top of the hill, I exit the gondola after the automatic doors open.

> On the hybrid lift at the Bullaccia you'll notice something special. In addition to chairs, there are also gondolas. These are used by skiers, hikers, tobogganists and parents with strollers. You just have to go down the right side, through the turnstile and get into the gondola the usual way. When you get to the top, the chairs swing to the left towards the piste. The gondola takes you a few meters further and closer to the slopes, toboggan runs and hiking trails.



Magic carpet

Here's what I do:

> The magic carpet is real. It's no joke. It goes really closely to the ground, and you can even stand on it. It's a conveyor belt that you very carefully stand upon with your skis on. You just ride it calmly until you can't anymore, and you're at the top.

> Please be careful when getting on and off. One time I fell off the magic carpet. It wasn't that bad, though, I just had to lift my legs up and roll away from the carpet.

> On the Alpe di Siusi you'll mostly find magic carpets at the Compaccio practice run at the ski schools. You'll also find them at the entrances to the Florian and Laurin lifts.



Watch out for emergency vehicles

Sometimes emergency vehicles need to drive up to the entrance areas of the pistes. This can be for rescue, maintenance or technical purposes. Please keep back in order to avoid a collision.



If a helicopter lands on the piste to rescue someone, you have to keep very far back, because it will whip up a lot of wind, and objects that can get blown around by it can be



very dangerous. But you don't need to be so careful when witches land, since our broomsticks don't have propellers.

Alpine Skiing

Learning how to ski

When I learned to ski on the Alpe di Siusi, I didn't use any witchcraft. I started out with the lessons that went on the pistes of the "red" and "blue" ski schools. Then I skied on the wide pistes of the western area of the Alpe di Siusi and then everywhere. I finally got so good, that I dared to go down the famous "Sas Long" in Val Gardena, and became downhill witch world champion!

By the way, did you guys know that the word "ski" comes from Norwegian word "ski", meaning 'a split stick of wood' or 'snowshoe'? So a ski is really nothing more than a piece of wood that has been



cut down the middle. The people of earlier times knew this. "Ötzi the Iceman" (aka "Ötzi") was a skier. I saw him skiing once on December 12th, 4,500 years ago. It was here on the Alpe di Siusi, right next to the big stone called "Tschon Stoan".

Look at this 4,000 year-old picture of a skier carved into stone on the Norwegian peninsula Rødøy. Isn't that something!



In order to be able to ski like I do, I had to pass three exams:



Bronze Level Exam

In order to get to the bronze level, I had to meet the requirements of being able to ski safely down a slope with a gentle incline. So I learned how to do the snowplough and was then allowed to ski the blue pistes.

Silver Level Exam

In order to get to the silver level, I learned how to do parallel turns, and how to control my skis better so that I could confidently make turns. The steepness



of the slopes I skied on went up from easy to intermediate. I was then allowed to ski the red pistes.



Gold Level Exam

In order to get to the gold level, I had to learn the technique of doing elegantly curving turns with solid control of my speed throughout, even on very steep pistes. Skiers call this "carving"!

PS: I have another important thing to tell you guys, but you have to promise not to tell anyone! The first time I went on a blue piste, I was really disappointed, because the hill wasn't even blue at all, it was white as snow. And the red piste was white and the black ones weren't even black in the slightest, just white.

One time I asked a ski instructor why all the pistes are white, but are called blue, red, and black. He told me that they are used to indicate how difficult the pistes are. This is how it works on the Alpe di Siusi:



easy (blue): The pistes have no more than a 25% incline and cross slope, except for some areas on the open slopes. If they are wide enough, they are sometimes jokingly called “ski highway”.



intermediate (red): The pistes have no more than a 40% incline and cross slope, except for some areas on the open slopes.



advanced (black): The pistes have more than a 40% incline and cross slope.



The FIS rules for the conduct of skiers and snowboarders

The **Fédération Internationale de Ski** (abbreviated to FIS) is the international ski association and was founded in France in 1924. The abbreviation **FIS** is used in all languages. The **FIS** has created rules for skiers and snowboarders, which I will now explain to you guys.

Read them out loud, remember them well, and keep my questions and comments in mind. It's best if you answer the questions, too!

1. Respect for others:

A skier or snowboarder must behave in such a way that he does not endanger or prejudice others.

This makes sense, doesn't it? No one wants to get hurt on the slopes or getting onto the lift, right?

2. Control of speed and skiing or snowboarding:

A skier or snowboarder must move in control. He must adapt his speed and manner of skiing or snowboarding to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic.

Makes sense, right? When it's foggy, I can't see anything, so I don't fly around on my broomstick. What does "density of traffic" mean? Do you guys have any ideas?

3. Choice of route:

A skier or snowboarder coming from behind must choose his route in such a way that he does not endanger skiers or snowboarders ahead.

Makes sense, right? Whichever people are skiing in front are looking forward, because they don't have eyes on the back of their heads. So when you are skiing behind someone, it is your responsibility to make sure you are watching properly. Right? Maybe the FIS explained it better than I just did!



4. Overtaking:

A skier or snowboarder may overtake another skier or snowboarder above or below and to the right or to the left provided that he leaves enough space for the overtaken skier or snowboarder to make any voluntary or involuntary movement.

Makes sense, doesn't it? Have you guys ever tried to overtake someone while going uphill? Remember, if you can't overtake the person, make sure to slow down.

5. Entering, starting and moving upwards:

A skier or snowboarder entering a marked piste, starting again after stopping or moving upwards on the slopes must look up and down the slopes that he can do so without endangering himself or others.

Makes sense, right? Or do you cross the street without looking both ways? The piste is also a street, just one without lights, lane stripes, or traffic police.



6. Stopping on the piste:

Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier or snowboarder must move off the piste as soon as possible.

Makes sense, right. Or do you just stop in the middle of the street and have a picnic?

7. Climbing and descending on foot:

A skier or snowboarder either climbing or descending on foot must keep to the side of the piste.

Makes sense, too, doesn't it? People use sidewalks when out on the streets, and skiers must imagine a similar thing when out on the piste and stay off to the sides.



8. Respect for signs and markings:

A skier or snowboarder must respect all signs and markings.

Now this is just logical, right? There are other creatures living on the Alpe di Siusi, and they want to be left in peace off beyond the piste. Make sure to keep your eyes and skis on your side of the piste, not on theirs, and obey all signs and markers.



9. Assistance:

At accidents, every skier or snowboarder is duty bound to assist. If you cannot or may not actively help, then attempt to telephone local emergency services 118 or to call out for someone to come help the injured party.

Makes sense, right? How would you like it if someone just passed you by when you were hurt?

10. Identification:

Every skier or snowboarder and witness, whether a responsible party or not, must exchange names and addresses following an accident.

Makes sense, doesn't it? But it's not just people that do this, witches do too!

Snowboard and Freestyle

Learning to snowboard and freestyle ski

The first modern-day snowboard was invented by an Austrian named Toni Leonhardt. Of course, we witches used to just find a barn door, hop on and ride down the slopes.

Freestyle is a special sport in which you can do crazy stuff on jumps or going downhill. Anyone

who is interested in learning how to do it should consult with the ski schools and take a trial course. Whoever is somewhat experienced, can take lessons at the King Laurin Snowpark and improve their technique.

Rules of conduct in the King Laurin Snowpark

The King Laurin Snowpark is on the Alpe di Siusi. King Laurin was a dwarf king who a long time ago was defeated by the Knight Dietrich von Bern. So the King cast a spell over his kingdom, of which the Alpe di Siusi is a part. He sleeps in the mountains, and everyone awaits his awakening.

A few years ago a snow park was built on the Laurin piste. There are jumps and ramps on the upper part where I was able to try out snowboarding for the first time. You don't have to be on a snowboard, you can also do this on skis. A ways down on the

Laurin piste there are the really big jumps that you can get super air off of. The King Laurin Snowpark is one of the best in Europe.

The features differ depending on the level of difficulty and change depending on the snow and weather conditions, usage, and time of day. Just like the pistes, the individual features are marked: "easy" (blue), "intermediate" (red), "difficult" (black).

I highly suggest that you only use those features that are truly at your ability level.

Everyone needs to wear a helmet in the Snowpark. The FIS rules for skiers and snowboarders are in



effect here too, and, together with these additional rules, must be followed:

1. The use of the Snowpark is at your own risk. I can't say it often enough - everybody needs to wear a helmet. The park is for well trained skiers and snowboarders only and requires all users to be equipped appropriately.

2. Instructions provided by members of the lift or Snowpark staff or the "Alpe di Siusi Liftboys" need to be respected, and features that are closed should not be used.

3. I really recommend to check out each feature before using it.

4. Start with the easy features.

5. Adapt your speed to your skills and to the snow and weather conditions. Wait for any prior riders to clear the landing before you start.

6. Keep the features and especially the landing area



clear for descending riders, and don't stop in blind spots to avoid fatal collisions. Should you fall, move quickly out of the trail or landing area!

7. In case of an accident the affected park feature needs to be marked off in a clear and visible way with poles, snowboards, or crossed skis, to prevent others from approaching the feature. You should then provide first aid to whoever is injured and call for the "Alpe di Siusi Liftboys". If you cannot or may not actively help, then try to telephone local emergency services 118 or to call out for someone to come help the injured person.

8. During maintenance and enlargement works the operators will close parts of the Snowpark or indi-

vidual features. To prevent collisions with the operating machines, it is strongly forbidden to enter those areas.

9. Respect other riders and be fair.

10. Don't leave your waste, take it with you.

Tobogganing

There are six toboggan runs on the Seiser Alm, namely: Spitzbühl, Bullaccia, Panorama, Molignon, Zallinger and Icaro-Monte Piz. In Fiè all Sciliar there is another toboggan run on the hut "Malga Tuff Alm".

I've written down some golden rules of tobogganing for you.



The Golden Rules

1. Where to climb and where to descend:

I use the walkway to climb, and the toboggan run to descend. It's not allowed to walk up the toboggan run, nor to descend on the slopes.

2. Respecting others:

I always watch out for other tobogganists and avoid jeopardising or harming them.

3. Speed control:

I always make sure to adjust my speed to my skills, and to the weather and snow conditions. I keep a safe distance of at least 8 meters from any other tobogganists.

4. Crossings:

Any intersections between toboggan run, slopes and walkways are marked with relevant sign

boards. To avoid clashes with skiers or hikers we all need to be very cautious.

5. Overtaking:

I only overtake where the view is clear and unrestricted, and I do it with moderate speed.

6. Stopping:

Apart from emergencies, stopping at narrow passages or at spots with a restricted view is not allowed. In case I fall, I clear the trail as fast as possible.

7. Position:

I never toboggan head-first.

8. Outfit:

Tobogganing requires adequate shoes. When I warm up ahead of the run I can prevent injuries.

9. Sign notifications:

I always pay attention to any warning and information signs.

10. Assistance:

In case of an accident, I am required to help any person who needs assistance.

If I cannot or may not actively help, then I attempt to telephone local emergency services 118 or to call out for someone to come help the injured party.



Cross-Country Skiing

Learning to cross-country ski

There are 80 km of cross-country ski runs in the Alpe di Siusi vacation area. Whoever wants to learn to cross-country ski has access to the excellent services at the Nordic Ski Center on the Alpe di Siusi, which is located immediately next to the other two



ski schools. Both beginners and pros can let rip here, and prepare themselves for the famous full-moon race, the “Alpe di Siusi Moonlight Classic”.

The FIS rules of conduct for cross-country skiers

1. Respect for others:

When I'm cross-country skiing, I ski in such a manner that I don't endanger or prejudice others.

2. Respect for signs, direction and running style:

I respect trail marking signs and any other sign-

boards, I proceed only in the indicated direction and ski in the suggested running style.

3. Choice of trails and tracks:

On cross-country trails with more than one packed track, I chose the right-hand track. Skiers in groups keep in the right track behind each other. With free running style, skiers should keep to the right-hand-side of the trail.

4. Overtaking:

I can overtake and pass another skier to the left or right. A skier ahead is not obliged to give way to an overtaking skier, but should allow a faster skier to pass whenever this is possible.

5. Encounter:

Cross-country skiers meeting while skiing opposite directions shall keep to their right. A descending skier has priority.

6. Poles:

Whenever I take over, or am near another skier, I make sure to keep my poles close to my body.

7. Control of speed:

I always adapt my speed to my skills, especially going downhill, and I adjust it to the prevailing terrain and visibility and to the traffic on the course. And I always keep a safe distance from the skiers ahead. If necessary, I fall on purpose, just to avoid a collision.

8. Keeping trails and tracks clear:

If I stop, I leave the trail. And if I fall, I clear the trail without delay.

9. Accident:

In case of an accident, everyone should render assistance. I call the emergency number 118 or else another person and make sure that we all help any injured person.

10. Identification:

Everybody at an accident, whether witnesses, responsible parties or not, should exchange their personal details.



The witches' Ski Tour of the Alpe di Siusi

The witches' ski tour of the Alpe di Siusi is a fun trip for young and old alike. You can begin this exciting tour at either the aerial cable way Siusi - Alpe di Siusi or Ortisei - Alpe di Siusi. On the way to the seven stops, you will encounter the King Laurin Snowpark, different fun parks for children and youths, the Euro-Park, self-timer installations, speed traps, as well as numerous rest stops.

There are also the famous witches' benches, where the witches of Sciliar rest and brew up clouds. Luckily, there is a spell to combat bad weather: take as much snow as you can see, add some sunshine, garnish the elixir with vacation vibes, and crown it with an après ski party!

***That's not witchcraft,
it's vacation on the Alpe di Siusi!***

CIRSPITZEN
GRUPPO DEL CIR
2.592 m

SELLGRUPPE
GRUPPO DEL SELLA
3.152 m

LANGKOFEL
SASSO LUNGO
3.181 m

PL
SAS



DANTERCEPIES
2.300 m

GRÖDNERJOCH
PASSO GARDENA

Sella Ronda

CAMPINOI
2.294 m

PIZ SELLA
2.284 m

SELLAJOCH
PASSO SELLA

SOCHERS

MONT DE SEURA

WOLKENSTEIN
SELVA 1.563 m

Val Gardena
Ronda Express

MONTA PANA

ST. CRISTINA
S. CRISTINA 1.446 m

PIZ
2.109 m

6

5

SPEEDRIP

ENGELRÄST
Aussichtsplattform
Piattaforma panoramica
Observation platform

7

SEIŠER ALPE
DI SIUSI

COMPATSCH
2.835 m

MARINZEN

BAD RAI
BAGNI DI R



The witches' Ski Tour

1. Spitzbühl Mountain station:

The Sciliar... the playground of witches.

2. Panorama Mountain station:

Kochler Hons... the story of the Tschonstoan.

3. Punta d'Oro Mountain station:

The witch's flight from Sciliar to Sasso Piatto.

4. Florian Mountain station:

Butter witches...the "Hexnbuggl" on the Alpe di Siusi.

5. Monte Piz Mountain station:

The Hasel witches

6. Mezdi-Piste:

The Realm of the witches... and encounters with them.

7. Bullaccia Mountain station:

Witches need rest too... the witches' benches.

Important Numbers

Local emergency services: **118**

Ski schools

THE "RED" SKI SCHOOL
Ski school Alpe di Siusi
+39 0471 727 909

THE "BLUE" SKI SCHOOL
Ski school Sciliar 3000
+39 0471 704 279

Further information

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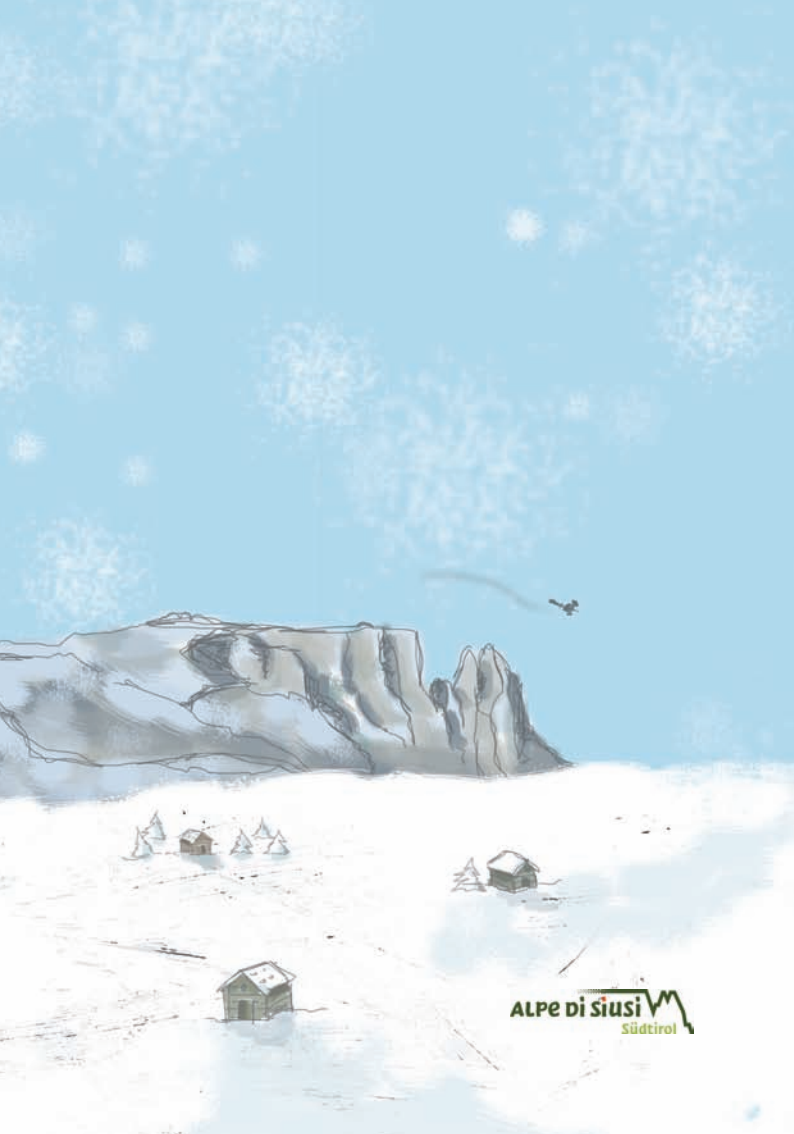
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