

Rockies Improver Camp

1 Week

Banff, Canada

Available in: Ski



CAMP OVERVIEW

Bio

An unforgettable week-long exploration of three iconic ski resorts in the Rockies – Sunshine Village, Lake Louise, and Mount Norquay. Based out of iconic town Banff, this is all about great skiing, expert coaching, fresh experiences, and connecting with like-minded skiers. You' ll be exploring the region's best terrain, upping your all-mountain skills, and immersing in Rocky Mountain culture.

Location

Nestled in the heart of the Rocky Mountains, Banff is a true mountain mecca. Known for its sweeping scenery and world-class resorts, Banff gives you access to three incredible ski areas – Sunshine Village, Lake Louise, and Mount Norquay. From cruisy groomers to steep zones, these resorts offer a variety of terrain that' ll have you constantly evolving as a skier.

Goal

The goal of this camp is to help you progress your all-mountain skills while exploring some of the best terrain in North America. Whether you're skiing wide-open bowls, dipping into the trees, or tackling steep runs, our expert coaches will guide you every step of the way. You' ll challenge your limits, learn new techniques, and discover secret stashes across the resorts.

Riders

This camp is for anyone looking to take their skiing to the next level. Whether you' re an intermediate rider eager to improve, or an advanced skier ready to tackle more challenging terrain, we cater to a range of skill levels. We welcome solo adventurers, groups of friends, and couples – all united by a passion for skiing and a shared desire to progress.

Accommodation

You'll stay in Mount Royal Hotel, centrally located with amenities such as a hot tub and bar.

You can choose between twin-share or private rooms.

A breakfast is served daily. Welcome and Farewell Dinners are held at handpicked local restaurants.

Dates + Prices

Refer to the website Course Page for upcoming dates and prices.

Inclusions

The camp includes all your coaching and accommodation, with lift passes, breakfasts, some evening meals, hosting and more.

The main additional costs you need to factor in are travel, insurance and equipment.

Refer to the website Course Page for a full breakdown of inclusions.

RESORT Banff, Alberta

Ski Areas 3

Banff is home to three ski areas – Sunshine Village, Lake Louise, and Mount Norquay. Sunshine Village stretches across Alberta and British Columbia, offering vast and varied terrain. Lake Louise features expansive slopes and stunning views. Norquay, just 8km from town, is known for its tree-lined trails and steep slopes. With regular shuttles, accessing each resort is easy, and we ride all areas for maximum terrain exposure.

Snowfall 30ft

Sunshine Village receives the most snow of Banff's resorts with around 30ft of snowfall annually. Renowned for its supreme snow conditions, Sunshine's light, dry powder benefits from long winters, consistently cold temperatures and low water density. Lake Louise receives an average of 15ft, while Mount Norquay gets 10ft.

Skiable Acres 7,748

Banff's huge acreage of groomed and wild terrain is divided between the three resorts. Lake Louise is one of the biggest ski areas in North America with 4,200 acres spread across four mountain faces. Sunshine Village has 3,358 acres and three mountains that can deliver everything from tree runs to epic backcountry lines. The remaining 190 acres belong to Mount Norquay – an Olympic training ground with the only night skiing in Banff.

Runs 362

Lake Louise offers 164 runs across 100km of terrain, featuring a World Cup downhill route and expansive freeride bowls. Sunshine Village boasts 137 runs spanning 82km, with an 8km continuous trail and diverse terrain from wild trees to backcountry zones. Mount Norquay, with 60 runs, is known for its steep groomers and challenging bumps.

Town

Banff is a world-famous mountain town set in the heart of Banff National Park. A buzzing base in the Rockies, the village is full of energy and charm, with bustling shops, restaurants, apres bars and a backdrop of frosted peaks. Aside from skiing and snowboarding, there are many outdoor adventures to be had in the surrounding area, with hot springs and nature trails, as well as ice-climbing and dogsledding.



COACHING

Sessions 5/week

Each day is a full day of skiing and exploration, with a focus on progressing your skills through different terrains – from groomers to trees and steeper pitches. Nudging your comfort-zone ever larger, we'll be led by the conditions of the day, aiming to ride as much vertical as possible.

Groups By Ability

This camp is designed for a range of abilities from intermediate through to advanced. We organise groups by ability and mindset to ensure you ride with people of a similar skill level and outlook, creating an environment of progression and camaraderie.

Group Size 6 Riders

We aim for groups of 6 but will not go beyond 7 riders to a coach. This ensures you get personalised, one-on-one feedback while still enjoying the social energy of a tight-knit group.

Coaches Level 3/4

You'll be coached by the best local instructors, all highly qualified with an in-depth knowledge of local terrain and conditions. Passionate about sharing their expertise, they'll guide you to the best spots on the mountain, helping you progress safely and confidently.



A TYPICAL DAY

This is a guideline only; each day may vary with different focuses, timings, and personal choices

07:30

Breakfast

Kick off the day with a hearty breakfast at the Mount Royal Hotel. Fuel up, gather your gear, and hop on the local shuttle to one of Banff's legendary resorts: Sunshine Village, Lake Louise, or Mount Norquay.

10:00

Briefing + Morning Session

Meet your group and coach for a briefing on the day's goals, including terrain highlights and skill focus. Whether we're skiing Sunshine Village, Lake Louise, or Norquay, you'll have expert guidance every step of the way.

12:00

Lunch

Enjoy a well-earned break and refuel with a social lunch at one of the on-mountain lunch spots. Share insights and tips with your fellow riders while reflecting on the morning's session. Discuss techniques, progress, and terrain, getting ready for an action-packed afternoon.

13:00

Afternoon Session

The afternoon is all about refining the skills you worked on in the morning. As the day unfolds, your coach will guide you through different terrain, helping you perfect your technique while pushing you to take on more challenging runs. New skills, new confidence, and fresh lines.

16:00

Après + Relax

After a full day of riding, hit up one of Banff's apres-ski spots and share stories from the day. Alternatively, head back to your accommodation to chill out, relax in the hot tub, or enjoy some downtime.

19:00

Dinner + Socials

Finish off the day with a delicious group dinner at one of Banff's best local spots. Whether you're in the mood for high energy or a low-key night, there's always something happening.



WHY RIDE WITH NONSTOP

Coaching

Helping riders progress at sports they love in skiing and snowboarding is at the heart of what we do. With expert local coaches and guides, we create a supportive and social environment to ensure you're challenged, progressing, and riding the best zones on the mountain.

Authentic Travel

Run-of-the-mill is just not our thing. We focus on authentic destinations with the perfect blend of snow, terrain and culture, adding local twists and touches of adventure to create experiences you'll remember long after your time with us.

People

Designed for like-minded skiers and riders, you'll join a diverse group of people bound by a love of the mountains and shared desire to progress together. You're guaranteed a sociable trip, and everyone leaves with new friends.

All You Need

Just turn up and ride – we'll take care of the rest. Our packages include all your coaching and accommodation, with lift passes, meals, socials, hosting and more. Less hassle, more ride time.

Experience

When you travel with Nonstop you can have peace of mind that you are booking with a trusted and award-winning travel operator with over 20 years of expertise. You can rest easy knowing you're in expert hands.

Responsible

We're a proud member of 1% for the Planet, dedicated to fostering positive environmental change. By donating 1% of all sales to environmental non-profits, including Protect Our Winters, we're committed to supporting meaningful initiatives that make a difference.

NEXT STEPS

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About Nonstop A collective of passionate skiers and snowboarders, Nonstop Snow runs a collection of ski and snowboard instructor, all-mountain and backcountry camps for people who dream of pushing their level.

Founded 2002