



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM SKI/SNOWBOARD

Member Guide

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Generated 15 August 2026

WHAT IT IS, AND WHO IT'S FOR

Keep Calm & Ski/Snowboard On organises ski and snowboard trips from Barcelona during the winter season, part of the wider Keep Calm not-for-profit community for English speakers in the city.

We go from complete beginners to experienced riders, and there's a real answer for someone who's never clipped into skis before: on your first day at Grandvalira you can ask for a "debutants" pass, a cheaper option that covers the green slopes only, which is all a first-timer needs anyway. If you're picking up gear for the first time, Decathlon covers everything for well under 200 euros, and it's reusable on every trip after.

Everyone taking part is 18 or over. Keep Calm is an adults-only community.

HOW A TRIP WORKS

Trips aren't fully packaged. You sort your own transport, accommodation and lift pass, and we coordinate as a group in the WhatsApp chat and meet up at the resort. A typical trip runs Friday to Sunday or Saturday to Sunday, with carpooling arranged in the group, skiing or riding together during the day, and shared meals and social time in the evenings.

We stay within reach of Barcelona:

- **Grandvalira** (Andorra) - Spain's largest resort, 210km of slopes, around 2.5-3 hours away, and our most common destination for the season's big community trip
- **Masella / La Molina** (Pyrenees) - closer, around 2 hours
- Other Pyrenean resorts, depending on snow conditions

Roughly what to budget per day: a lift pass runs 50-80 euros (or around 60-66 euros/day if bought in blocks via the resort's own app), equipment rental 30-40 euros, plus your share of transport and whatever accommodation you book.

HOW TO JOIN

Join the Ski/Snowboard WhatsApp group: <https://keepcalm.fit/whatsapp/skiing-snowboarding>

Once you're in, watch for trip proposals during the winter season, put your hand up, and help coordinate transport, accommodation and gear with the rest of the group. Someone is always organising the next trip and happy to answer questions if you're new.

SAFETY AND INCLUSIVITY

- Ski and ride within your ability - stick to runs that match your level, and know that green slopes and a "debutants" pass exist specifically so a first-timer isn't out of place.
- A helmet is strongly recommended, and standard mountain safety rules and signage apply.
- Let someone in the group know if you're heading off on your own, and keep emergency contacts accessible on your phone.
- Sort travel/ski insurance before you go, covering on-piste skiing or snowboarding, mountain rescue, and medical treatment - some banking apps and existing travel insurance already include this, so it's worth checking before buying separately.
- Full community-wide safety, data and conduct policies: <https://keepcalm.fit/policies>

RULES AND ETIQUETTE

- If you commit to a trip, follow through - others may book accommodation, transport or lift passes around your attendance, so flag it early if your plans change.
- Be upfront about shared costs (fuel, accommodation, passes) and settle up promptly after the trip. If you drop out after others have booked around your commitment, be prepared to cover your share.
- Coordinate carpooling in the group and split costs fairly.
- Be on time for agreed meeting points and departure times.
- Look out for each other on the mountain.

FAQ

I've never skied or snowboarded before - is that a problem? No. Every trip has a mix of abilities, and Grandvalira's beginner slopes (Soldeu, El Tarter, and the greens near the top of the Funicamp gondola) are specifically suited to a first day. Ask for a "debutants" lift pass and consider a group or private lesson at the resort, booked in advance since slots fill up.

I don't own any gear - what do I need to buy versus rent? Rent skis or a board, boots and a helmet at the resort (book online in advance rather than turning up on the day). Buy your own goggles, since rental availability for those is usually limited. Decathlon is the easiest one-stop shop for waterproof jacket and trousers, thermals and ski socks if you don't already have them.

How do I get to Andorra without a car? Coach from Barcelona is the most common option (Andorra Direct Bus or ALSA, from Sants or Estació Nord), taking roughly 3 to 4 hours. Book an open return if you can, for flexibility if plans shift. Note Andorra isn't in the EU, so sort a local eSIM before you go rather than relying on normal roaming.

LINKS

- Join: <https://keepcalm.fit/whatsapp/skiing-snowboarding>
- Policies: <https://keepcalm.fit/policies>
- Website: <https://keepcalm.fit/>