

# SEVEN SPRINGS SKI PATROL

The Seven Springs Ski Patrol is an organization of men and women who have dedicated themselves to public service on the slopes. They are committed to promoting safety and responsible skiing/boarding and to providing first-aid in the event of injury. The members support and participate in the winter sports and outdoor recreation community by providing emergency care, rescue and education services. The Ski Patrol is responsible for maintaining a safe and courteous skiing and riding environment and will address unsafe practices and may revoke skiing/riding privileges.

## SHOULD YOU NEED MEDICAL ASSISTANCE WHILE ON THE SLOPES:

- Place crossed skis in the snow above the injured skier/rider.
- Send another skier/rider to report the incident to the chairlift attendant, ski patroller or other resort employee.
- Give the exact location of the incident and the possible injury.
- If you have a cell phone, you can call Ski Patrol directly at 814-352-2035.
- The Main Ski Patrol is located at the base of Avalanche Slope in the Mountain Operations Building. On-mountain Ski Patrol huts are located at the top of Tyrol and Gunnar slopes and the top of North Face lift.

## — Heads Up - Know the Code, It's Your Responsibility —

# YOUR RESPONSIBILITY CODE

Seven Springs is committed to promoting slope safety. Share the slopes and be courteous to others. Be aware that there are elements of risk in snowsports that common sense and personal awareness can help reduce. Observe Your Responsibility Code and share it with others on the slopes for a great snowsports experience!

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have knowledge and ability to load, ride and unload safely.

# FREESTYLE TERRAIN

Freestyle Terrain Areas are designated with an orange oval and may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bump terrain and other constructed or natural terrain features. Prior to using Freestyle Terrain, you are responsible for familiarizing yourself with Freestyle Terrain and obeying all instructions, warnings and signs. Freestyle skills require maintaining control on the ground and in the air. Use of Freestyle Terrain exposes you to the risk of serious injury or death. Inverted aerials are not recommended. You assume the risk.

Freestyle Terrain has designations for size. Start small and work your way up. Designations are relative to this ski area.

**SMART STYLE** Freestyle Terrain

◀ This Orange Oval symbol designates Freestyle Terrain such as parks and pipes. Smart Style represents Freestyle Terrain safety. Know it, Respect it, Use it!

**Make a plan.**  
Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.

**Look before you leap.**  
Scope around the jumps first, not over them. Know landings are clear, and clear yourself out of the landing area.

**Easy style it.**  
Start small and work your way up. (Inverted aerials not recommended).

**Respect gets respect.**  
From the lifeline through the park.

IS THIS THE WINTER?

FRONT FACE

NORTH FACE

■ Night Skiing and Snowboarding

**FREESTYLE TERRAIN**  
SMALLER FEATURES

**FREESTYLE TERRAIN**  
MEDIUM FEATURES

**FREESTYLE TERRAIN**  
LARGER FEATURES

■ SLOW ZONE

● Easier

■ More Difficult

◆ Most Difficult

◆ Provides a much higher level of challenge and risk and therefore must be approached with greater caution and forethought.

☒ Ski Patrol	☒ Conveyor	☒ SKI LODGE • RENTAL CENTER • SNOWSPORTS SCHOOL • SKI & SNOWBOARD CHECK • TICKET/PASS OFFICE • LOCKERS • FOGGY GOGGLE	● A Arctic Blast Children's Park	● F The Streets	◆ Avalanche Slope	● 9 Stowe Beginner Bowl	● 14 Phillip's Run	● 19 Lost Boy Trail	● 24 Northwest Passage Trail	◆ Gunnar Slope
☒ Restrooms	☒ Rope Tow		● B Santa's Beard Terrain Park	● F	● 5 Tyrol Slope	● 10 Easy Rider Beginner Area	● 15 Blitzen Slope	● 20 North Face Bypass Trail	● 25 Giant Boulder Slope	◆ Yodeler Trail
☒ Restaurants	☒ Triple Chairlift		● C The Spot Terrain Park and 22-foot Superpipe	● 1 Village Trail	● 6 Stowe Slope	● 11 Wagner Slope	● 16 Deer Pass Trail	● 21 Sunset Slope	● 26 Little Boulder Trail	◆ Yodeler Bypass
☒ Shuttle Bus Service	☒ Quad Chairlift		● D North Park and Halfpipe	● 2 Boomerang Trail	● 7 Stowe Trail	● 12 Fawn Lane Trail	● 17 Alpine Meadows Slope	● 22 Little North Face Slope	◆ Giant Steps Slope	● 31 Yodeler Bypass
☒ Parking	☒ Six Passenger Chairlift	☒ NASTAR Race Course	● E The Alley	◆ Goosebumps Slope	● 8 Cortina Trail	● 13 Alpine Pass Trail	● 18 Sunbowl Trail	◆ North Face Slope	◆ Gunnar Chair Line Slope	● 32 Lost Girl Trail
										● 33 Great Western Trail

# SKI AREA INFORMATION

Skiers and riders should be advised that a green circle, blue square, black diamond or orange oval trail designation at Seven Springs is not necessarily the same as a similarly rated trail at another area. The system is a relative system that is valid only at this area. Skiers and riders should work their way up, beginning with the easiest trails no matter what their ability level may be, until they are familiar with the trails at Seven Springs.

Be advised that all poles and/or flags, fencing, signage and padding on equipment or objects or other forms of marking devices are used by the ski area to inform you of the presence or location of a potential obstacle or hazard. These markers are no guarantee of your safety and will not protect you from injury. It is part of your responsibility under Your Responsibility Code to avoid all obstacles or hazards, including those that are so marked.

# CAUTION

⚠ Snowcats, snowmobiles and snowmaking equipment may be encountered at any time.

# HOURS OF OPERATION

Day: 9 a.m. - 7 p.m. | Twilight: 1 p.m. - 10 p.m. | Night: 4 p.m. - 10 p.m.  
 The slopes will close at 10 p.m., daily, weather permitting.  
 The North Face closes 30 minutes before the other slopes.

# THE FACTS:

Mountain Elevation - 2,994 feet  
 Vertical Drop - 750 feet  
 Longest Run - 1.25 miles  
 Average Snowfall - 135 inches  
 Lift Capacity Per Hour - 27,400 riders  
 Average Temperature - 24 degrees  
 Skiable Terrain - 285 acres

# CHAIRLIFTS:

2 - High Speed Six Passenger Chairlifts  
 3 - Quad Chairlifts  
 5 - Triple Chairlifts  
 1 - Rope Tow  
 3 - Conveyors

☒ Food Outlet

☒ Bar

☒ Lockers

☒ Restrooms

☒ Information

☒ Elevator

**SKI LODGE**

1. Foggy Goggle
2. First Tracks
3. Maple Room
4. Mountain Perk
5. Mountain Memories Photography
6. Ski Check
7. Emo's Pit
8. Ski Check
9. Rental Center

**SKIER SERVICE BUILDING**

10. Shuttle Pick-Up for Parking Lot
11. Season Pass and Day Group Ticket Office
12. Ski/Board Ticket Office
13. Will's Ski and Snowboard Shop
14. Snowsports School Office
15. Kids' Corner
16. Tiny Tots' Ski School

**SKI & SNOWBOARD SERVICES BUILDING**

**SKI LODGE**

**LESSON MEETING AREA**

Scan the QR Code with your smartphone for access to the mobile trail map, snow report and more!



## OUR MISSION

To be the premier four-season family resort focused on providing legendary customer service to all our guests.

Seven Springs Mountain Resort is the perfect place for family vacations that create lifelong memories. So much more than exceptional snowsports, Seven Springs' legendary service provides guests with relaxing escapes. Take the entire family skiing in the morning, take a shot at sporting clays or enjoy the thrills of snowtubing in the afternoon, enjoy a luxurious spa treatment in the evening before a great dinner and then do it all again the next day after a relaxing overnight stay.

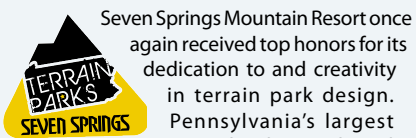
Since 2004, Seven Springs has been committed to developing and growing its terrain parks, halfpipes and superpipe. Now, Seven Springs has six terrain parks of varying difficulty and progression and more than 70 features in all. The resort's hard work and dedication towards these efforts have been nationally recognized as the 11-12 number one terrain parks on the East Coast and the number four pipe in North America.

The Snowsports School at Seven Springs provides a comfortable and fun atmosphere for skiers and snowboarders of all abilities. Recognized as one of the premier kids' programs on the East Coast, Tiny Tots' Ski School and the Youth Snowsports Academy featuring the Burton Learn to Ride program will have even the little one of the family skiing and boarding in no time at all.

Seven Springs is conveniently located just off the Pennsylvania Turnpike, located within 200 miles of Pittsburgh, Washington, D.C., Baltimore, Cleveland and Columbus. With more than 60,000 square feet of meeting space available, Seven Springs hosts more than 1,000 meetings, conferences and banquet groups each year.

Seven Springs Mountain Resort can accommodate more than 5,000 overnight guests in its perfectly appointed 414-room, 10-story high-rise hotel, nearly 1,200 condominiums and townhomes, 11 cottages and 15 chalets.

## TERRAIN PARKS



Seven Springs Mountain Resort once again received top honors for its dedication to and creativity in terrain park design. Pennsylvania's largest resort has been selected as the East Coast's number one terrain parks and number four halfpipe in North America by TransWorld SNOWboarding magazine. This marks the third consecutive year that the popular Laurel Highlands resort has been named in the national resort poll.

**The Streets** - This new park, presented by Forum Snowboards, will replicate a city landscape and provide endless possibilities of fun for freestyle skiers and snowboarders. Inspired by the stash parks of western resorts, The Streets will focus on the newest trends of freestyle skiing and snowboarding.

**The Spot** - Strewn throughout this park are our biggest and best jumps, jibs, bonks and the expansion to a 22-foot regulation Olympic-sized Superpipe. The Spot is nestled in the Alpine Meadows region of the mountain and is the perfect places for spectators to watch premier events.

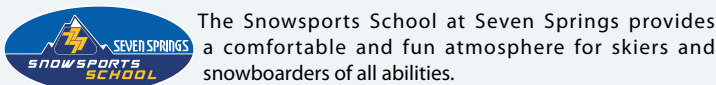
**North Park** - Cruise over to the North Face of our mountain and drop into North Park. This park is designed for the intermediate rider who has mastered Santa's Beard and wants to progress to bigger features. Packed with medium sized jibs and jumps, this park calls for Hot Laps!

**The Alley** - Measuring over a half mile long, this park contains more small/medium jumps and jibs in one area. The focus of this park is a perfect long mellow flow.

**Santa's Beard** - When you ride through the Beard, our beginner park littered with mini jumps, jibs and bonks, you will come across many ride-on features and smaller jumps geared towards a simple progressive learning curve.

**Arctic Blast** - Arctic Blast is a great area to get acquainted with riding on transition for the first time. This is the first step in our progressive terrain parks.

## LEARN TO SKI & SNOWBOARD SNOWSPORTS SCHOOL



The Snowsports School at Seven Springs provides a comfortable and fun atmosphere for skiers and snowboarders of all abilities. Every lesson is taught by a professional instructor, many of whom are members of the Professional Ski Instructors of America (PSIA) or the American Association of Snowboard Instructors (AASI). Our instructors are committed to providing you with quality lessons and individual attention, while helping you build confidence.

**Private Lessons** - Seven Springs effective one-on-one coaching program and analysis of your technique will help you get the most out of your snowsports experience

**Group Lessons** - Learning how to ski or snowboard as a group, up to eight students, with your family and friends is tons of fun and a great way to spend time together.

Seven Springs Snowsports School offers an abundance of ski and board group lessons ranging from programs for the never-evers to fine-tuning classes for the veteran snowsports enthusiast.

**Burton Learn To Ride** - Seven Springs Mountain Resort is pleased to offer the Burton Learn To Ride snowboard program. Small classes are taught by Burton-trained, AASI-certified instructors. The equipment is specifically designed to be forgiving and to perform harmoniously with the way novices are taught and — voila! — learning becomes easy!

**Tiny Tots'** - Snowsports professionals around the world thoroughly believe that the best time to teach your child to ski is between the ages of 4 and 7. Children of this age are always looking for fun, constantly in motion, know little to no fear and always want to impress their parents and peers.

**Junior Snowsports School** - Accommodating beginners to advanced participants, each session will aid younger skiers and riders with their skill development.

**Gravity Park School** - Are you ready to step up to the challenge of our terrain parks? If so, make plans to take part in the Gravity Park School. Designed for intermediate skiers and boarders ages 8 - 17, this all-day program will teach you the tricks of the trade including how to perfect your approach to a terrain feature, dropping into a pipe, easing your landing and park rules and etiquette.

**Specialty Programs** - Seven Springs Snowsports School offers numerous specialty programs to help improve your skiing techniques and bolster camaraderie with your fellow skiers.

**Kids' Corner** - Mom and Dad, how about a day to yourselves? Our Kids' Corner can make your dream a reality! Children walking age through 5 years-old can enjoy a fun non-skiing day while mom and dad hit the slopes (or sleep). Kids' Corner will keep the little ones entertained with toys, crafts, songs, games and movies in a supervised playroom.

Reservations are strongly suggested for all lessons. For more information or to reserver your lesson time, please contact the Seven Springs Snowsports School at (800) 452-2223, ext. 7000.

## SKI & SNOWBOARD CHECK

**SKI CHECK** Seven Springs' ski and snowboard check is a great way to enjoy a day on the slopes without hauling your equipment around or worrying about leaving it unattended! So if you want to simply check your skis or snowboard while you get a bite to eat, a helpful ski check attendant will keep an eye on your belongings.

**LET US WATCH YOUR SKIS AND BOARD FOR YOU!** Ski and snowboard check is located on the lower level of the Ski Lodge near the Rental Center and the upper level of the Ski Lodge near Emo's Pit and is open daily.

For more information, call (800) 452-2223, ext. 7745.

## ARE YOU HUNGRY? ON MOUNTAIN DINING

If you are looking for a quick pick-me-up to get you back out on the slopes, look no further than one of our great on-mountain dining options!

**Helen's** - Helen's continues the tradition of offering upscale dining in a rustic setting with unique food that cannot be found anywhere else on the mountain. Located near the Ski Lodge.

**Slopeside** - Slopeside features amazing views of the slopes, gracious service, comfortable family dining and great all-American selections. Located on the fourth floor of the Main Lodge.

**Timbers** - Timbers offers casual family dining in a fun, friendly atmosphere! So settle in, relax and savor every bite. Located on the fourth floor of the Main Lodge.

**The Pizza Place** - Craving a huge slice of pizza pie or sandwich? Indulge in our New York-style pizza or our reinvented Italian hoagie and grinder sandwiches! Located on the fourth floor of the Main Lodge.

**Bavarian Lounge** - Relax, grab a drink, sandwich or wings and watch the game on tv or enjoy some musical entertainment. Located on the fourth floor of the Main Lodge.

**Emo's Pit** - Get the tastes of summer while the snow is still falling. Our outdoor grill features grilled hamburgers, kielbasa, hot dogs, soft drinks and beer. Located at the front of the Ski Lodge, slopeside.

**Foggy Goggle** - Enjoy appetizers, sandwiches and more with a warm drink or a cold beer after a day on the slopes. Come see for yourself why this legendary bar is a local favorite. Located on the top level of the Ski Lodge.

**First Tracks** - Everyone loves to be first and to make the first tracks of the day on newly fallen snow is the ultimate experience for many! First Tracks is the place to pick up a quick fulfilling bite to eat, offering breakfast, sandwiches, soup, salads, pizza and daily specials. Located on the main level of the Ski Lodge.

**Gingerbread Dreams** - Peruse the glass cases of delectable treats including fudge, tortes, pastries and handmade candies. Located on the fourth floor of the Main Lodge.

**Lake Tahoe Lodge** - Take a break on top of the mountain and enjoy a meal with a fabulous view. Located at the top of the North Face ski area, the restaurant serves soups, salads, sandwiches and lighter fare.

**Mountain Perk** - We offer a full menu of Starbucks® coffee products including espresso, cappuccino, latte, iced drinks and drip coffees as well as bagels and pastries. Located on the main level of the Ski Lodge.

**The Grille at Sporting Clays** - After a day of shooting or a day on the slopes stop by the Sporting Clays Lodge for a cold beverage or a bite to eat. Located at the Sporting Clays Lodge.

## RENTAL CENTER

Seven Springs Mountain Resort offers the latest in ski and snowboarding equipment, including a fleet of Burton snowboards and Rossignol skis.

The new Rossignol skis feature "Autoturn Rocker Technology," which makes it easier to steer; easier to balance; and easier to control speed. This technology will help boost the confidence of beginner skiers and improve their control, thus providing a better skiing experience.

Also within the rental center is the Rossignol Experience Center. The center's concept is designed to make the rest of the resort experience as accessible, fun and fulfilling as the skis themselves.

A new kids' area will debut making even picking out their skis an engaging, fun part of the Seven Springs experience. The Burton Experience will also be featured, a personalized snowboard service with the Burton flair.

Ski rentals include skis, boots and poles. Snowboard rentals include a snowboard and boots. Helmets are also available.

Be sure to visit our new retail shop, located in the rental center, for those items that may have been left behind, such as gloves, hats, ski socks or even lip balm.



## NIGHTLIFE

Not quite ready to count sheep? Spend some grown-up time in one of our lounges, which feature nightly entertainment. The legendary Foggy Goggle has all of your après ski fun. And the Matterhorn Lounge is the perfect place to be for dancing the night away. If you prefer a more relaxed atmosphere, then visit the Bavarian Lounge for a nightcap and good conversation.

**Foggy Goggle** - Enjoy appetizers, sandwiches and more with a warm drink or a cold beer after a day on the slopes. Come see for yourself why this legendary bar is a local favorite. Located on the top level of the Ski Lodge.

**Bavarian Lounge** - Relax, grab a drink, sandwich or wings and watch the game on tv or enjoy some musical entertainment. Located on the fourth floor of the Main Lodge.

**Matterhorn Lounge** - Take to the dance floor at our Matterhorn Lounge, where nightly entertainment keeps the party going 'til close. Located on the third level of the Main Lodge near the Center Lobby.

**Helen's Lounge** - Piano music fills the air at this quaint lounge inside Helen's restaurant Friday and Saturday evenings. Sip wine and enjoy the ambience inside Seven Springs' rustic retreat.

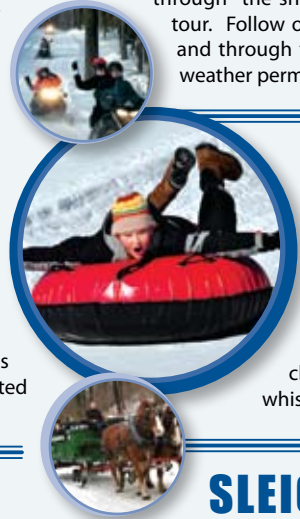
## APRÈS SKI

**Outdoor Hot Tubs** - There's nothing like relaxing your sore muscles in a private hot tub after a long day of playing in the snow. Sit back, soak in the steam and take in the outdoor scenery on a crisp winter day.

**Snowcat Rides** - Have you ever wondered how the slopes are groomed? Then tag along on one of our specially designed groomers for a night ride you won't soon forget.

**Snowshoe Tours** - Enjoy the many scenic views Seven Springs has to offer while having an invigorating workout. Excursions follow various trails in the majestic Laurel Highlands area.

**Snowmobile Tours** - Perfect for a couple or a family adventure, come wind through the snow-capped Laurel Highlands on a guided snowmobile tour. Follow one of our experienced tour guides deep into the forest and through the snowy slopes. One hour guided tours offered daily weather permitting.



## SNOW TUBING

Hang on to your hat! Seven Springs' snow tubing park is "snow much fun" for everyone! An easy, fun activity for everyone ages 4 and up, snow tubing is a great introduction to snowsports. Tuck yourself into a tube, grab onto the handles and feel the cold, crisp air on your cheeks as gravity sends you plunging down one of our 12 chutes. Don't worry about gasping for air. Snow tubers are whisked back up the hill via one of the conveyor lifts.

## SLEIGH RIDES

Just right for romance or fantastic family fun, couples and families alike will enjoy this traditional horse-drawn sleigh ride through a winter wonderland in the mountains. Sleigh rides are approximately 30 minutes long, weather permitting.

## SOCIAL SCENE

Be the first to know about specials, upcoming events and so much more by following us on Facebook, Twitter or by signing up for our Priority 7 Emails.

Becoming a Priority 7 members allows you to choose what information is delivered right to your inbox! Find out about Lodging Packages, Trillium Spa specials, Events, Sporting Claus, Golf, Summer Activities and so much more. You can also choose to receive our snow report every morning allowing you to know what's happening on the slopes before you leave the house.

Visit us online at 7springs.com for more information or to sign up!

## HELMET USE

The National Ski Areas Association recommends that parents, skiers and snowboarders educate themselves about the benefits and limitations of helmets and make informed choices for themselves and their children. Remember, each skier's or snowboarder's behavior has as much or more to do with their safety as does any piece of safety equipment. Always ski and ride responsibly.

## OUT OF BOUNDS WARNING

Seven Springs assumes no responsibility for skiers or riders going beyond the ski area boundary. Areas beyond the ski area boundary are not patrolled or maintained. Unmarked obstacles and other natural hazards exist. Rescue in the out of bounds areas, if available, will be costly and may take time.

Skiing and riding on closed slopes and trails is prohibited.

## SLOW ZONES

Certain areas (in red on the map) are designated as **SLOW ZONES**. Please observe the posted slow zone areas. Fast and aggressive skiing and riding will not be tolerated.

## LIFT SAFETY

Be advised that you cannot board a lift unless you have sufficient physical dexterity, ability and knowledge to negotiate or to use such lift safely, or until you have asked for and received information sufficient to enable you to load, ride and unload the lift safely. You may not use a lift or any slope or trail when under the influence of drugs or alcohol.

### USING THE LIFTS

- Load and unload in designated areas.
- If you are unsure about how to get on/off any of our lifts, consider taking a lesson or ask a Mountain Ambassador for assistance.
- Your ski/board ticket must be visible to the Mountain Ambassadors.
- Avoid wearing loose clothing or backpacks that may catch on a lift you are riding.
- If you fall while getting on/off the lift, keep your head down and low to the ground to reduce the risk of being struck by the chair.
- If the lift stops, remain on the chairlift.
- When unloading, stand on your skis/board and glide away from the lift. Anticipate possible ice or a steep decline on the unloading ramp.
- Move quickly away from the unloading area to provide adequate distance for those unloading behind you.

## WINTER FUN DIRECTORY

Seven Springs Mountain Resort offers more than exceptional skiing and snowboarding. For more information about the additional amenities and services available at Seven Springs, please call one of the extensions below.

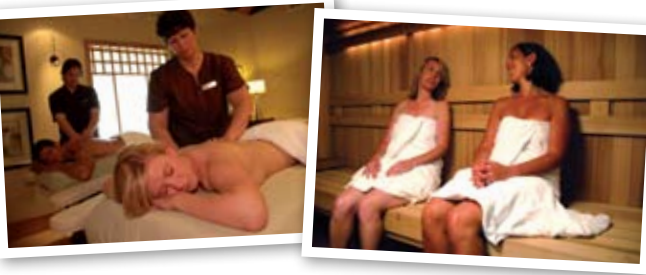
Guest Information .....Ext. 7629	Snow Tubing .....Ext. 7645
Helen's .....Ext. 7691 or 7827	Snowcat Rides* .....Ext. 3000
Hotel Service .....Ext. 5000	Snowmobile Tours* .....Ext. 7932
Kids' Corner* .....Ext. 7488	Snowshoe Tours* .....Ext. 7932
Rental Shop.....Ext. 7823	Snowsports School.....Ext. 7000
Season Passes .....Ext. 7491	Sporting Clays.....Ext. 7899
Ski Patrol .....Ext. 7814	Tiny Tots" .....Ext. 7781
Snow Report .....Ext. 7991	Trillium Spa .....Ext. 7123



7springs.com | 800-452-2223

\*Reservations Required

## TRILLIUM SPA



After a day reconnecting with your family and friends on the slopes, treat yourself to a massage at Trillium Spa.



800.452.2223 ext. 7123 | 7springs.com