



Levels cross-country skiing

	Kurse	Voraussetzungen
N1	Skating Starter course	No previous experience required. For people without any snow experience - i.e. for those who have no experience of cross-country skiing, skiing or snowboarding.
N1	Classic Basic course	No previous knowledge required.
N2	Various skating courses	You have already gained some experience in the snow - in other words, you have already tried cross-country skiing or downhill skiing or even know how to ski or snowboard.
N3	Various skating courses	Good knowledge of the skating technique; you can use the basic techniques (1-1, 1-2, asymmetrical skating step) and are fit enough to skate for 30-45 minutes without a break.
N4	Various skating courses	Very good knowledge of the skating technique, i.e. all step forms should be mastered. Sufficient stamina to be able to skate for 30-45 minutes at a time without a break.