

SEVEN SPRINGS SKI PATROL

The Seven Springs Ski Patrol provides rescue and first aid in the event of an injury. The Ski Patrol will also address unsafe practices and may revoke skiing and snowboarding privileges.

SHOULD YOU NEED MEDICAL ASSISTANCE WHILE ON THE SLOPES:

- Place crossed skis in the snow above the injured skier/snowboarder.
- Send another skier/snowboarder 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 Polar Bear 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.

PARK SMART

Start Small
Work your way up. Build your skills.

Make a Plan
Every feature. Every time.

Always Look
Before you drop.

Respect
The features and other users.

Take it Easy
Know your limits. Land on your feet.

FRONT FACE

NORTH FACE

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.

Night Skiing and Snowboarding

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	Triple Chairlift	B Santa's Beard Terrain Park	G Riglet Park	5 Tyrol Slope	10 Easy Rider Beginner Area	15 Blitzen Slope	20 North Face Bypass Trail	25 Giant Boulder Slope	Yodeler Trail
Restaurants	Quad Chairlift	Six Passenger 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	NASTAR Race Course		D North Park and Halfpipe	2 Boomerang Trail	7 Stowe Trail	12 Fawn Lane Trail	17 Alpine Meadows Slope	22 Little North Face Slope	27 Giant Steps Slope	Lost Girl Trail
Parking			E The Alley	Goosebumps Slope	8 Cortina Trail	13 Alpine Pass Trail	18 Sunbowl Trail	North Face Slope	28 Gunnar Chair Line Slope	Great Western Trail

SKI AREA INFORMATION

Skiers and snowboarders 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 snowboarders 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 and unmarked.

CAUTION

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

HOURS OF OPERATION

Sun.-Wed. 9 a.m. - 9 p.m. | Thu.-Sat. 9 a.m. - 10 p.m. | Twilight: 1 p.m. - close

The North Face closes 30 minutes before the other slopes. All hours are weather permitting.

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
Slopes and Trails - 33
Terrain Parks - 7

CHAIRLIFTS:

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

PENNSYLVANIA'S WINTER ADVENTURE HQ
 WHERE EVERY DAY IS A SNOW DAY

- Food Outlet
- Bar
- Lockers
- Restrooms
- Information
- Elevator
- ATM

SKI LODGE

1. Foggy Goggle
2. First Tracks
3. Maple Room
4. Seven Springs Photography

5. Mountain Perk
6. Ski and Snowboard Check
7. Emo's Pit
8. Ski and Snowboard Check
9. Rental Center

SKIER SERVICE BUILDING

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

SKI & SNOWBOARD SERVICES BUILDING

LESSON MEETING AREA



TRAIL GUIDE
2014-2015



Two Great Resorts one GREAT SKI PASS



THE HIGHLANDS PASS
The Highlands Pass offers unlimited skiing and snowboarding between Seven Springs and Hidden Valley Resort during the 2014-2015 season. With this pass you can ski and snowboard on:

- 58 slopes and trails
- More than 395 acres of skiable terrain
- 9 terrain parks
- More than 100 terrain park features

Available at the season pass office or online at 7Springs.com.

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 2006, Seven Springs has been committed to developing and growing its terrain parks, halfpipes and superpipe. Now, Seven Springs has seven 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 top terrain parks and pipes on the East Coast.

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 snowboarding in no time at all.

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.

Seven Springs is conveniently located just off the Pennsylvania Turnpike, within a one hour drive of Pittsburgh, and within 200 miles of Washington, D.C., Baltimore, Cleveland and Columbus.

TERRAIN PARKS

Seven Springs is committed to the development and growth of our terrain park program. Each of our parks is geared toward progression and our rail yard boasts more than 70 features including rails, wallrides, boxes and bonks. The resort's hard work and dedication has been nationally recognized for five consecutive years as one of the top parks and pipes on the East Coast.

The Streets - The Streets replicates a city landscape and provides endless possibilities of fun for freestyle skiers and snowboarders. Inspired by the stash parks of Western resorts, The Streets focuses 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 place 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 skier or snowboarder 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.

Riglet Park - The Burton Pirates Riglet Park is an introductory snowboarding park designed for children ages 4-7 and features both full and half-day group lessons with certified instructors.

LEARN & IMPROVE 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.



First Time Experience Lessons - An introduction to the basics for those that have never, ever been on the snow. Learning about equipment, how to slide on level snow, learning to stop and having fun are taught. (Ages 8 and up)

Private Lessons - A first-class, private lesson experience featuring one-on-one coaching and analysis of your technique that will help you get the most out of your snowsports experience. Available to skiers and snowboarders, for any ability level. (Ages 3 and up)

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. (Ages 8 and up)

Tiny Tots' - A fun-filled ski or snowboard experience taught by instructors specializing in kid-friendly techniques. (Ages 4-7)

Junior Snowsports School - An energetic lesson program for beginner through advanced skiers and snowboarders that includes skill development and adventure that this age group needs. (Ages 8-17)

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! (Ages 5 and up)

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 reserve your lesson time, please contact the Seven Springs Snowsports School at (800) 452-2223, ext. 7997.

RENTAL CENTER

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

The Rossignol high performance 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 is designed to make the rest of the resort experience as accessible, fun and fulfilling as the skis themselves. The kids' area makes picking out their skis an engaging, fun part of the Seven Springs experience, and the Burton Experience also features 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 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.



SKI & SNOWBOARD 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.

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.

NASTAR PROGRAM



NASTAR, an acronym for National Standard Race, is the largest recreational ski and snowboard race program in the world. It allows ski or snowboard racers of all ages and abilities, through a scoring system, a way to compare themselves with one another and with the national champion, regardless of when and where they race. This program is only available when the NASTAR course is open.

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 snowboarding 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 or snowboard 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 or snowboard 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.



SNOW TUBING

Hang on to your hat! Seven Springs' snow tubing park, the largest snow tubing park in the region, is "snow much fun" for everyone! 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 11 chutes. Don't worry about gasping for air. Snow tubers are whisked back up the hill via one of the Magic Carpets.

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!

Legendary Foggy Goggle - The one and only place to get the Goggle Defogger, Super Pipe Burger or the Over-The-Top Nachos with a cold beer after a day on the slopes. Come see for yourself why the Foggy is recognized as the best après ski bar on the East Coast! Located on the top level of the Ski Lodge.

Emo's Pit - Emo's outdoor grill features gigantic grilled hamburgers, kielbasa, the hottest hot sausage, all-beef hot dogs and beverages. Located at the front of the Ski Lodge, slopeside. Just ski or snowboard right up to the counter!

First Tracks - First Tracks is the place to pick up a quick fulfilling bite to eat, featuring our mashed potato meltdown. Grab three triple cork burgers, they are the best burgers on the mountain or a slice of the terrain park pie! Located on the main level of the Ski 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, this is the place to indulge in our piping hot house-made soups and chili so that you can fuel up for the rest of your runs.

Helen's - Helen's Restaurant is the perfect place for a truly fine dining experience. Helen's continues the tradition of offering an upscale dining experience in a rustic setting with unique food that cannot be found anywhere else on the mountain. The menu at Helen's features fresh creations from local ingredients. Accentuate your dining experience with our Wine Spectator award-winning wine list. Located near the Ski Lodge. You can even ski in!

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 from our new Tim-burgers menu, featuring the new Monster Burger, or one of our classic breakfast or dinner entrees. Located on the fourth floor of the Main Lodge.

The Pizza Place - Indulge in our New York-style pizza or our huge Italian hoagie and grinder sandwiches! Ask about our famous Terrain Park Pie! 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.

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. Two locations to better serve your cravings: Fourth floor of the Main Lodge, near the Center Lobby and in the Ski Lodge.

Gingerbread Dreams - Need something sweet after your runs or after dinner? Gingerbread Dreams features an ice cream shoppe! Seven's Brownie Sundae will make you feel like a kid again! (unless you're already a kid). We also feature delectable treats including fudge, tortes, pastries and handmade candies. Located on the fourth floor of the Main Lodge.

The Grille at Sporting Clays - After a day of shooting or a day on the slopes stop by the Sporting Clays Lodge and indulge in our monstrous burgers and chicken sandwiches or dig into the famous K-80 sandwich that is aimed to fill you up! Located at the Sporting Clays Lodge.



WINTER ADVENTURES

Seven Springs Stables - What better way to enjoy the natural beauty of the Laurel Highlands than on a leisurely sleigh ride at Seven Springs!

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.



SEVEN SPRINGS PHOTOGRAPHY

Seven Springs Photography Services offers commercial photography services seven days a week and by appointment for your special events, including family portraits, weddings, class reunions and more.

SOCIAL SCENE

Be the first to know about specials, upcoming events and so much more by following us on Facebook, Twitter and Instagram, or by signing up for our email newsletter. Find out about lodging packages, Trillium Spa specials, events, sporting clays, 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!

Download the free Seven Springs app for your iPhone, iPad and iPod Touch! Check out current ski conditions, live mountain cams, resort videos and events, lodging packages, activities, dining, night life, directions and more!



RESERVATIONS & INFORMATION

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

Guest Information	Ext. 7629	Snow Report	Ext. 7991
Helen's	Ext. 7827	Snow Tubing	Ext. 7645
Hotel Service	Ext. 5000	Snowcat Rides	Ext. 3000
Kids' Corner	Ext. 7488	Snowmobile Tours	Ext. 7899
Lodging Reservations ...	Ext. 7009	Snowshoe Tours	Ext. 7899
Real Estate	Ext. 7345	Snowsports School	Ext. 7997
Rental Center	Ext. 7823	Sporting Clays	Ext. 7899
Season Passes	Ext. 7491	Stables	Ext. 7997
Photography	Ext. 7147	Tiny Tots'	Ext. 7997
Ski Patrol	Ext. 7814	Trillium Spa	Ext. 7123
Slopeside	Ext. 6000	Trillium Salon	Ext. 7845