



• **UNLIMITED** •  
**SKIING & SNOWBOARDING**  
3 GREAT RESORTS, 1 GREAT SKI VACATION

VISIT SEVEN SPRINGS, HIDDEN VALLEY & LAUREL MOUNTAIN

2019/2020  
**EMILY FAIRBANKS**

2019/2020  
**STEVEN LEWIS**

- 79 slopes and trails
- More than 465 acres of skiable terrain
- 9 terrain parks
- More than 100 terrain park features

Available at the season pass office or online at [7Springs.com](http://7Springs.com).

## I welcome I

"To be the premier four-season family resort of the Laurel Highlands focused on providing legendary customer experiences to all our guests."

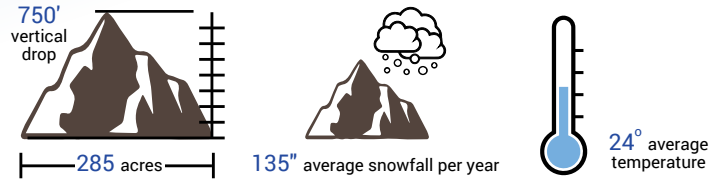
More fun, more play, more ADVENTURE! Kick that cabin fever to the curb and embark on an unforgettable journey to Seven Springs with your family this winter.

Wake up to snow-covered mountains calling your name and set foot into a snowy winter playground like no other with skiing and snowboarding, snow tubing, awesome eats, plenty of indoor fun and much more!

Skiers and snowboarders will find snow-packed slopes and innovative and progressive terrain parks, with challenges suited to any ability level from brand new to expert. Beginner skiers and snowboarders can take their very first slides at Seven Springs Snowsports School and not only learn a new sport, but enter a welcoming community of snowsports enthusiasts ready to share their passion.

This winter, unplug the phones, turn off the video games and explore together! Discover the adventures of the mountains and make memories that will last a lifetime with the Legendary Experience that only Seven Springs can provide! 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, 17 cottages and 13 chalets.

## I resort fast facts I



## I terrain parks I

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 100 features including rails, wallrides, boxes and bonks. The resort's hard work and dedication has been nationally recognized as one of the top parks and pipes on the East Coast.

**The Streets** - Blurring the line between urban and park riding. This hike park is full of handrails, wallrides, stairsets and other urban inspired terrain. Modeled after some of nearby Pittsburgh, Pennsylvania's architecture, The Streets is hard to miss nestled right by the legendary Foggy Goggle.

**The Spot** - Our showcase jump line, a 22 ft. Superpipe and the burliest jibs on the mountain. The spot sits front and center by our main parking lot. A lot of legendary tricks have gone down in our Large park! At over 500 ft. long, our world-class halfpipe is the only 22 ft. Olympic standard halfpipe in the East! You cannot miss this monster pipe as you enter the resort.

**North Park** - Slide over to the North Face of our mountain and drop into North Park, a beginner friendly zone full of small features, bank turns and transition. A boardercross design is perfect for skiers and snowboarders looking to link their first tricks and get comfortable on transition.

**The Alley** - Top to bottom bliss. Rails, boxes, jumps and hips snake their way down the north side of the mountain in quick succession. The Alley is a proving ground for riders looking to step things up!

**Santa's Beard** - The gift that keeps on giving. Santa's Beard is where you can learn how to slide your first rail or stomp a clean 360. This park features a rope tow that will keep you entertained for hours! We fill this park with a variety of small and medium features. Santa's Beard is to the left off of The Polar Bear Express immediately after Arctic Blast.

**Arctic Blast** - Arctic Blast is a great area to get a feel for riding transition. This park includes small rollers, boxes and bank turns to get familiar with freestyle terrain. Take the kids for a rip through the tunnel!

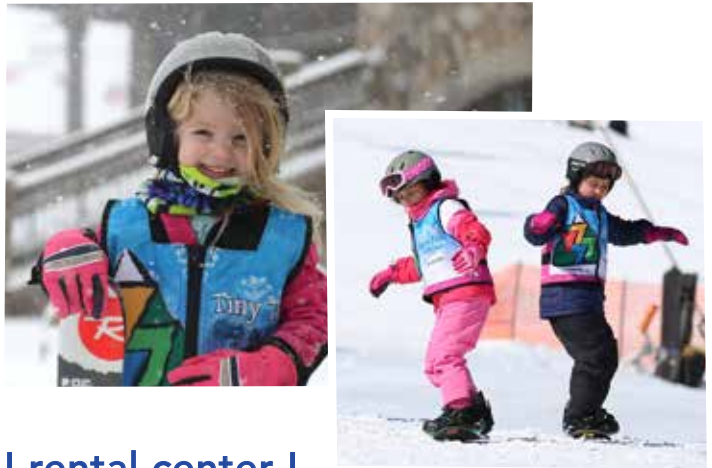
**Riglet Park** - The Burton Pirates Riglet Park is an introductory snowboarding park designed for children ages 4-7 and features both full and half-day group lessons with certified Snowsports Instructors.

## I snowsports school I

Learning to Ski and Snowboard is more than just learning a new, exhilarating winter sport; it is an entrance into a welcoming community of like-minded outdoor enthusiasts that play hard and have fun doing so. Seven Springs makes it easy and fun to learn to ski and snowboard and our experienced instructors are waiting to meet you. Our Fun-Based Learning program will have you on the snow in no time! Inside the learning area, newcomers will be introduced to the sensation of skiing and snowboarding right away, with a focus on "going" rather than "stopping." This program is perfect for both adults and children who have never tried skiing or snowboarding...and it's FUN!

We offer group lessons, private lessons and specialized programs for skiers and snowboarders of all ages and ability levels. Whether you're a beginner or an expert who is looking to sharpen your skills or even find that hidden stash, we have a program that fits perfectly for you!

Our Snowsports School is open daily and is located on the ground level of the Skier Services building in the Ski Lodge. Reservations are required. Please call (800) 452-2223, ext. 7997 to make your reservations or learn more at [7springs.com/snowsports](http://7springs.com/snowsports).



## I rental center I

Seven Springs Mountain Resort offers the latest in ski and snowboarding equipment, including a fleet of Burton snowboards and Rossignol skis. Ski rentals include skis, boots and poles. Snowboard rentals include asnowboard and boots. Helmets are also available.

As a Rossignol Experience Center, we feature high performance Rossignol skis with "Autoturn Rocker Technology," which makes it easier to steer, easier to balance; and easier to control speed. This technology helps boost the confidence of beginner skiers and improve their control, thus providing a better skiing experience.

The Burton Experience also features a personalized snowboard service with the Burton flair.

Our Rental Center also features a kids' area that makes picking out skis an engaging, fun part of the rental experience.

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.



## I ski & snowboard check I

**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!

When you drop off your equipment, an attendant will present you with a claim check, which can be conveniently placed around your neck on a lanyard. When retrieving your belongings at the end of your visit, simply present your claim check and the attendant will hand you your gear!

## I nastar I

**NASTAR** stands for National Standard Race and is the largest public grassroots ski racing program in the world and gives recreational racers an opportunity to compete and compare their scores to friends and family regardless of when and where they race using the NASTAR handicap system. Head over to our NASTAR hut located at the top of Sunset slope and see how you stack up to friends, family and the nation!

## I helmet use I

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.

## I out of bounds warning I

Seven Springs assumes no responsibility for skiers or snowboarders 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 snowboarding on closed slopes and trails is prohibited.

## I slow zones I

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.

## I lift safety I

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

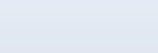
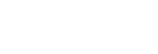
- Load and unload in designated areas.
- If you are unsure about how to get on/off any of our lifts, consider taking a lesson or ask a Mountain Ambassador for assistance.
- Your ski or snowboard ticket must be visible to the Mountain Ambassadors.
- Avoid wearing loose clothing or backpacks that may catch 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.



## I are you hungry? I

### I on mountain dining I

Fuel up quickly to get back out on the slopes or kick back with a cold beverage and our great dining options all over the mountain.



### Legendary Foggy Goggle

Top Level Ski Lodge • Lunch/Dinner/Après Ski

Ski in to the Best Ski Bar on the East Coast! Open daily during ski season and open late with entertainment on weekends.

### Foggy Brews

Inside Foggy Goggle • Lunch/Dinner/Après Ski

Craft beer and hand-crafted food creations. Peruse our extensive beer menu featuring 50 taps and crafts from all over the world!

### Emo's Pit

Front of Ski Lodge (slopeside) • Lunch

Piping hot burgers, kielbasa, hot sausage and all-beef hot dogs fresh off the grill! Open weekends during ski season.

### First Tracks

Main Level, Ski Lodge • Breakfast/Lunch/Dinner

Pick up a quick, fulfilling bite to eat and get back out there for more! Open daily during ski season.

### Tahoe Lodge

Top of North Face Ski Area • Breakfast/Lunch/Dinner

Fuel up with a fabulous view. Lake Tahoe Lodge is open daily during ski season.

### Helen's

Seven Springs Original Homestead • Lunch/Dinner

A long-standing tradition of many guests, Helen's pairs an upscale dining experience with a truly unique atmosphere.

### Seven Ten Bistro

Second Floor, Main Lodge • Lunch/Dinner/Après Ski

Eclectic food pinned with a bowling-inspired menu. Enjoy out-of-the-ordinary shared plates, cool twists on salads and mouth-watering sandwiches.

### Slopeside

4th Floor, Main Lodge • Breakfast/Lunch/Dinner

Relaxed, family-friendly atmosphere and menus featuring an amazing variety for all palates. Farm Table (daily), Seafood Buffet (Fridays), Farmer's Buffet (Saturdays) and Sunday Brunch.

### Timbers

4th Floor-Main Lodge • Lunch/Dinner

Casual family dining in a fun, friendly atmosphere! Enjoy every bite from our Tim-burgers menu, featuring the Monster Burger for two, plus a full menu of classic dinner entrees.

### The Pizza Place

4th Floor, Main Lodge • Lunch/Dinner

Delicious New York-style pizzas, fresh hoagies and grinders, and grab-and-go goodies. Delivery is available for hotel, cottage and condo guests.

### Bavarian Lounge

4th Floor, Main Lodge • Lunch/Dinner/Après Ski

Relax, grab a drink, sandwich or wings and catch the game or enjoy some acoustic entertainment. Open daily.

### Mountain Perk

4th Floor, Main Lodge / Main Level, Ski Lodge

Breakfast/Lunch/Dinner/Après Ski

Enjoy a full menu of Starbucks® coffee products, and now featuring freshly made sandwiches, bagels, pastries, homemade soups, salads and more.

### Gingerbread Dreams

4th Floor, Main Lodge • Après Ski

Savor the flavors of delicious ice cream treats, infused waters, gourmet hot beverages or delectable desserts including fudge, tortes, pastries and handmade candies.

### The Grille at Sporting Clays

Sporting Clays • Lunch/Dinner

A glimpse of the menu and you will find variety of appetizers, sandwiches, entrees and desserts ranging from truly classic American to the completely unexpected!



## I snow tubing I

Seven Springs has the largest snow tubing park in the region! No one has the amount of snow we do! No experience necessary!

## I winter adventures I

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

**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** - 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. Perfect for a couple or a family adventure.

## I seven springs photography I

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.

## I follow our tracks I



Visit us online at [7springs.com/P7](http://7springs.com/P7) for more information or to sign up for our weekly e-newsletter!

Download the Seven Springs app for your Apple or Android device! Check out current ski conditions, live mountain cams, events, lodging packages, adventures, 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, please call one of the extensions below.

Guest Information .....	Ext. 7681	Snow Report .....	Ext. 7991
Helen's.....	Ext. 7827	Snow Tubing .....	Ext. 7645
Hotel Service .....	Ext. 5000	Snowmobile Tours.....	Ext. 7899
Kids' Corner .....	Ext. 7997	Snowshoe Tours.....	Ext. 7899
Lodging Reservations...	Ext. 7009	Snowsports School .....	Ext. 7997
Real Estate .....	Ext. 7345	Sporting Clays .....	Ext. 7899
Rental Center .....	Ext. 7823	Stables .....	Ext. 7997
Season Passes.....	Ext. 7491	Tiny Tots' .....	Ext. 7997
Photography .....	Ext. 7147	Trillium Spa.....	Ext. 7123
Ski Patrol.....	Ext. 7814	Trillium Salon.....	Ext. 7845
Slopeside.....	Ext. 6000		



I seven springs ski patrol I

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.

I your responsibility code I

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

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.

I freestyle terrain I

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.

I uphill access I

Seven Springs Mountain Resort proudly offers winter uphill access!

All uphill travelers are required to have a 2019-2020 Uphill Travel Pass with photo ID. Passes must be carried by all uphill travelers at all times whenever they utilize uphill travel routes on resort property. The 2019-2020 Uphill Travel Pass DOES NOT provide lift access either up or down the mountain.

Uphill travel is permitted 7 - 9 a.m. as conditions permit. All trails may not be open at all times due to weather or snow conditions. Check the Seven Springs Snow Report [7springs.com/snow-report/](https://www.sevensprings.com/snow-report/) or 800.523.7777 for open trails. Uphill travel and descent is limited to designated routes only. You must reach the summit of the mountain by 9 a.m. If not, you must turn around and travel downhill to exit the mountain.

- Uphill travel routes can be accessed from Seven Springs Mountain Resort parking areas only.
- Uphill travelers are required to stay on designated routes at all times.
- Uphill travel is not permitted on the North Face of the mountain.
- Designated routes are as follows (see map inset):
  - Uphill Loop 1 – Travel up Boomerang Trail and down Avalanche Slope
  - Uphill Loop 2 - Travel up Boomerang Trail and down Village Trail

In order to help provide an enjoyable and orderly experience for both uphill and downhill guests, all uphill travelers are required to follow resort rules, including the best practices outlined in our Uphill Guide, available at the Season Pass Office or online at [www.7springs.com/brochures](https://www.7springs.com/brochures).



Ski Patrol	Six Passenger Chairlift	SKI LODGE <ul style="list-style-type: none"><li>• RENTAL CENTER</li><li>• SNOWSPORTS SCHOOL</li><li>• SKI &amp; SNOWBOARD CHECK</li><li>• TICKET/PASS OFFICE</li><li>• LOCKERS</li><li>• FOGGY GOGGLE</li><li>• FOGGY BREWS</li></ul>	X-Small A • Riglet Park	Medium F • The Alley	Avalanche Slope	9 Stowe Beginner Bowl	14 Phillip's Run	19 Lost Boy Trail	24 Northwest Passage Trail	29 Gunnar Slope
Restrooms	Quad Chairlift		Large B • The Streets	Medium G • North Park and Halfpipe	5 Tyrol Slope	10 Easy Rider Beginner Area	15 Blitzen Slope	20 North Face Bypass Trail	25 Giant Boulder Slope	30 Yodeler Trail
Restaurants	Triple Chairlift		Large 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	31 Yodeler Bypass
Shuttle Bus Service	Santa's Beard Rope Tow		Small D • Santa's Beard Terrain Park	2 Boomerang Trail	7 Stowe Trail	12 Fawn Lane Trail	17 Alpine Meadows Slope	22 Little North Face Slope	27 Giant Steps Slope	32 Lost Girl Trail
Parking	Tyrol Conveyor		X-Small E • Arctic Blast Children's Park	3 Goosebumps Slope	8 Cortina Trail	13 Alpine Pass Trail	18 Sunbowl Trail	23 North Face Slope	28 Gunnar Chair Line Slope	33 Great Western Trail
	Easy Rider Conveyor	NASTAR Race Course								
	Beginner Bowl Conveyor									

I ski area information I

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.

I caution I

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

I hours of operation I

Sun.-Wed. 9 a.m. - 9 p.m. | Thu.-Sat. 9 a.m. - 10 p.m.  
The North Face closes 30 minutes before the other slopes.  
All hours are weather permitting.

I the facts I

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

I chairlifts I

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



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

SKI LODGE

- 1. Foggy Goggle
- 2. Foggy Brews
- 3. First Tracks
- 4. Maple Room

- 5. Seven Springs Photography
- 6. Mountain Perk
- 7. Ski and Snowboard Check
- 8. Emo's Pit
- 9. Mountain Adventure Team
- 10. Rental Center

SKIER SERVICE BUILDING

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

