HOME BASE

The fun starts right here!



MT. HOOD MEADOWS
Your Mountain Home

PROFESSIONAL SKI INSTRUCTORS OF AMERICA®

AMERICAN ASSOCIATION OF SNOWBOARD INSTRUCTORS®

*** * EXPERIENCE * ***

Get comfortable here before going up the slopes.

*** * ACTIVITIES * ***

Walking, sliding, skating, hopping, balancing on your gear while stationary and moving.

THE ROLLERS

Gentle rolling terrain naturally controls your speed



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*** * EXPERIENCE * ***

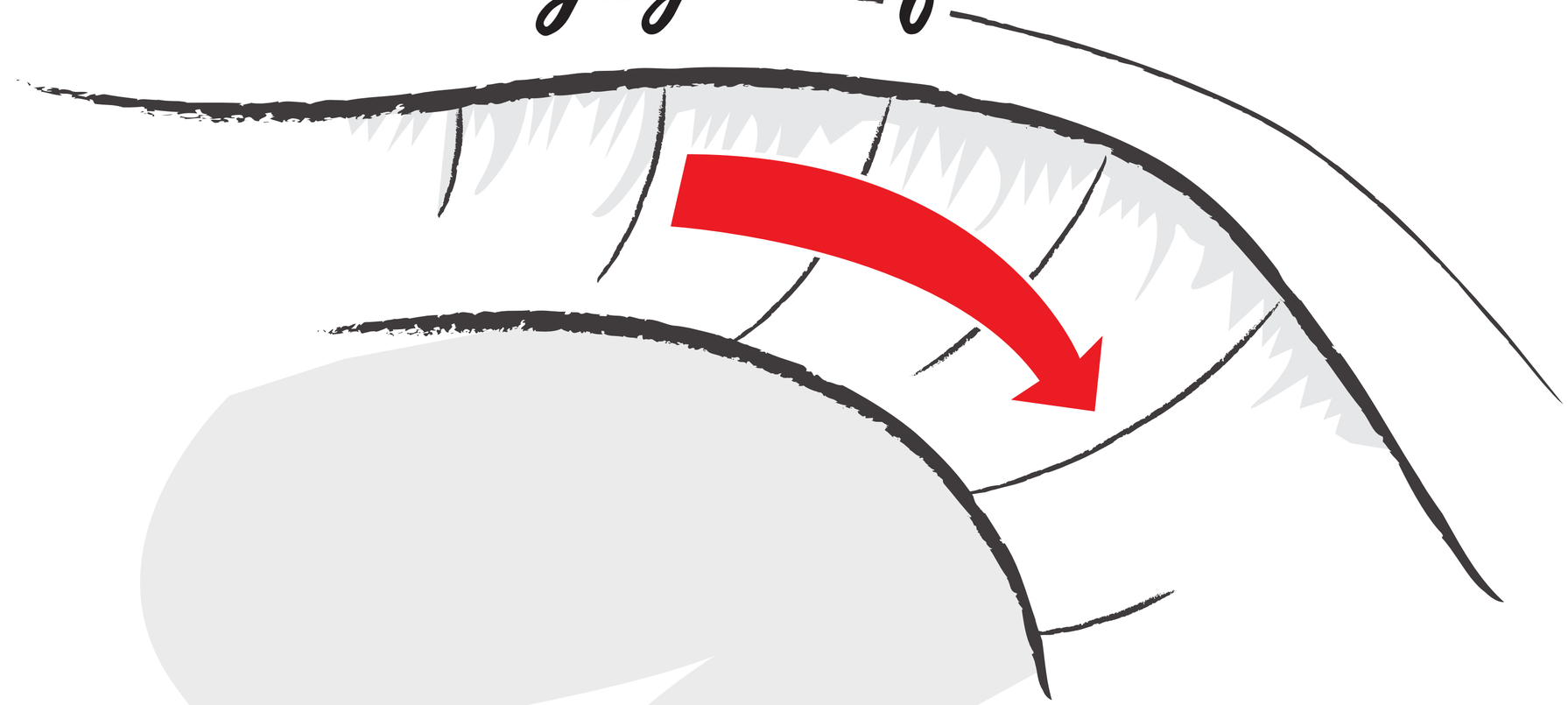
First glides on a slope.

*** * ACTIVITIES * ***

Straight glides going over the rollers, flexing and extending your legs to flow over the terrain.

BANKED TURN

Gentle banked turns assist in making your first turns



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*** * EXPERIENCE * ***

First turns on a slope.

*** * ACTIVITIES * ***

Follow the path into and out of the banked turns flowing from the top to the bottom of the run.

IDEAL SLOPE

It's up to you now ...



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*** * EXPERIENCE * ***

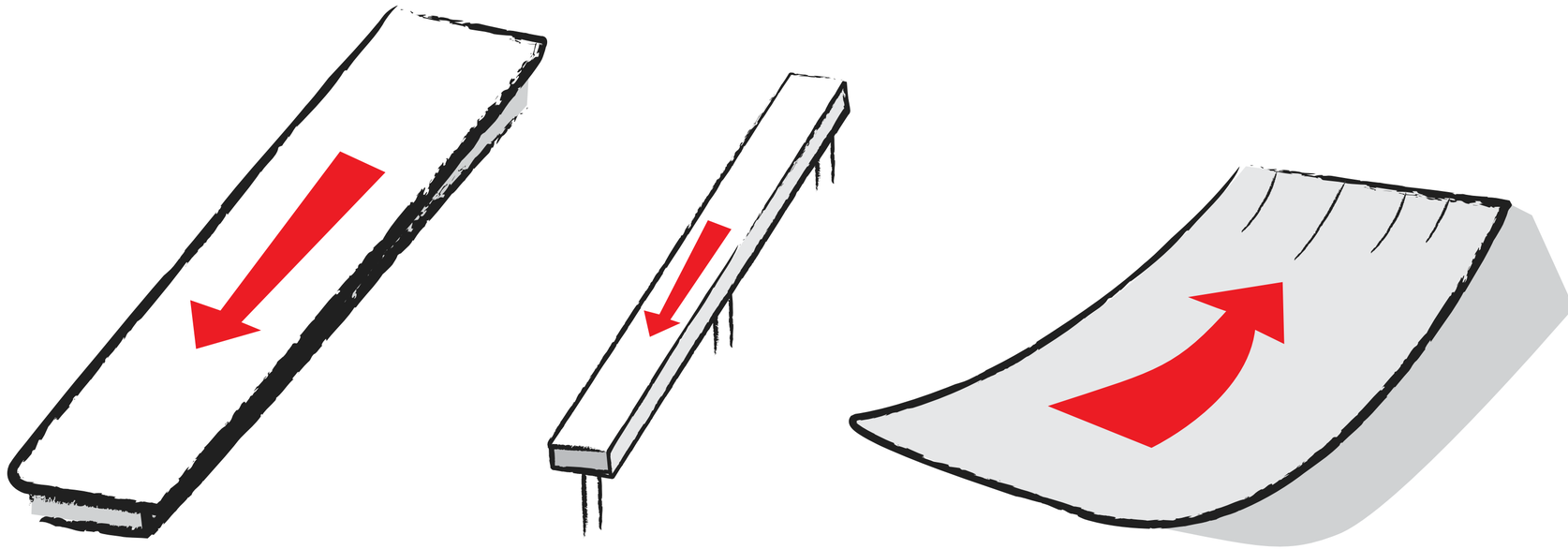
Link various turn sizes of your choosing.

*** * ACTIVITIES * ***

Flow from turn to turn. Choose your own turn sizes.
Use the sides of the slope to start and finish turns.

FIRST TRICK

Get your freestyle on!



Box

Bar

Jump

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*** * EXPERIENCE * ***

First slides on a box or bar and/or first jump.

*** * ACTIVITIES * ***

Straight slides on a box or bar.
Catch some air on an entry level jump.