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Skiing. Sharing. Learning.

The mission of Ski for Light is to enhance the quality of life and independence of visually or mobility-impaired adults through a program of cross-country skiing.

Ski for Light, Inc.® Fact Sheet

What is Ski for Light?

Ski for Light, Inc.® (SFL) is an all-volunteer, nonprofit organization founded in 1975. Each year the organization hosts a week-long, recreational cross-country skiing opportunity for blind, visually- and mobility-impaired adults working in partnership with experienced, sighted skiers. The goal of SFL is to teach participants how to cross-country ski in an atmosphere of sharing and learning. New participants are encouraged to embrace the SFL motto, "If I can do this, I can do anything," in all aspects of their lives.

Beyond daily cross-country ski instruction and outings for both the novice and experienced skier, SFL also offers a variety of workshops and cultural activities designed to promote education and interaction, including an introduction to the Norwegian culture and heritage that are integral to cross-country skiing.

Run entirely by volunteers, SFL has positively affected thousands of visually- and mobility-impaired adults along with the guides who ski with them. While Ski for Light refers specifically to the annual week-long event, held in a variety of U.S. locations, SFL has also inspired the creation of eight independent state and regional organizations. Located in the Northeast, Upper Midwest, Rocky Mountains and Pacific Northwest, these offshoots offer ongoing weekend and week-long programs to teach disabled individuals to cross-country ski.

Who participates?

Approximately 250 people participate, including visually- and mobility-impaired skiers, guides and other volunteers. In addition to the U.S. and Canada, Ski for Light participants come from Norway and other countries around the world.

When is the next event?

January 26 – February 2, 2025

Where?

Location: Provo/Midway, Utah

Ski Site: Soldier Hollow

Lodging: Provo Marriott Hotel & Conference Center

Background information:

Ski for Light was founded in 1975, and celebrates its 50th anniversary in 2025. SFL is based on a Norwegian program called the Ridderrenn, which annually hosts nearly one thousand disabled skiers and guides from more than a dozen nations. Many Sons of Norway members and lodges support and are active in SFL.

Get Involved:

Learn more and join our community on [YouTube](#) (Ski for Light International), [Facebook](#) (Ski for Light, Inc.).



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