



New to Skiing or Snowshoeing?

If you haven't been on the MCCSC Trails before here are a few tips.

SNOWSHOE:

Take a photo of the snowshoe map (only the first 4 km are open) at the trailhead or in the clubhouse. Starting at the old clubhouse, go to the left of the main ski trails to find the snowshoe trail. It is right across from an upside down U Shaped woodshed, with a map at the entrance. The trail only goes a short way through the woods before crossing an open area. You will see a snowshoe and a sign marking the trail. The snowshoe trails are separate from the ski trails and are in loops - every 0.5km you can decide if you want to go further or if you want to head back to the clubhouse. The trail map shows different colours for each km. but out on the trail it is all marked with blue metal square blazes. There is a sign at each 0.5 km junction showing the way back to the clubhouse. There is also some orange flagging when the trail direction may not be so obvious or a tree is down. Note that some people may snowshoe on the trail from private property to the east of the trail, so don't follow just any set of tracks, make sure you are seeing the blue square blazes. The disc golf course also has some blue blazes, but these are painted on the trees, not the blue squares.

All non-members must register at the clubhouse and pay a daily trail pass. It's a good idea to have the clubhouse phone number on your phone too (506)622-6991. No dogs are allowed on the trails, as trails are narrow and not everyone wants to meet a dog.

SKIERS:

All non-members must register at the clubhouse and pay for a daily trail pass or if using a pre-paid punchcard, get the card punched. You need to sign your name in the log book for insurance purposes.

There are maps in the clubhouse, and a large one just outside. It is a good idea to take a photo of the map, although there are a few maps on the trails. Also note the clubhouse phone number (506)622-6991. No dogs are allowed on the trails.

If you haven't skied before, or only have done downhill, it's good to watch a few Nordic ski videos. You could also practice on the grid area, a large field before the Pink trail, to the left of the main trails and then ski the 0.3km Pink Trail. There are also two small ski hills to practice uphill technique. These hills are in the field on the eastern side of the old clubhouse. Check out how to climb a hill using the herringbone technique or sidestep. For downhill you can look up snowplow technique.

Trail Etiquette

- Skate skiers - be careful not to get too close to the classic track, skiing over it damages the track.
- If you need to stop along the trail, step aside so others can get by and don't stop at the bottom of a hill as other skiers might be out of control.
- Some skiers may say "track" if they want you to step off the trail, but most often a faster skier will tell you to stay in the track and let you know that they will ski around you.
- Check in the clubhouse to see what trails are open. If a sign says a trail is closed for grooming - that applies to everyone so stay off the trail.
- The trails are skied in one direction only. The exception is at junction 4, where some skiers may ski "backwards" on the Orange trail to reach the Silver or Purple Trails without doing all of Orange. In this case they must watch out and yield to skiers who are going in the right direction (clockwise)
- Do not litter.

- Accidents are not common. If they occur, please fill out an accident report at the clubhouse. Also let staff know of any problems on the trails, including grooming concerns.
- Walking is not allowed on the trail, but if you must walk due to equipment breaking or an injury please walk to the very edge of the groomed trail, where you will not break down the walls of the track. Do not walk down the middle of the trail.
- If you are doing the classic technique and need to climb a hill by doing herringbone or side stepping, please get out of the classic track and use the skate ski area to ascend. Similarly when skiing downhill, if you can't keep in the track going down, you should step out to snowplow. This preserves the classic track.
- The Trails:
- Pink Trail - also called the Bunny Trail. It is to the left of the old clubhouse. It circles the teaching grid. The Yellow trail joins it on the way back to the clubhouse. Only 0.3 km long so good for children and new skiers. There is also a large rectangular area, the teaching grid which is sheltered from the wind and good for practice.
- Red Trail - the most used trail. It is 2.3 km long and is groomed for skate and classic ski. It is also lighted at night. It is considered an easy trail but does have a few hills. At one point on the way back there is a junction with Beginner and Intermediate. Stay on the Red trail, unless you are an intermediate skier.
- Lighted trail and Green trail - the Green trail is 5 km long, the Lighted trail is a 4 km portion of the Green trail, with fewer hills. Both are groomed for classic and skate. Green is an intermediate trail.
- Yellow trail - Yellow trail starts at the trailhead and uses the same trail as Red until Junction 1. At junction 1 keep on straight ahead for a few hundred metres, before turning left at junction 2. The Yellow trail is 3.5 km long (distance from trailhead, not just from junction 2) and is groomed for classic only. It is a

narrower trail so is a lovely ski through the woods. It is not always open as it sometimes doesn't have enough snow to groom.

- Orange trail 8 km, for classic ski. This trail also gives access to the Purple and Silver trails. We ski on ski club land and also on land that landowners allow us to ski on. The Orange trail goes through some private land. There has been logging, so it is more exposed now. Some skiers choose to ski backwards at Junction 4 (ie. not in the indicated direction of ski) for 1km to reach the other trails. Skiers not following direction of ski must look out and yield to skiers going in the correct direction of ski. Part of the Orange trail (starting at Junction 3) is called the Jan Truka loop in honour of a founding member Mr. Truka. The Orange trail is fairly flat, so is an easy trail.
- Purple- 9 km long, it is an intermediate trail. There are some hills to climb, one large one after Marion's Bridge that we call "Big Blue" (the Blue trail shares part of the trail). It is a classic trail and a favourite for many.
- Silver- at 12 km long, it is the longest regular trail and is groomed for classic ski only. It gives lovely views of the Carding Mill Brook. There is one very steep downhill at Burt's Bridge. It is considered intermediate.
- Blue trail - usually groomed for skate skiing only, and sometimes not open as it can be difficult to groom. This is an advanced trail with many hills and turns. Skate skiers need to be very comfortable on Green before going on the Blue trail.
- What to wear for cross country skiing

Many sports shops sell clothes specifically for cross country skiing but you can often just use what you already have. The most important thing is avoid cotton socks and clothing as it retains moisture. People often wear a base layer on top (long underwear) made of synthetic material such as polyester, or merino wool. Next could be a wool sweater or synthetic fleece. You want to avoid snowsuits (children may wear them though) as you will get too warm- skiing generates a lot of heat. You can add a lightweight, windproof but breathable outer layer such as a soft-shell jacket or a vest. For pants, you could use non-cotton yoga or running

pants, with a base layer underneath. Don't forget a hat or headband, gloves or mittens. Now you're ready for the trails!