



Adult Touring 2013-2014

KANATA NORDIC SKI CLUB

Come ski with us this winter!

PROGRAM INFORMATION

- Program Dates:** Saturday, January 4th to Saturday March 8th, 2014**
**(If there is interest we will continue beyond March 8th, dependent on snow conditions)
- Program Times:** Saturday mornings, 8:30 am departure
- Location:** Various locations in Gatineau park, option to meet at Mlacak Centre, Kanata for carpooling.
- Program Prices:** *Before November 1st: \$45.00*
November 1st and Beyond: \$60.00
- Ages:** Adults and Teens 14+

PROGRAM DESCRIPTION

This program is available every Saturday morning and is conducted in various locations in Gatineau Park starting in January until the snow is gone. Led by Dena Schanzer, an NCCP Level 2 instructor, this program welcomes all intermediate skiers. The sessions consist of recreational skiing over a variety of terrain intermixed with instruction and pointers on classic and/or skating technique. The group meets at the Mlacak Centre parking lot in Kanata at 8:30 a.m. and travels to Gatineau Park for a 2 hour outing more or less, depending on snow conditions and weather. You can select your own quitting time if you bring your own transportation. Whether you are training for your next loppet, want some pointers, or just want some company while you ski this may be the program for you. Better yet bring along a friend or family member. Group size will be limited to 16 Skiers, but we will keep a waiting list and notify if openings arise later in the program.

Please note that the use of Gatineau Park trails requires the purchase of a day pass or season's pass. Check the [Gatineau Park web site](#) for more details. There are usually discounted season's passes available, for example, through the [Trailhead](#) store.

Kanata Nordic programs are subject to the will of Mother Nature. We generally follow Cross Country Canada's guidelines in terms of program cancellation. This means programs will be cancelled if conditions are unsafe (for example, very icy) or temperatures are below acceptable limits. We attempt to reschedule cancelled events but this is at the discretion of group leaders and subject to their availability. The Club will attempt to give its members as much notice as possible for program changes caused by weather or other reasons and we thank you for your understanding.

CONTACT INFORMATION

Rory McCormick
masters@kanatanordic.ca