



RASKi Club

September 2013

"More than just a ski club"



www.raski.ca

SNOWPHONE : (613) 736-6235

2014 DOWNHILL WEEKLONG TRIP ST. ANTON, AUSTRIA

JAN. 25 – FEB. 2, 2014



In response to our recent survey which indicated an overwhelming preference for a European destination, we have organized this year's trip to St Anton, Austria. St Anton, in the Arlberg region is one of the most popular ski resorts in Austria.

With a peak height of 2800 m, 280 km of groomed slopes of varying degrees of difficulty are serviced by 78 cable cars and lifts, allowing multiple options for all levels of skiers and snowboarders. Cross-country skiers will be glad to know there are 6 trails totaling 40 km, many of which are groomed for skate skiing. Truly a wonderful skiing location for all participants.

Departure will be from Ottawa via SWISS (bus to Dorval) on January 25th with return on February 2nd and includes all transportation, seven nights accommodation at the Hotel Basur in the nearby village of Flirsch (15 minutes by free shuttle bus to the St Anton lifts and running every 15 minutes), buffet breakfasts and multi-course dinners daily in the hotel restaurant, plus the all important 6-day ski pass.

HOTEL BASUR

Our hotel is in a quiet location and has a sauna, steam bath, Jacuzzi, infrared cabin, solarium, massages, restaurant, bar, lounge, free wireless LAN and an affixed internet station in the lobby. All rooms have a shower/WC, safe, TV, telephone and radio. Most also have balconies. Rooms and public spaces are non-smoking.



Hotel Basur

COST

The price for all this is **\$2290** per person, double occupancy. Single rooms, hard to come by, add \$200, those using Air Miles etc. deduct \$950, non lift-pass skiers deduct \$300, payment by credit card add \$60. There is no Senior Rate but seniors born on or before 1949 may opt for the 5-day pass and deduct \$75. Trip deviations are permitted, but complicated.

SWISS currently allows one piece of check-in luggage at no fee plus free transportation of winter sports equipment. These rules may change at any time. Cancellation/interruption and medical insurance is available and strongly recommended. The insurance includes coverage for medical evacuation by helicopter, the standard practice in the Alps.

REGISTRATION FORM

Details, rates, and the REGISTRATION FORM are included in the **Weeklong Trip Information and Registration Package** which you may download at our www.raski.ca website. Registration Forms are only available through downloading.

Passports must be valid for three months after the date of departure for travel to both Switzerland and Austria.

TRIP INFORMATION MEETING

A Trip Information meeting will be held at 7:00 PM in the BYTOWN A room of the RA Centre on Thursday, September 12th. Registrations will not be accepted at this time.

REGISTRATION

Trip registration will open at 7:00 PM in the COURTSIDE A room of the RA Centre on Thursday, September 19th. Past experience has shown that it is wise to be there early.

Judging by our Ski Club's past trips, this trip has nearly all the ingredients necessary for a great time. All that's needed now is **you**.

Roger Duffy, Weeklong Chair, weeklong_2014@raski.ca

RA SKI OPEN HOUSE WED. NOV. 6

When: Wed. Nov. 6, 7:00 – 8:30 PM

Where: Clark Hall, RA Centre, 2451 Riverside Drive

Complete information (prices, accommodations, dates) about club destinations and activities will be available in November at RA Ski's Open House. Get your Trip Info Newsletter with our complete 2013-14 program. There will be door prizes and presentations on all the RASKi Club's programs. Win ski tickets to ski hills! Relax with a bevvie as you wander by our booths and vendors!

SNOWPHONE

Get the latest updates (reminders, additions or cancellations.) Check the **SNOWPHONE** at (613) 736-6235.

SKI-MAIL E-MAILS

Get the latest news and added events! Subscribe to our weekly Ski-Mail e-mails. To subscribe, go to our web site at www.raski.ca, and click on "E-Maillist" on the left.

MESSAGE FROM THE CHAIR

WELCOME BACK SKIERS, SNOWBOARDERS....AND SNOWSHOE ENTHUSIASTS!

It was a great season we had for skiing last winter for both downhill and cross country and also for snowshoeing. The Val David weekend provided lots of fresh snow for both cross country and downhill skiers and those who snowshoed. Then came our weeklong trip to Grindelwald, Switzerland which saw a record number of skiers participating. The huge terrain, breathtaking scenery and decent snow conditions meant there was something for skiers to enjoy as well as people who chose to just do some sightseeing in the Alps and the lovely town of Interlaken which was accessible by train for free with our ski pass. A special treat was going up to the Schilthorn and skiing down the run that was used in the James Bond movie "On Her Majesty's Secret Service". Unfortunately our weekend trip to Jay Peaks had to be cancelled for lack of registrants but then other clubs were faced with a similar situation. Our day bus trips to the Laurentians were well attended as were our meet 'n' ski outings, both cross-country and downhill.

This summer was a rainy one but we still had some lovely spring hikes, good Meet 'n' Cycle days, a sportsday/picnic at Lac Philippe and the always popular theatre in the park. This year we went to Manotick for this event and the weather played havoc with our plans somewhat but despite that several people stayed to see the Company of Fools perform while some of us were entertained by a certain couple from Osgoode who graciously invited us to their home. Now we look forward to hiking both on weekends and mid-week and our excellent SkiFit program this fall to get ready for skiing....and of course, snowshoeing! These will be scheduled to coincide with the downhill outings to Mont Cascades and Calabogie as well the Val David weekend.

Over the summer, your executive has worked hard to plan this year's program and we hope you'll enjoy what we have planned in the upcoming season. We'll have our usual monthly pub nights, RA Ski Open House, where you can get all the details, sign up for trips, and have a chance to win interesting prizes just for being there. We will also have an information night in September to let you know a bit about what the club did over the past year, and to give you details about the weeklong to the St. Anton ski area in Austria this coming winter. We are able to offer this trip at an excellent price once again and although I don't know the area, I'm sure non-skiers can find plenty to keep occupied enjoying the scenery of the Alps all around and plenty to explore in the villages. Our Val David trip will be in mid-February this year to ensure good snow and we will be staying at La Sapiniere this time.

Your **help is needed** to help boost our membership. Tell your friends about RASki and bring them along on outings, or even better, encourage them to join up. Talk up RASki at work and at your other clubs and sports events. Our motto was changed to "More than just a ski club" but tell them we're the friendly club with year-round activities and that it's a good opportunity to make fantastic new friends. Become an ambassador by encouraging new members to join RASki. And tell them to check out our fantastic website at www.raski.ca to keep up to date with our events and outings.



Doris Dallaire, Chairperson, chair_2014@raski.ca

OTTAWA SKI & SNOWBOARD SHOW

When: Saturday Oct. 26 - 10:00 a.m. - 5:00 p.m.
Sunday Oct. 27 - 10:00 a.m. - 5:00 p.m.

Where: Ernst & Young Centre (4899 Uplands Drive at Airport Parkway)

Cost: Admission is free!

Come visit the RA Ski Club's booth at the Ottawa Ski Show!

RA SKI EXECUTIVE 2013 - 2014

Chairperson <i>Doris Dallaire</i>	chair_2014@raski.ca
Weeklong Chair <i>Roger Duffy</i>	weeklong_2014@raski.ca
Treasurer <i>Linda Anderson</i>	treasurer_2014@raski.ca
Downhill Weekend Co-Chairs <i>Jaime Impey & Chuck Bain</i>	dhweekend_2014@raski.ca
Secretary <i>Lorraine Norwood</i>	secretary_2014@raski.ca
Cross-Country Co-Chairs <i>Jane Rau & Maureen Adamache</i>	xc_2014@raski.ca
Downhill Day Chair <i>Andrea Conway</i>	downhill_2014@raski.ca
Member-at-Large & SkiFit <i>Marian Barton</i>	skifit_2014@raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity_2014@raski.ca
Social Co-Chairs <i>Louise Cameron & Jane Maxwell</i>	social_2014@raski.ca
Membership Chair <i>Bill Buck</i>	membership_2014@raski.ca

NEWSLETTER DELIVERY OPTIONS

The Trip Info Newsletter (issued in November) contains everything you need to know about our ski program for 2011-12. You can pick up your copy at the RA Ski Open House, Nov. 2nd. To save money on postage, we're not mailing that newsletter out to all our members. If you're not at the open house, we are offering the following delivery options:

Electronic:

- Download from our website (www.raski.ca)
- Via email: Send an email to publicity_2014@raski.ca. The TIN package and any subsequent newsletters will be delivered electronically in PDF format.

Paper:

- In person:
 - Pick up the newsletter at RA Ski Open House.
 - After the Open House, from the RA East Desk.
- By mail: If you want a copy mailed to you:
 - E-mail your name to publicity_2014@raski.ca
 - Leave a note to "Publicity, RA Ski Club" at the RA East wing desk

RA SKI PHOTOS ON THE WEB

1. Go to www.raski.ca, and click on "photos" on the left side.
2. Click on "flickr".
3. Click on the set you want (DH, XC or Biking/ Hiking),

To see the photos as a slideshow:

1. Double-click on the first photo.
2. Click on the three dots on the lower right.
3. Click on "View slideshow."

To download a photo:

1. Double-click on the photo.
2. Click on the three dots on the lower right.
3. Click on "View all sizes", then on "Original."
4. Right click on "Save Image As."

DOWNHILL DAY TRIPS

We have a full schedule of downhill ski outings again this year. Mid-week **Meet 'n' Ski** days are scheduled from December until early April, alternating days and hills throughout the season. For those who are interested, carpooling provides company for the drive to the hill. As always, there will be RASki friends to ski with at the slopes.



Mar. 4/13 – Meet'n'Ski at Calabogie

CONTACT ME ASAP IF YOU ARE WILLING TO BE A TRIP LEADER for a Meet 'n' Ski - day, evening, or weekend.

Two **weekday bus trips** are being organized. Again this year, the bus trip to St.-Sauveur will offer a **Getaway Day** for skiers and non-skiers alike with options of skiing and/or indulging in spa, shopping and dining pleasures. **WATCH FOR EARLY BIRD SPECIALS!**

A second bus trip will again be scheduled for Mont Blanc/ Tremblant/ Domaine St. Bernard. Book early and save\$\$\$. All the details will be available in our 2013-2014 RA Ski "Trip Information Newsletter", which will be available at the RA Ski Open House on Nov. 6th. Call the SNOWphone for updates.



28 Feb. 2013 – RA skiers at Mont Blanc

Andrea Conway, DH Day Chair, downhill_2014@raski.ca

CAMP FORTUNE / MONT STE-MARIE \$109 PASSES

We will again coordinate groups of four to purchase the weekday/weeknight season passes to Camp Fortune or Mont Ste-Marie. For full details see <http://campfortune.com/season-passes/>

If you wish to join a group for either hill, or need someone to complete your group, email your name and phone number to membership_2014@raski.ca. We will try to put you in touch with three others who want similar passes. Check the resorts' websites for details of the passes, and be sure to let us know which type of pass you would like. Please let us know you are interested at least 3 or 4 days before the offer expires.

Membership renewals are now open. Remember benefits like store discounts are year-round. Renew early to get full use of benefits!

Bill Buck, Membership chair, membership_2014@raski.ca

3-DAY DH/XC WEEKEND TO MONT STE-ANNE & LE MASSIF

February 21-24, 2014

This winter's three-day combined downhill/cross country ski weekend will be to Sainte-Anne and Le Massif in Québec. We may be staying slope-side at the Chateau Sainte-Anne (or maybe not – we're still working on this.) Our cross-country skiers are invited to join us to enjoy the trails at Parc du Mont Sainte Anne and Petit Sentier des Caps at Le Massif. Snowshoeing is located at the Mont-Sainte-Anne Cross-Country Ski Center.

Downhill price: \$585 per person (double occupancy)

Non-DH price: \$475 per person (double occupancy) – trail fees not included

Single supplement: add \$219 (limited, space permitting)

Seniors: deduct \$25 for 65+ from the DH package only (lift tickets)

Non-members: add 10%

Only 30 minutes from downtown Québec City, Mont-Sainte-Anne is renowned for its impeccable snow conditions, grooming and expert area. The skiable terrain includes 67 trails and 4 snow parks spread across 3 sides of the mountain. For 2014, Mont-Sainte-Anne is proud to announce a major investment in the installation of a new detachable quad lift in its expert sector, twice as fast as the triple chair it replaces.

Merely 33 km east of Mont Sainte-Anne, Le Massif boasts the highest vertical East of the Canadian Rockies, with 52 trails and glades, and some of the finest lunchtime cuisine ever tasted at a ski resort cafeteria. Many trails offer exceptional river views from the easy (15%), intermediate (30%), black diamond (20%) and other expert trails (35%).

Look for additional details later in October on our website www.raski.ca.

Registration: opens at the RA Ski Open House, Nov. 6.

Jaime Impey & Chuck Bain, DH Weekend Chairs

SNOWSHOEING

Now that I've organized the snowshoeing for a year, I have a better idea where to go and I plan to schedule some outings around Mont Cascades when the downhill skiers go so we can meet and socialize at lunch and carpool together perhaps. The Calabogie area also offers some great snowshoeing and hopefully we can have a combined cross-country, snowshoe and downhill day there this year. I know that the Val David area has some spectacular trails as well and offers very scenic areas along the trails. Check our website, our November Newsletter and subscribe to our publicity email to keep informed about the outings. If you don't have snowshoes, they can be rented just to try it out so don't worry about investing in something you don't know too much about. It's not difficult and we don't race around the trails. Come try it out and you may find you've discovered a new winter sport you really love and feel safe doing!



Feb. 9/13 – Snowshoeing at Pine Grove

Doris Dallaire, Chairperson, chair_2014@raski.ca

DORIS DALLAIRE RECEIVES RA PRESIDENT'S AWARD

At the RA's awards night on June 5, our RA Ski Club chairperson Doris Dallaire was presented with the RA President's award.

The President said, "Doris Dallaire works with boundless energy and dedication in her commitment to the RA Ski Club. She has served on the Executive Committee for 11 years. Her active, hands-on style of work has been a source of strength for the Club.

"In her first few years as an executive member, Doris organized the Ski Club's weeklong trips to Austria, Switzerland, France and Western Canada. In 2007, she assumed the role of Chairperson. Over her six year tenure at the helm, the Club has blossomed to include new activities such as mid-week outings for the active retirees, snowshoeing trips, fall and spring hikes and an expanded social calendar in addition to the excellent ski and snowboard trips. Her work to champion new ideas to retain and attract new members has been instrumental in sustaining a healthy and vibrant Ski Club.

"By her own words... Doris "lives and breathes" the RA Ski Club. Warm and welcoming with a genuine focus on the interest of others, Doris is an outstanding ambassador for the Association and her beloved Ski Club."



Doris Dallaire (centre) receives the RA President's award from RA president Gilles Vézina (right)

SUMMER SKIING - PORTILLO, CHILE

Aug. 9-20, 2013

Two of us skied eight days at our favorite ski resort – Portillo, Chile.

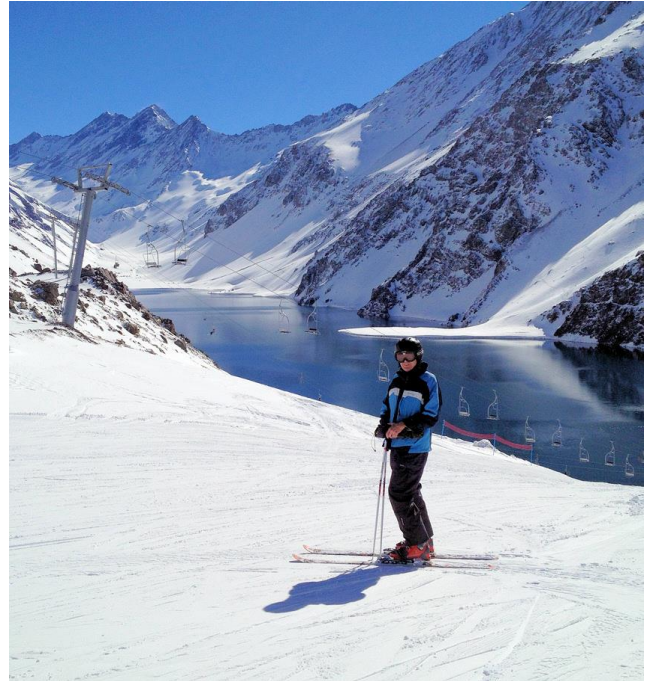
Why do we like Portillo so much?

- 2,500 feet of vertical
- Groomed powder
- Nice wide runs
- Few people (400 hotel guests plus a few day trippers)
- Stunning scenery. The hotel is at 9,500 feet, and you are closely surrounded by 15,000 foot high peaks.
- Lots of variety for skiers at every level.
- Temperatures around the freezing mark
- Gourmet food at the Portillo Hotel (4 meals a day!)



Aug. 2013 – Juncalillo run, Portillo, Chile. Note all the skiers.

Skiing at Portillo is decadent. You go down to the lower level in your ski gear and street shoes. The ski boot concierge has you memorized and has your ski boots on the counter before you get there. You leave your street shoes with him. Then you walk 40 feet to the ski concierge, who hands you your skies. Walk 10 feet and you are out the door, where you put your skis on, and off you go!



Aug. 2013 - Inca Lake, Portillo Chile

In our eight days, we had one day of flat lighting, one day of flat lighting in the morning then snow, and six days of sunshine, with deep blue skies, brilliant white snow, and groomed powder. The day after the snowfall was the best, as the groomed powder was soft, and you could really carve your turns.

One of the highlights is lunch at Tio Bob's – an outdoor café perched high up on a ridge overlooking the hotel and Inca Lake, both 1,000 feet below.



Portillo, Chile – Lunch at Tio Bob's

Another highlight was this was the week of the Superstars Ski Camp, an extreme skiing camp given by some of the best extreme skiers in the world, including Chris Davenport, Chris Anthony, Wendy Fisher and Ingrid Backstrom, all of whom have appeared in many Warren Miller movies. We were not part of the camp, but could see them skiing the steep couloirs in the distance.

On the way home we spent two nights in Santiago as a buffer in case the road from Portillo was snowed in and we couldn't get out. Santiago is booming. The new Costenera Centre mall is the largest in South America, with 330 stores, and the almost complete skyscraper attached to the mall tops out at 1083 feet, the highest in South America.

I was planning on staying at Portillo forever, but someone had to look after Bill in the big city.

Photos are on the RA ski website www.raski.ca.

Glen Campbell, Trip Leader, publicity_2014@raski.ca

SKIFIT EXERCISE CLASSES

Oct. 17 until Dec. 19, 2013

WHEN: Thursday nights from 6:35 to 7:20 PM

WHERE: RA second floor gymnasium (West Wing)

COST: Full Session (10 weeks). Add HST.

- \$45.00 RA Ski Club members
- \$8.00 Drop in for a workout

SkiFit is the Club's intensive Fall conditioning program designed specifically for skiers. As a gradual progression to more challenging, it will get you fit and keep you fit until you're on the snow. These weekly workouts will be led by a qualified instructor from the RA Centre's fitness staff.

The RA Ski Club promotes cross training as a year round lifestyle choice called SkiFitBeFit. Members are actively encouraged to maintain their fitness level all year. Members are provided with SkiFit exercise classes and with off-season group fitness activities. For Autumn activities, please refer to the mid-week hiking dates on the web calendar.

Whether you cross country, downhill, telemark or snowboard, you will enjoy the snow season much more without as many pains and strains, if your body is ready for the demands of your chosen sports. SkiFit will strengthen core muscles, improve balance and upper body strength, increase your lactic acid threshold, and make you supple and resilient. Even if you never ski, SkiFit will make you look and feel like you do! Please register at the RA Centre East Wing desk in advance of October 17 for the ten classes. Note that there is also a drop-in rate of \$8.00 for single classes. Persons attending a "drop in" class MUST register with the RA East Wing desk PRIOR to the desired class AND bring proof of registration to the class which they wish to attend.

Marian Barton, SkiFit, Member-at-large, skifit_2014@raski.ca

SKIFIT WEEKDAY HIKES

All hikers should meet at the RA West Wing lobby at 9:30 AM for a 9:45 departure.

Please be sure to bring a snack and water. Please have ID with you that provides an "in case of emergency" number and name of someone who could be contacted on that day, in case of injury. All participants will be expected to sign in before participating in the hike. Participants will share gas costs, probably about \$2.00 per person in the car. We will probably stop at a local pub in Chelsea for a snack before returning to the RA.



Oct. 1/12- SkiFit hike around Pink Lake

In case of inclement weather, a hike may have to be cancelled. If in doubt, please check the SNOWphone at (613) 736-6235. It may not be possible to reschedule an alternate day

This is a wonderful opportunity to meet "Friends to be with, friends to ski with" during the upcoming winter season. Hope to see you at the RA West Wing lobby.

WEEKDAY HIKE DATES

- **Monday, Sept. 23**
P11 to Wilson Carbide Mill, and along Meech Lake

- **Monday, Sept. 30**
Keogan parking lot to Western
- **Monday, Oct. 7**
Pink Lake parking lot around Pink Lake
- **Thursday, Oct. 17**
P16 Pine Road to Herridge or Healey Cabin
- **Monday, Oct. 21**
P7 to Keogan Cabin
- **Monday, Oct. 28**
P12 to Western Cabin

SOCIAL

FALL 2013 HIKES

The Fall is a wonderful time to enjoy the out-of-doors, the beautiful changing colours and the good company of our RA Ski Club friends. We are lucky to have access to some of the prettiest trails in the province, both in Gatineau Park and surrounding areas. We are currently still planning hike destinations and negotiating leaders but have set the dates for our weekend hikes.

Please note that for all hikes to Gatineau Park, we carpool, leaving from the SE corner of the Supreme Court Building on Wellington St., usually meeting at 9:45 for a 10 a.m. sharp departure.

Hikes to other destinations may have a different departure point and time, as noted. In keeping with our social agenda, we often stop at a local establishment in Old Chelsea or Wakefield for refreshments after the hike. Some hikers may choose to return directly to Ottawa for a shorter day.

Note that SkiFit is running weekday hikes as well, with a different meeting point. (See "SkiFit Weekday Hikes".)

HIKES

We are considering the following destinations for the hikes listed below: P13 (Meech Lake) to Wolfe Trail; Earthwalk to Eagles Nest - Calabogie;

P11 O'Brien to MacDonald Bay; P16 to Herridge/Healey Cabins; Lusk Lake from Parent Beach, Lac Philippe and possibly, a Rideau Trail Hike. If there is a particular hike you are interested in, please let your social coordinators - Jane Maxwell and Louise Cameron know.

Mark these weekend hiking dates in your calendar and check the website and Snow Phone (613-736-6235) for updates as to destination and hike leader, as well as last minute cancellations. For the hikes, always bring along plenty of water and a lunch, and wear good sturdy shoes and clothing appropriate for the weather.

- **Sat., Sept. 14 - 10 a.m.** - The Ramparts - Gatineau Park
Car Pool to the Étienne Brulé parking lot on Champlain Parkway. Take trail #3 to #28 and stop to enjoy the beautiful view from the Ramparts lookout. Return on #28 to #21 and #18 or alternatively, to trail #9 and finally trail #1 to the starting point. Possible stop at Western cabin on the return trip before returning to the starting point. About 2 hours. Bring lunch/snack, water and camera. Possible stop in Old Chelsea for refreshments. Leader: Penny Henderson
- **Sat. Sept. 28 - 10 a.m.**
Destination TBD
- **Thanksgiving Mon. Oct. 14**
Destination TBD
- **Sun. Oct. 27th**
Destination TBD
- **Sat. Nov. 9th**
Destination TBD
- **Sun. Nov. 24rd**
Destination TBD



20 May/13 – Wolfe Trail hike

PUB NIGHTS

Pub nights are in the Fieldhouse at the RA Centre:

- **Thurs. Sept. 12th:** 8 pm. Following weeklong ski trip information session, meet in the Fieldhouse at 8 pm.
- **Thurs. Sept. 19th:** 8 pm. Following registration for weeklong ski trip, meet in the Fieldhouse at 8 pm.
- **Thurs. Oct. 17th:** 7:30 pm. Following first Ski Fit class meet in the Fieldhouse.
- **Wed. Nov. 6th:** 8 pm. Following the RA Ski Club Open House, meet in the Fieldhouse at 8 pm.
- **Thursday, Nov. 21st :** 7:30 pm. Following Ski Fit class, meet in the Fieldhouse at 7:30 pm.
- **Thurs. Dec. 12th:** 7:30 pm. Following Ski Fit class, meet in the Fieldhouse for some holiday cheer.

For further information on the Social Program, please contact us.

*Louise Cameron & Jane Maxwell, Social co-chairs
social_2014@raski.ca*

RA SKI SUMMER ACTIVITIES

The spring hiking season was officially kicked off in mid-April with an urban hike in Little Italy led by Louise Cameron. Two more hikes took place, along with four meet 'n cycle events, a picnic and day of kayaking at Lac Philippe and two enjoyable outdoor theatre events, one in Manotick and one in Strathcona Park, staged by Company of Fools and Odyssey Theatre.

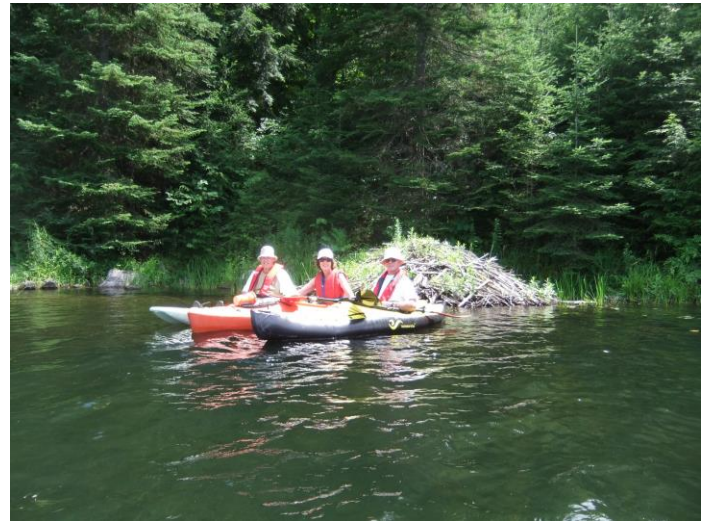


May 13- Cycling to Shirley's Bay

A mid-week golf afternoon was also held in June. This year weather was a major issue with several activities cancelled and rescheduled due to rain.



July 6 – Cycling to Lac Leamy



July 20 – Lac Philippe outdoors day

WALK FOR ALS – JUNE 15

On June 15th, eight RA Ski club members joined Bill Buck to take part in the annual Walk for ALS. They took part in memory of Bill's Wife, Arlene, who passed away in the autumn. It was a perfect day for a walk, sunny and not too hot. There were a huge number of walkers, which is amazing considering only about 3,000 Canadians have ALS, which affects the muscular system, and is fatal.

The walk started from the War Memorial, and were led initially by a bagpipe band, and then headed west along the Western Parkway to our turn-around-point at the Kitchissippi lookout.



RA Skiers at the Walk for ALS

Bill says, "Thank you all for your generous support of the Walk for ALS. Together we raised over \$3500 to support ALS Canada's efforts to help those with ALS in their assistance to clients and funding of rapidly progressing research being done in Canada. A huge additional thanks to those of you who walked this morning as part of "Arlene's Team."

CROSS-COUNTRY

The cross-country program features a full array of day trips on both weekends and weekdays, as well as a weekend trip to the Laurentians.

Our weekend day trips are very popular and include a wide variety of routes and level of difficulty. The mid-week day trips allow retirees and those with flexible work schedules to experience the freedom of skiing on trails that are less busy than on weekends.

As always, we welcome skiers of all levels. Gatineau Park does have hills so you should ensure that you can comfortably execute a snowplow stop and a snowplow turn before joining us. If you want to get a head start on your fitness before the ski season, consider attending the SkiFit classes starting in mid-October.

The first few outings are on easy trails to allow everyone to ease into the ski season. As the season progresses and we move to more intermediate trails, there is often a shorter or easier way to get to the same destination.

DAY OUTINGS

The cross-country day trips to Gatineau Park start in early December and run until early April, depending on conditions. There are 9:00 am Saturday and 12:00 pm Sunday departures on alternating weekends, as well as various mid-week day trips starting at 9:30 am. Participants meet at the RA Centre West Wing lobby to sign in, receive a trip briefing from the trip leader, and plan carpooling. Participants share gas costs. We ski for two to three hours and then adjourn for a meal at a nearby restaurant. Note that there is a daily trail fee to ski in Gatineau Park or you can buy a ski pass that is good for the whole season.



Feb. 20 – XC ski from P19 to Herridge

Here are some highlights of what we are planning for the 2013-14 season:

- Ski outings on Boxing Day and New Year's Day
- Moonlight Ski in January or February
- Mid-week day trip in January to Madawaska Nordic XC Centre in Calabogie
- Mid-week day trip in February to Nakkertok
- Possible weekend day trip combined with a Sugar Bush outing in March
- Combined XC/DH ski outing at Camp Fortune in March

GATINEAU PARK GROUP RATE XC SKI PASSES

The details of where and when you can get an annual ski pass at a group rate will be in the Winter Program available at our November Open House, and on the RA Ski Club web site closer to the start of the ski season.

CALLING ALL POTENTIAL TRIP LEADERS!!

All of our weekend and day trips are led by Ski Club volunteers so, with close to 30 trips planned, we need trip leaders. If you are interested in leading a day trip, please send an email to

xc_2014@raski.ca. We can provide guidelines and sign-in sheets and would be happy to answer any questions you may have concerning trip leader responsibilities.

Jane Rau & Maureen Adamache
Cross-country co-chairs, xc_2014@raski.ca

CROSS-COUNTRY / DH WEEKEND

VAL DAVID, Quebec Feb. 14-16, 2014

Cost:

- Double: \$280 per person
- Single: \$405

For the 16th straight year we're headed to Val-David. This is the largest XC ski centre in the Laurentians, with more than 100 km of groomed trails. This year, for a change, we will be staying at the Hôtel La Sapinière, www.sapiniere.com, right on the ski trails of Parc Dufresne (which includes the former Far Hills).



Hotel La Sapinière

The package includes two nights in a classic resort hotel, a four-course dinner on Friday and Saturday nights, a hot and cold breakfast buffet on Saturday and Sunday mornings, and a free pass to the Parc Dufresne cross-country ski trails, plus a skating rink, equipment for hockey and broom ball, a fitness room, a spa with room for six, and a games room.

Downhillers are also welcome and can ski either at one of the nearby hills (Chantecler is 13 km away, Saint-Sauveur 20 km, and Mont Tremblant 39 km), or combine their trip with one day of XC, and one day of downhill.

And let's not forget snowshoeing! There are 30 km of great marked snowshoe trails in areas that are not usually accessible by ski.



Jan. 2013 – Mont Iceberg at Val David, Que.

Arrangements will be made during the weekend so that everyone has someone to ski or snowshoe with.

Val David is a fun village to visit, with many small shops selling artisans' and artists' work.

This is a carpool trip. Space will be limited, so you'll have to sign up promptly. Registration opens at the RA Ski Open House.

Registration Opens: RA Ski Open House, Nov. 6

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