

September 2014

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

## RA SKI 2015 WEEKLONG TRIP MORZINE, FRANCE

January 16 -24, 2015



Morzine, France

The RA Ski Club is pleased to invite one and all to join us for our 2015 Weeklong Ski Trip, destination, Morzine, France. Located about an hour from Geneva, Morzine is in the Les Portes du Soleil region of the French Alps, an area with 12 linked resorts on either side of the French/Swiss border. This natural powder reserve at the heart of the Alps offers skiers exceptionally good snowfall from mid-December to late April with an annual average of over 7 meters powder every year, mountain lifts that rise through snowbound forests, pistes that gracefully wind their way through snow meadows dotted with mountain chalets, stunning views, and the overall charm that is always enjoyed so much on winter holidays in the European Alps. Two different packages are being offered and participants have the option of choosing the one that most appeals to each individual.

- **Choice A**, at \$2340, includes a six day ski pass to the MORZINE - LES GETS ski area, one of the 12 ski resorts in the LES PORTES DU SOLEIL region. This area has 64 trails (5 green, 23 blue, 27 red, and 9 black) and 49 ski lifts, plus cross-country trails, snowparks and snowshoeing.
- **Choice B**, at \$2450, includes a six day ski pass to the full LES PORTES DU SOLEIL ski region including the MORZINE - LES GETS ski area. With this pass one can go exploring from resort to resort, valley to valley, and even from country to country. With 296 trails (35 green, 127 blue, 106 red, and 28 black) serviced by 197 mountain lifts and 90 slopeside restaurants, there are more than enough ways to delight every skier regardless of energy or ability.

To help you decide which choice is the right one for you, trail maps are available on the web at [www.winter.morzine-avoiraz.com](http://www.winter.morzine-avoiraz.com). Under **Ski Resort** click on **Piste Maps**. Each map has a **zoom+** feature and you can drag your cursor around the map for a closer view, virtually allowing you to visually ski each run.

### TRIP INCLUDES

- Charter coach to/from Ottawa-Montreal
- Air Canada non-stop direct to/from Montreal-Geneva
- No airline ski equipment fees (subject to change)
- Charter coach to/from airport-hotel
- 7 nights accommodation at hotel L' Hermine Blanche in Morzine
- Buffet breakfast and multi-course dinner daily in our hotel
- 6 day lift pass for Choice A or Choice B

### HOTEL

L' Hermine Blanche is a typical 3 star Alpine hotel. Rooms have two twin beds, bathroom with bath tub, TV, safe, hair dryer and balcony.

**TRAVEL INSURANCE** is required.

You may purchase travel insurance with your registration or you must provide proof of private insurance. Details are available in the Information Package.

### COST

Choice A	Choice B
<b>Morzine-Les Gets area</b>	<b>Les Portes du Soleil area</b>
\$2340 double occupancy	\$2450 double occupancy
\$2585 single occupancy	\$2695 single occupancy

- Non skiers and XC skiers: deduct \$164
- Land only: deduct \$975

### Notes;

- Once selected, a ski pass cannot be up-graded nor down-graded to the other choice.
- There is no surcharge for using a credit card.
- Morzine has a local tax of 7 Euros cash per person payable directly to the hotel upon checkout.

### FOR FULL DETAILS

The Information Package and Registration Form can be downloaded at [www.raski.ca](http://www.raski.ca). An Information Session with a Q&A period will be held on Thursday September 11th at 7 pm in the Bytown Room at the RA Centre, 2451 Riverside Drive, Ottawa.

### REGISTRATION

**Registration opens** on Thursday September 18th at 7 pm in the Courtside A Room of the RA Centre.

**Registration deadline:** Sunday November 23rd. Early registration is recommended as registrations are accepted subject to space availability.

### BONUS NOTE

At our January 8th Trip Rendezvous Meeting, courtesy of our travel agent MERIT SKI VACATIONS, all trip participants will be entered into a draw for a free pair of ELAN skis.

**Trip Leader, Roger Duffy** [Weeklong\\_2015@raski.ca](mailto:Weeklong_2015@raski.ca)

## TIME TO RENEW!

It's time to renew your RA Ski Club membership to take full advantage of the great benefits offered.

Renew now if you're interested in any of: downhill, cross-country, snowboarding, snowshoeing, a weeklong ski trip to France, weekend ski trips, cycling, hiking, golfing, theatre or a summer ski trip to Chile.

Returning members have already received info from the RA. New members see [www.raski.ca](http://www.raski.ca).

Remember: To participate in weeklong or weekend trips, membership is required.

## RA SKI OPEN HOUSE WED. NOV. 5

**When:** Wed. Nov. 5, 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 RA Ski Club Program Guide with details on all our 2014-15 winter activities. There will be door prizes and presentations on all the RA Ski Club's programs. Win ski tickets to ski hills! Relax with a bevvie as you peruse each of 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](http://www.raski.ca), and click on "E-Maillist" on the left.

## MESSAGE FROM THE CHAIR

### WELCOME BACK SKIERS/SNOWBOARDERS!

Ski conditions this past winter gave us a chance to get in some good skiing and the season was long enough that we could enjoy our sport until April. The highlights of Val David, Mont Ste-Anne/Le Massif weekends for both cross country and downhill skiers as well as snowshoeing provided excellent snow for all types of skiers as well as snowshoers and the fabulous weeklong trip to St-Anton, Austria was also a sell out that everyone who went absolutely loved! The snowshoe program had several well attended outings this past winter and I hope they will continue to grow.

This summer was not as warm and long as usual but we've managed some spring hikes, some good Meet 'n' Cycle days to try to stay in shape, as well as theatre in the park. Now we look forward to hiking both on weekends and mid-week and the always popular SkiFit program this fall to get our legs ready for our skiing.

Your hard-working executive has met over the summer to plan this year's program and we hope you'll enjoy some fun ski outings and socializing in the upcoming season. We'll have the monthly pub nights just to socialize, and 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 on September 11th to give you details about our trip to Morzine, France for this coming winter. We were able to obtain a fantastic price for Morzine, which includes the vast ski region of Les Portes du Soleil so we should have a lot of enjoyable skiing once again this year. This February, we will be trying out a new venue called Le Grand Lodge in Mont Tremblant which provides easy access to Domaine St-Bernard and Mont Tremblant cross-country ski trails. Snowshoers can also enjoy some of the wonderful trails around there and of course the downhill skiers have their choice of Mont Tremblant or Mont Blanc or driving a little further south to the St-Sauveur area. Stay tuned for the destination for the three-day bus trip as details have not been finalized as yet, and also for our day bus trips.

As always we are hoping to increase our membership and we'd like you to help. Tell your friends about RASki and bring them along on trips, or even better, encourage them to join up. Talk up RASki at work and at your other clubs and sports events. Tell them we're the friendly club with year-round activities. Become an ambassador by encouraging new members to join our fantastic Ski Club.

Please stay tuned to our amazing web site ([www.raski.ca](http://www.raski.ca)) and SNOWPhone for the latest details of our outings.



*Doris Dallaire, Chairperson, [chair\\_2015@raski.ca](mailto:chair_2015@raski.ca)*

## OTTAWA SKI & SNOWBOARD SHOW

**When:** Saturday Oct. 25 - 10:00 a.m. - 5:00 p.m.  
Sunday Oct. 26 - 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 2014 - 2015

<b>Chairperson</b> <i>Doris Dallaire</i>	<a href="mailto:chair_2015@raski.ca">chair_2015@raski.ca</a>
<b>Weeklong Chair &amp; Co-Chair</b> <i>Roger Duffy</i>	<a href="mailto:weeklong_2015@raski.ca">weeklong_2015@raski.ca</a>
<b>Treasurer</b> <i>Linda Anderson</i>	<a href="mailto:treasurer_2015@raski.ca">treasurer_2015@raski.ca</a>
<b>Downhill Weekend Chair</b> <i>Jaime Impey</i>	<a href="mailto:dhweekend_2015@raski.ca">dhweekend_2015@raski.ca</a>
<b>Secretary</b> <i>Lorraine Norwood</i>	<a href="mailto:secretary_2015@raski.ca">secretary_2015@raski.ca</a>
<b>Cross-Country Co-Chairs</b> <i>Jane Rau &amp; Maureen Adamache</i>	<a href="mailto:xc_2015@raski.ca">xc_2015@raski.ca</a>
<b>Downhill Day Chair</b> <i>Andrea Conway</i>	<a href="mailto:downhill_2015@raski.ca">downhill_2015@raski.ca</a>
<b>Member-at-Large &amp; SkiFit</b> <i>Marian Barton</i>	<a href="mailto:skifit_2015@raski.ca">skifit_2015@raski.ca</a>
<b>Publicity Chair &amp; Webmaster</b> <i>Glen Campbell</i>	<a href="mailto:publicity_2015@raski.ca">publicity_2015@raski.ca</a>
<b>Social Co-Chairs</b> <i>Louise Cameron &amp; Carrie Spencer</i>	<a href="mailto:social_2015@raski.ca">social_2015@raski.ca</a>
<b>Membership Chair</b> <i>Bill Buck</i>	<a href="mailto:membership_2015@raski.ca">membership_2015@raski.ca</a>

## NEWSLETTER DELIVERY OPTIONS

The Trip Info Newsletter (issued in November) contains everything you need to know about our ski program for 2014-15. You can pick up your copy at the RA Ski Open House, Nov. 5th. To save money on postage (have you looked at the price of a stamp lately?), 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](http://www.raski.ca))
- Via email: Send an email to [publicity\\_2015@raski.ca](mailto:publicity_2015@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\\_2015@raski.ca](mailto:publicity_2015@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](http://www.raski.ca), and click on "photos" on the left side.
2. Click on "flickr".
3. Click on the set you want (Cross-country, Downhill, Snowshoeing, or Social).

### To see the photos as a slideshow:

1. Double-click on the little square icon on the top right under the number of photos. Wait a few seconds and the slideshow will start.

### To download a photo:

1. Double-click on the photo.
2. On the bottom right, click on the down arrow with the bar underneath it.
3. Click on the size you want (i.e., "Original".)
4. Make sure the dot is highlighted under "Save File.", then click on "OK."

Your file will be downloaded to your directory "Downloads."



## 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.



Feb. 10/14 – DH Meet'n'ski at Edelweiss

**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 2014-2015 RA Ski "Winter Program Guide", which will be available at the RA Ski Open House on Nov. 5th. Call the SNOWphone for updates.



7 March 2014 – RA skiers at Mont Blanc

*Andrea Conway, DH Day Chair, downhill\_2015@raski.ca*

## CAMP FORTUNE / MONT STE-MARIE \$129/\$109 PASSES

**Deadline: Sept. 30**

We will again coordinate groups of four or more to purchase the weekday/weeknight season passes to Camp Fortune or Mont Ste-Marie. Cost is \$129 for the weekday pass or \$109 for an evening pass, Monday to Saturday nights. 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\\_2015@raski.ca](mailto:membership_2015@raski.ca). We will try to put you in touch with others who want to join a group 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.

*Bill Buck, Membership chair, membership\_2015@raski.ca*



April 7/14, Camp Fortune – Final DH ski of the season

## WEEKEND/ MID-WEEK DH SKI TRIP

We're looking at possibly offering a mid-week coach trip and/or a car-pool weekend. We are still working on the details. When we have all the information we will put it on our website [www.raski.ca](http://www.raski.ca) and in our Ski-Mail. Stay tuned.

We will also have all the details at the RA Ski Club's open house on Wednesday November 5<sup>th</sup>.

**Registration:** opens at the RA Ski Open House, Nov. 5.

*Jaime Impey, DH Weekend Chair, weekend\_2015@raski.ca*

## SNOWSHOEING

This past winter, we had over a dozen snowshoe days! It was a great winter for it and the outings ranged from Gatineau Park, Greenbelt, Cascades, Calabogie, Domaine St-Bernard near Tremblant, Val David area and three wonderful days at Mont Ste-Anne. Conditions there were superb as there had been a lot of fresh snow the day we drove there, worried because it was pouring rain when we left and most of the way there!

It was encouraging to see so many of you coming out to snowshoe and get a wonderful breath of fresh winter air while getting some not too strenuous and fairly safe exercise.



Feb. 15/14 – Snowshoeing at Cascades

Once more I will be organizing snowshoe outings this year and hope to see lots of you out there again. Tell your friends who perhaps don't ski anymore or who would like to try snowshoeing about our outings, bring them along and maybe they'll decide to join us! It's a lovely way to enjoy nature, a winter's day, friends, relatively low investment in equipment and it doesn't cost much per outing as most snowshoe trails are free of charge. What more can I say? Join us!

*Doris Dallaire, chair\_2015@raski.ca*



## SUMMER SKIING – CHILE 2015

**Aug. 7-24, 2015 (to be confirmed)**

If going six months without skiing makes you all depressed and grumpy, join us for some of the best skiing in the world in the Andes – in August! We'll have seven days of skiing at two of Chile's best ski resorts – Portillo and the Nevados de Chillan volcano, interspersed with seven days of sightseeing, including Chile's capital (Santiago), Chile's main seaport (Valparaiso), wineries, a spa, and more!



**Portillo, Chile**

We are working on the itinerary and pricing, but ballpark cost will probably be around \$6,000, including airfare, transportation, lift tickets, hotels, meals, and all incidentals.



**Nevados de Chillan, Chile**

Let me know if you are interested. We'll have an info night sometime in February, so watch the RA ski website. If you want more info, contact me.

*Glen Campbell, Publicity chair, publicity\_2015@raski.ca*

## SKIFIT EXERCISE CLASSES

**Oct. 9 - Dec. 11, 2014**

**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, snowboard, or snowshoe, 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 9 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\_2015@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.

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. 22**  
P11 to Wilson Carbide Mill, and along Meech Lake
- **Monday, Sept. 29**  
Keogan parking lot to Western
- **Monday, Oct. 6**  
Pink Lake parking lot around Pink Lake
- **Thursday, Oct. 16**  
P16 Pine Road to Herridge or Healey Cabin
- **Monday, Oct. 20**  
P7 to Keogan Cabin
- **Monday, Oct. 27**  
P12 to Western Cabin



**Oct. 17/13- SkiFit hike to Healey cabin**



## SOCIAL

### FALL 2014 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 some of 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. departure.**

We often stop at a local establishment in Old Chelsea or Wakefield for refreshments after the hike. Some hikers 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".)

We are considering the following destinations for the hikes listed below: P13 (Meech Lake) to Wolfe Trail; P11 O'Brien to MacDonald Bay, The Ramparts from Gatineau Parkway. If there is a particular hike you are interested in, please let your social coordinators know at [social\\_2015@raski.ca](mailto:social_2015@raski.ca)

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. 13**  
Destination TBD
- **Sat. Oct 4**  
Destination TBD
- **Thanksgiving Mon. Oct. 13** – Since it's a holiday, we'll give you a chance to sleep in a bit and leave at 10:30 Lac Phillipe from Parent Beach to Lusk Lake.
- **Sun. Nov 2nd**  
Destination TBD
- **Sat. Nov. 15th**  
Hike from P12 (Meech Lake) to Western cabin and back.
- **Sun. Nov. 23rd**  
Hike from P16 to Herridge and back. A good hike to end the season. A little bit of snow won't matter and a lot means bring your skis! Leader – Louise Cameron

### Biking

We are planning one bike outing this fall.

- **Sun., Sept. 21** – Moussette Park to Aylmer  
**Meet: 10:30 a.m.** at Moussette Park in Hull  
Bring a snack. We may stop at one of the pubs/restos in Aylmer for refreshments to close the biking season.

### PUB NIGHTS

Pub nights are in the Fieldhouse at the RA Centre:

- **Thurs. Sept. 11th:** 8 pm. Following weeklong ski trip information session, meet in the Fieldhouse at 8 pm.
- **Thurs. Sept. 18th:** 8 pm. Following registration for weeklong ski trip, meet in the Fieldhouse at 8 pm.
- **Thurs. Oct. 16th:** 7:30 pm.
- **Wed. Nov. 5th:** 8 pm. Following the RA Ski Club Open House, meet in the Fieldhouse at 8 pm.
- **Thursday, Nov. 20th :** 7:30 pm. Following Ski Fit class, meet in the Fieldhouse at 7:30 pm.
- **Thurs. Dec. 11<sup>th</sup>:** 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 & Carrie Spencer, Social co-chairs**  
[social\\_2015@raski.ca](mailto:social_2015@raski.ca)

## RA SKI SUMMER ACTIVITIES

The spring hiking season was officially kicked off in mid-April after an exceptionally long ski season, with an urban hike in Aylmer led by Louise Cameron. Two more spring hikes took place in Gatineau Park, along with a summer hike starting in Wakefield and climbing the back of Vorlage. We also had six meet 'n cycle events, and two enjoyable outdoor theatre events, both in Strathcona Park, staged by Company of Fools and Odyssey Theatre.



**April/14 – At one of the whimsical benches on Rue Principle, Aylmer**



**May/14 – Enjoying the spring wild flowers in Gatineau Park**



**June/14 - Cycling to Aylmer**

### WALK FOR ALS – JUNE 14

On June 14<sup>th</sup>, three 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 from ALS. The walk started from the War Memorial, and were led initially by a bagpipe band, and then headed west along the Western Parkway. Bill thanks all the RA skiers who donated money in honour of Arlene.



## 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.

There will be a ski waxing clinic in November/December at the RA Centre. Details will be available closer to the date.

### 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.



March 30/14 - XC ski to Lusk Lake

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 (Mer Bleu) in February
- Mid-week day trip in February to Nakkertok
- Weekend day trip To Montebello in February (we'll avoid the crowds at the Gatineau Loppet)

### 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 over 30 trips planned, we **desperately** need trip leaders. If you are interested in leading a day trip, please send an email to Jane at [xc\\_2015@raski.ca](mailto:xc_2015@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, XC Co-Chair, [xc\\_2015@raski.ca](mailto:xc_2015@raski.ca)*

## CROSS-COUNTRY / DH WEEKEND

### Mont Tremblant, Quebec Feb. 6-8, 2015

For the 16th straight year we're headed to the Laurentians but this year, for a change, we will be staying at Le Grand Lodge Mont Tremblant ([www.legrandlodge.com](http://www.legrandlodge.com)) with direct access from the hotel to the intermediate cross-country trails of the Domaine St-Bernard ([www.domainesaintbernard.org](http://www.domainesaintbernard.org)) and a short drive away from the beginner cross-country trails of the Domaine and the cross-country trails of the Mont-Tremblant resort ([www.skidefondmont-tremblant.com](http://www.skidefondmont-tremblant.com)).



Le Grand Lodge

There are 100 km of cross-country trails in all, plus good snowshoeing trails.

The package includes Friday and Saturday nights in a classic resort hotel, a 3-course dinner on Friday and Saturday evening in a private dining room reserved for the RA ski club, a full buffet breakfast on Saturday and Sunday mornings, and free parking at the hotel.

Accommodation will be in rooms with 2 queen size beds, bathroom, TV, coffee-maker, microwave and small refrigerator.

Le Grand Lodge has a 20-metre indoor pool, a giant indoor whirlpool, a sauna, steam baths, exercise room, game room, beach volleyball court on snow, pool and ping pong tables and a skating rink.

The package does not include cross-country, downhill or snowshoe passes. Cross-country passes are \$18.50 per day, which includes access to both the Domaine St-Bernard and the Mont Tremblant trails. Snowshoe passes are \$9. Downhill ski passes are TBD. Spa services (massage etc.) are available for additional fees. Cross country & downhill skis, snowshoes and ice-skates can be rented on site. Snow-tubing is available nearby.

Downhillers are also welcome and can ski at Mont Tremblant or Mont Blanc, with a free shuttle bus from the hotel to the Mont Tremblant hill. Or you can combine a day of XC or snowshoeing, with a day of downhill.

Arrangements will be made Friday evening so that everyone has someone to ski or snowshoe with.

Mont Tremblant and nearby St-Jovite have lots of shops, good restaurants and nightlife.

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 on Wednesday November 5th.**

### COST

Prices will be **\$345 per person** for double occupancy or **\$520 per person** for single occupancy, for the first 11 rooms, which includes service and taxes but does not include cross country/downhill/snowshoe passes. Late registrants may be required to pay an additional charge for upgraded accommodation, depending on availability.

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