

September 2017

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

WEEKLONG 2018 - PANORAMA, BC

Jan 27 - Feb 3, 2018



Planning for 2018 during Canada 150 means keeping it Canadian! We're heading to Panorama which boasts nearly 3000 massive acres of terrain across 4000 vertical feet of purely Canadian adventure. Think 6 days of wide-open groomers, winding down the fall-line from the summit right to the village base area or to the door of your condo - 55% of terrain is perfect for intermediate riders, 25% expert, and there is a dedicated discovery zone ideal for novices, and an option to ski at Kicking Horse. For the adventurous, there are also exceptional trails of trees and steeps and deeps.

HOTEL

Located in the Upper Village, Panorama Spring Lodge slope-side condos offer direct ski-in / ski-out convenience via the Mile One Quad and Red Carpet during our 6 night stay. Guests staying in this building have direct interior access to the Panorama Springs Hot Pools. Upper Village amenities (restaurants, retail therapy, pubs, and cafés) are only a short walk away.



After skiing 6 days at Panorama and Kicking Horse, we depart for beautiful Banff AB. Overnighting at the Ptarmigan Inn, we'll spend an evening and following day exploring the town and local attractions, before a leisurely journey to Calgary for our return flight.

SKI PASSES

Our 6-day ski pass is good for the Panorama area: www.panoramaresort.com. If you choose to take the Kicking Horse ski day option, choose a 5-day ski pass instead.

CROSS COUNTRY and SNOWSHOE

The Panorama Nordic Centre in the lower village, across the suspension bridge from the Village Gondola, offers more than 20 km of groomed trails for classic and skate skiing. The Centre also offers four beautiful snowshoe trails which take about 60-90 minutes to complete and are about 4 km in length. Just 20 km from the resort (accessible by free shuttle) is the Lake Windermere Whiteway, recognized by the Guinness Book of World Records as the longest ice-skating loop and alongside it is a 15 km Nordic loop which is groomed and track set.

AIRLINE & TRAVEL ARRANGEMENTS

RASki will be travelling on Air Canada round trip flights between Ottawa and Calgary. Air Canada currently charges a fee to check in a 1st piece of luggage and a ski/boot bag combo as a 2nd piece of luggage on domestic flights. Flight deviations are permitted, but must be pre-arranged with our travel agent. The

cost will depend on space availability on selected return date. Our travel agent will determine the deviation price per person.

COST

Double-occupancy in one-bedroom condos (split King beds) starts at \$1799. Single-occupancy in a studio starts at \$2155, subject to availability. Variation may be available - ex. Quad-occupancy two-bedroom condo. 'Frequent flyers' may deduct \$550 for a land-only package. Non-skiers and cross-country skiers may deduct \$310 from the cost. Seniors skiers may deduct \$45 from their ski pass. Kicking Horse option and 5-day passes available. Ski/board rentals are available at a discount when pre-ordered through our travel agent.

PAYMENT

A non-refundable Reservation fee (\$100) may be paid at any time before submitting a Registration Application. A Deposit of \$800 or \$900 (if no Reservation made) is required at time of a Registration Application, with the Balance owing on Dec. 4. The package price includes a discount for payment by cheque. Use of a credit card for package payment(s) adds a charge of \$40.

INSURANCE

Medical insurance is highly recommended and may be purchased through our travel agent or provided by your own supplier.

INFORMATION & FORMS

Please see the WEEKLONG TRIP INFORMATION PACKAGE for details on insurance rates, flight details, payment schedule and the registration process.

Reservation and Registration forms are available in downloadable PDF format under the Weeklong information tab on our web page (www.raski.ca) and online at the RA Centre's website under Clubs.

RESERVATION and REGISTRATION

Reservation: To reserve a space on our trip*, a participant may submit a \$100.00 non-refundable Reservation fee at any time before submitting a Registration Application. Download and complete a PDF form to deliver to the East Desk (with payment) Note: Reservations must be claimed by Registration Night (date shown below) by submitting a Registration Application and payments.

Registration: Complete a Registration Application form (PDF or online) and submit with your deposit. Note: unless you have already reserved a space, your application will be received on a first-come, first-served basis.

Reservations and Registration opens Friday Aug. 25 at noon ET, online at the RA Centre's website under Clubs, by phone (RA's Registration line (613) 736-6224) or in person at the RA's East Wing Desk.

You must be an RASki Club member. Registration closes Wednesday, November 1.

TRIP INFORMATION SESSION

When: Wednesday, September 20 at 7:00 PM
Where: RA Centre, Courtside A

REGISTRATION NIGHT

When: Wednesday, September 27 at 7:00 PM
Where: RA Centre, Canada Room
Why: Drop off cheques, sign forms (if emailed form was not scanned), apply for remaining spots

Jaime Impey, Trip leader, weeklong-2018@raski.ca

MESSAGE FROM THE EXECUTIVE

Welcome to our 2017-2018 season!

RASki Club is more than just a ski club – it's actually a four-season hive of activity! In season, we offer alpine, cross country and snowshoe programmes. Off-season, members have been enjoying Club activities throughout the Spring and Summer months since our Season's End Potluck and Annual General Meeting (AGM).

At the AGM, we welcomed Françoise Lecrouart, who has become the Club Secretary. Your newly elected Executive continued the strong programmes already set in place and offered a urban hike, Pub Nights, theatre nights in the park, chances to cheer the Champions at the ballpark, a river cruise, a golf day, and a number of various cycling outings.

We hope you'll plan to join us and enjoy the outings planned for Fall and leading into our Winter Season. There will be many chances to meet new and familiar faces at the monthly pub nights and our Open House, currently scheduled for early November. Be sure to check the website for updates. A number of hikes are already on the RASki Calendar (www.raski.ca) and SkiFit will start in early October to get those ski legs ready for the trails!

Meanwhile, as the country has been celebrating **CANADA 150**, your Executive have been busy planning our next great season, and we are proud to announce that we will keep the celebration going in our 2017-2018 season with an **all-Canadian** calendar of adventures for you!


It's been 14 years since the Club has enjoyed the dry powder and groomed cruisers of Panorama BC. Our weeklong package offers luxurious ski-in/ski-out upper village condo accommodation at a very competitive price. Don't miss out! Registration is already open and an information night will be held September 20.

Our XC, DH, and snowshoe members who prefer shorter vacations will enjoy our January trip and the comfort of the Auberge de Vieux Foyer, with the opportunity to XC ski or snowshoe at Parc Dufresne and DH ski at the small local gems or the bigger St-Sauveur or Mont Tremblant. Our February trip will take us to the Hotel Chéribourg to explore the Mont Orford area, including a chance for the downhillers to visit Bromont's 141 trails.

For the day trippers, there will be a full slate of XC, DH, and snowshoe outings on the Club calendar, including two bus trips. See the details in this and the November newsletters.

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.

You can find or receive news and updates about Club activities through a number of methods:

- **Website** www.raski.ca
- **Ski-mail** Sign up for our e-mail with the latest club news: go to www.raski.ca and click on "e-Maillist" in the "Stay Informed" box on the lower left side of the page.
- **Facebook**  Visit us on Facebook to learn about upcoming events, read members' comments, and much more! Go to **RA Ski and Snowboard Club of Ottawa** and ask to join in.
- **SNOW phone** 613-736-6235



Jaime Impey

On behalf of the **RASki Club Executive**,
Jaime Impey, Vice-Chair, weeklong-2018@raski.ca

RA SKI EXECUTIVE 2017-2018

Chairperson	Vacant
Weeklong Chair & Vice-Chair <i>Jaime Impey</i>	weeklong-2018@raski.ca
Secretary <i>Françoise Lecrouart</i>	secretary-2018@raski.ca
Treasurer <i>Chris Hutton</i>	treasurer-2018@raski.ca
Membership Chair <i>Bob Cavan</i>	membership-2018@raski.ca
Publicity Chair & Webmaster <i>Glen Campbell</i>	publicity-2018@raski.ca
Downhill Weekend Chair <i>Louise Lefebvre</i>	dhweekend-2018@raski.ca
Downhill Day Chair <i>Roger Duffy</i>	downhill-2018@raski.ca
Cross-Country Co-Chairs <i>Jane Rau & Louise Cameron</i>	xc-2018@raski.ca
Snowshoe <i>Doris Dallaire</i>	snowshoe-2018@raski.ca
Social Chair <i>Chuck Bain</i>	social-2018@raski.ca
Member-at-Large (Hikes & Biking) <i>Maureen Adamache</i>	hikes-2018@raski.ca

OTTAWA SKI & SNOWBOARD SHOW

When: Saturday Oct. 21 - 9:00 a.m. - 5:00 p.m.
Sunday Oct. 22 - 9:00 a.m. - 5:00 p.m.
Where: EY Centre (4899 Uplands Drive at Airport Parkway)
Cost: Admission is free!

Come visit us at the club's booth at the Ottawa Ski Show!

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-hand side.

RA SKI OPEN HOUSE WED. NOV. 8

When: Wed. Nov. 8, 7:00 – 8:30 PM
Where: Courtside A & B, 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 2017-18 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!

NEWSLETTER DELIVERY OPTIONS



The Winter Program Guide, (issued in November) contains everything you need to know about our ski program for 2017-18. Pick up your copy at the RA Ski Open House, Nov. 8th. If you're not at the Open House, we are offering the following delivery options:

Electronic:

- Download from our website (www.raski.ca)

Paper:

1. RA Ski Open House
2. After the Open House, from the RA East Desk.

SOCIAL – PUB NIGHTS

PUB NIGHTS: Join us in the RA Fieldhouse. Here's your chance to meet other RA Skiers!

- Wed. Sept. 20
- Wed. Oct. 18
- Thurs. Nov. 16
- Wed. Dec. 13



June 21 – RA skiers at Ottawa Champions baseball game



Feb. 2017 – RA skiers at Sölden, Austria

SKIFIT EXERCISE CLASSES

Oct. 12th - Dec. 14, 2016

WHEN: Thursday nights from 7:00 to 7:45 PM

WHERE: TBD

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

- \$55.00 RA members
- \$8.00 Drop in for a trial 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. This year the weekly workouts will be led by Jill, who the RA says "is a really GREAT instructor, the members are going to love her!"



Oct. 13/16 – SkiFit class

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 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, as well as hips, legs, shoulders and arms. We will also be spending time in class working on flexibility for the same muscle groups. We hope to improve balance and upper body strength, increase your lactic acid threshold, and make you supple and resilient. We will provide progressive exercises for all levels and make sure to give loads of options and precautions to help participants meet their goals.

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 12 for the ten classes. Those registering at a later date must bring proof of purchase of the intended classes to their first class.

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 that they are attending.

DOWNHILL DAY TRIPS

Up, Down, Up, Down, Up, Down....or...Uuuuup, Downnn, Uuuuup, Downnn...it doesn't matter whether the skiing venue is large or small, small or large, it's always fun to be Downhill skiing, Alpine if you will. Luckily we live in the Ottawa Outaouais Region which has a wide variety of ski hills to enjoy. Several within a short drive, a couple within an hours drive, and then there's the Laurentians and all it has to offer a mere two hours away. Wow!

Wisely the RA Ski Club takes advantage of all these venues with Weekend trips, Day-bus trips, and weekly Meet n' Ski days filling our winter schedule from early December through to late March. The skiing opportunities are endless.



Mar. 24/17 – Bus trip to St. Sauveur

But it's all for naught if we just sit on our butts and don't get around to 'making it happen'. At our Open House to be held in early November you can pick up your Winter Program Guide within which all our scheduled ski days will be listed. I encourage you to mark the dates on your calendars right away thus making your skiing a priority. The other events in your life can happen on the open days. When you have fun and excitement planned in front of you the so called long-winter just isn't.



Jan. 17/17 – Meet'n'Ski at Cascades

Contributing to the fun and excitement is the friendship we all share as we car pool to the various hills and ski as a group. Not to forget the mid-week discounts we get that always puts a smile on our faces. Most importantly, no one is left to ski alone as there is always a nice mix of abilities within each group. Professionals we're not, enthusiasts we are. Talk about a winning formula. Let's make it happen. See you out there.

Roger Duffy, DH Day Chair, downhill-2018@raski.ca

CAMP FORTUNE \$159/\$129 PASSES

Deadline: Sept. 30

No more groups! All mid-week season passes are now individual.

Cost is \$159 for the weekday pass or \$129 for an evening pass, Monday to Saturday nights. For full details see <https://campfortune.com/en/season-passes>

3-DAY DH & XC SKI WEEKEND MONT ORFORD & BROMONT

Sun. Feb 18 –Tues. Feb. 20

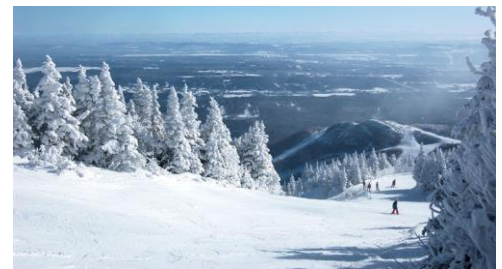
Ski Bromont! The most runs of any ski hill in Quebec! For this carpool trip we'll ski a day at Bromont, and two days at Mont Orford. Cross-country skiers and snowshoers will get a three-day pass at Orford Provincial Park.

Downhill Skiing

Ski Bromont – Located on 3 peaks and 7 slope sides, Bromont has 141 trails and glades, and the largest lit skiable terrain in North America. Its runs appeal to all skill levels.



Mont Orford – With 1933 feet of vertical, Orford is one of the highest peaks in the Eastern Townships. The skiable terrain includes 61 runs with a broad variety of skill levels. The longest run is 4 km.



Cross-Country Skiing & Snowshoeing

Parc du Mont Orford - This provincial park and ecological reserve boasts an impressive network of cross-country skiing and snowshoeing trails.

Cross-country skiers can ski to their hearts' content on 15 trails over 50 km of classic trails and 26 km for skate skiing. From beginners to experts alike, everyone can find a trail tailored to their skill level that is well marked, groomed and packed.

Snowshoers will enjoy an enchanting winter wonderland featuring 13 trails at all levels of difficulty from 2.5 km to 16 km in length.



Accommodation

We'll be staying at **Hôtel Chéribourg**, located close to the Mont Orford ski resort and the provincial park, for snowshoeing and cross country skiing.



Louise Lefebvre, DH Weekends, dhweekend-2018@raski.ca

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. This year, we will be returning to the Val David area for some great XC skiing and snowshoeing.

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

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 and come out on some of the many hikes planned in and around Ottawa and Gatineau.

The first few outings are usually 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 sometimes 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. We alternate 9:00 am Saturday and noon Sunday departures, as well as various mid-week day trips starting at 9:30 am. We will also add last minute outings from time to time to take advantage of some good conditions. Participants meet at the RA West Wing lobby to sign in, receive a trip briefing from the leader, and plan carpooling. Participants share gas costs. We ski for two to three hours and then adjourn for a meal at a restaurant. Note that there is a daily trail fee to ski in Gatineau Park, or you can buy a season cross-country pass.



Jan. 7/17 – At Huron cabin

Here are some highlights of what we are planning for the 2017-18 season:

- Ski outings on Boxing Day and New Year's Day
- More Greenbelt Skis
- Moonlight Ski
- One or two day trips to areas outside Gatineau Park.

We'd like to hear from you about where you would like to ski. Please contact Jane to let her know.

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-2018@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-2018@raski.ca

CROSS-COUNTRY / DH WEEKEND VAL DAVID, QUE.

Fri. – Sun. February 9th to 11th, 2018

We are heading to the Val-David area, which is the largest XC ski centre in the Laurentians, with more than 100 km of groomed trails. We will stay again at the Auberge du Vieux Foyer, with direct access to the trails at Parc Dufresne. This is a carpool trip. Check the RA Ski web site later for prices.



Auberge du Vieux Foyer

Downhillers are also welcome and can ski either at one of the nearby hills (Chantecler or Saint-Sauveur), and it's only 45 minutes from Tremblant. And let's not forget the 30 km of trails for snowshoeing.



View from Mont Iceberg, Parc Dufresne

The package includes a welcome drink on Friday, and breakfasts as well as fine dining at the Auberge on both Friday and Saturday nights. It also includes the daily pass for the Parc and access to the outdoor hot tub and sauna.



On trail #8, Parc Dufresne

Registration opens: November

Louise Cameron, XC co-chair, xc_2018@raski.ca

CROSS-COUNTRY MIDWEEK

We are considering a midweek car pool trip to the Algonquin Park area, staying in Whitney, Ontario, near the East Gate of the park. This would likely be in early March, but no date has been set yet.

Information about skiing in the park can be found at http://www.algonquinpark.on.ca/visit/recreational_activites/skiing-in-algonquin-park.php

The Leaf Lake area has 45 km of trails (skiing only) and there is a multi-use 18km trail on an abandoned railway track. Snowshoeing can also be done on other trails in the park.

If you are interested in participating, let us know!

Louise Cameron, XC co-chair, xc_2018@raski.ca

SNOWSHOEING

Despite all the rain, ice and bits of snow, we had a good number of snowshoe outings. We did some in different parts of the Greenbelt, in Wakefield and Mont Cascades. While on the weeklong trip in Austria, three of us enjoyed two guided snowshoe hikes in the lovely Alps with an interesting guide who also told us about Otzi, who was killed some 5000 years ago and was found in this area by some hikers about 25 years ago once the glacier melted.



Feb. 2017 – Snowshoeing at Solden, Austria

We also went on the day bus trip to Mont Tremblant and snowshoed at Domaine St-Bernard where the trail conditions were very good. The three-day weekend trip to Mont St-Anne had poor conditions for the skiers but we snowshoers fared best of all and enjoyed our three days of snowshoeing.

Several outings after that had to be cancelled due to icy conditions and our last outing was in early March. It was a short outing at Pinegrove because the snow was sparse and the trail very icy.



Jan. 22 – Snowshoeing at Mer Bleu

It will soon be time to plan for the upcoming season. I would really appreciate if some of you could volunteer to lead an outing to one of your favourite trails. Contact me and I will put it on the schedule or if you just want to lead one that is already on the schedule, that would also be just super! Don't be shy, it's not hard to do! Remember, snowshoeing is a great way to stay in shape while enjoying nature and a nice winter day in good company.

Doris Dallaire, Snowshoe chair, snowshoe-2018@raski.ca

RA SKI SUMMER ACTIVITIES

It's been an active summer!

The winter season ended with a Potluck Dinner on April 28th.

The spring hiking season was officially kicked off on April 29th with an urban hike around Manotick, led by Louise Cameron.



May 17 – Cycling to Dow's Lake

We had eleven meet 'n cycle events:

- Dow's Lake to see the tulips,
- Roger's famous Roddle, from Burritt's Rapids to Merrickville,
- RA to Pinecrest Pathway,
- Bate Island to Shirley's Bay, followed by refreshments in Britannia Village,
- RA to Lac Leamy,
- Moussette Park to Aylmer Marina,
- Bate Island to Lac Leamy,
- Andrew Haydon Park to Stittsville's Quitters cafe.
- Long Sault Parkway (the St. Lawrence River), and
- Moussette Park to Old Chelsea.

Still to come in September:

- RA to Moussette Park

We also enjoyed two outdoor theatre events staged by Odyssey Theatre and the Company of Fools. Actually, we had the wrong location for the Company of Fools play, so we wound up just going to the bar at the Rideau Tennis Club.

In addition, club members spent two summer evenings cheering the Ottawa Champions baseball team.

Finally there was the Ottawa River cruise.

Chuck Bain, Social chair, [social-2018\[at\]raski.ca](mailto:social-2018[at]raski.ca)

Maureen Adamache, Hiking and Biking Coordinator, [hiking-2018\[at\]raski.ca](mailto:hiking-2018[at]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.

Note: Contrary to our April Fools Day Ski-Mail, when you register for the ski club you don't receive a free hall pass to all the halls and lobbies in the RA.

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

HIKING

Hiking is a wonderful opportunity to meet “Friends to be with, friends to ski and snowshoe with”, before the winter season starts.

Please be sure to bring a snack, water, ID (including your health card), “in case of emergency” name and telephone number, sturdy footwear, rain jacket, sunhat, and sunscreen. Consider also bug spray cell phone, hiking poles, “yak trax” (ice grippers) and binoculars.

When carpooling, each car shares the cost of gas (plus parking fees at some NCC lots in summer). We usually stop at a local pub, ice cream or coffee shop afterwards. If you carpool but don't want to participate in the “après-hike”, please let the leader know as soon as possible. **If you wish to drive directly to the trailhead, you must notify the leader in advance** (e-mail: hikes-2018@raski.ca) **and provide a cell phone contact number.**



April 9 – Hike to Eardley Escarpment

Hope to see you on the trail!

Here are the hikes we have scheduled so far this fall (more to come.) We are still looking for hiking leaders.

Please check the RA Ski Club calendar and SnowPhone at 613-736-6235 before leaving home. Leaders and times may change, and hikes may be cancelled in case of inclement weather or the unavailability of a leader.

SCC = SE corner of the Supreme Court of Canada parking lot on Wellington St.

RA = West wing lobby of the RA Centre

- **Sun. Sept. 3** – early start – Lusk Falls – Chris Hutton
Meet at the RA at 9:00 a.m.
- **Wed. Sept. 6** – easy hike - Mud Lake/Britannia Conservation Area – Maureen Adamache. Meet at the RA at 9:30 or at the Ron Kolbus Centre, Britannia Park at 10 a.m.
- **Wed. Oct. 11** – Skyline – Maureen Adamache
- **Wed. Oct. 18** – McCloskey Trail (P12 to Western) – Jane Rau
- **Thurs. Oct. 26** – easy hike - Morris Island Conservation Area– Maureen Adamache
- **Sun. Nov. 19** – McCloskey Trail – P12 to Western – Jane Rau
- **Sat. Nov. 26** – P16 to Herridge – Jane Rau

Maureen Adamache, hiking coordinator, hikes-2018@raski.ca

CYCLING

Note that we are leisurely cyclists, and take time to stop and smell the flowers. If you are training for the Olympics, there are other bike clubs that would suit you.

Here is what we have scheduled so far (more to come.) We are still looking for cycling trip leaders.

- **Thurs. Sept. 14 to 18** - Petit train du Nord. Leader: Yolanda Banks
- **Sat. Sept. 23** – RA to Governor-General's “Savour Fall” open house. Meet: 10:45 a.m. for departure at 11 from the RA west wing doors. 24 km round trip, via Mooney's Bay, canal & Ottawa U. Leader: Glen Campbell

Maureen Adamache, cycling coordinator, hikes-2018@raski.ca

RA SKI PHOTOS ON THE WEB

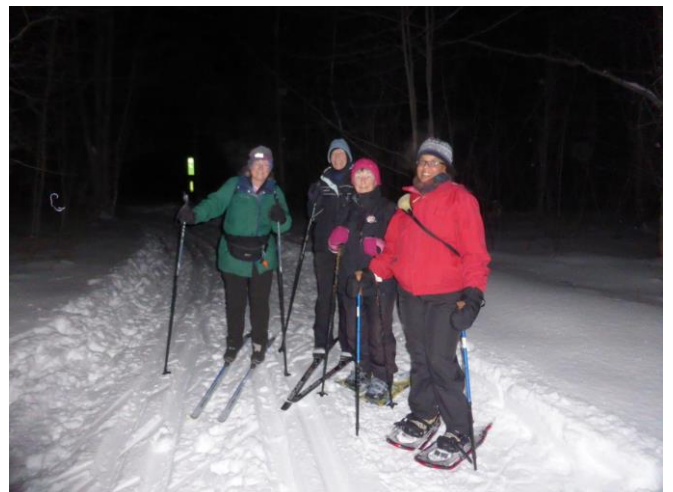
1. Go to www.raski.ca, and click on “photos” on the left side.
2. Click on the album you want (XC, DH, Snowshoeing, or Social).

To see the photos as a slideshow:

1. Double-click on the slide you want to start with.
2. Click on the right chevron “>”.

To download a photo:

1. Double-click on the photo.
2. On the bottom right, click on the down arrow on the bottom right of the page.
3. Click on “View all sizes”.
4. Click on the size you want.
5. Right-click on the photo to save it to your computer.



Feb. 18/16 – XC ski & snowshoe at Mer Bleu



July 2017 – Cycling ar Ruisseau de la Brasserie



Feb. 2017 – Skiing at Sölden, Austria



July 2017 – Cycling to BDT pub



April 2017 – Urban hike in Manotick



Jan. 2017 – Skiing at Mont Blanc



July 2017 – Cycling to Stittsville



July 2017 – Cycling by the Mosaics



Feb. /17 – Weekend XC ski trip to Tremblant



April 8/17 – Final XC ski of the season



Aug. 2013 – Skiing at Portillo, Chile