

RASki & Outdoor Club

January 2019

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

WELCOME TO RA SKI 2019!

I hope all of you have been able to take advantage of the early snow this year. It's nice to get some payback after a couple of warmer winters.

As always, your executive had been working hard to put together a full program of downhill, cross country, snowshoeing and social activities and programs are in full swing.

This year's weeklong trip to Andorra, Europe's new hot spot, is fully booked and promises to be a great experience. It even includes a couple of days in Barcelona on the return trip.

The cross-country weekend to ever popular Val David goes in mid February.

Registration is ongoing for the downhill day bus to St. Sauveur January 14 and to Tremblant March 18. Cross-country skiers and snowboarders can also join us, and we'll drop them off at Morin Heights on our way to St-Sauveur, and at Domaine St-Bernard on the way to Tremblant. At time of writing the St. Sauveur trip is filling up. By the time you read this the registration deadline will be at hand so don't delay. Make the call to 613-733-5100 now!

Unfortunately, due to changes in RA procedures we were unable to negotiate a downhill multi-day trip this year. We are working with the RA to streamline procedures and cost so this does not happen again. Happy skiing and snowshoeing.



Bill Buck, Chair, chair-2018@raski.ca

RA SKI CLUB ANNUAL GENERAL MEETING

Wednesday Apr. 17, 2019

You can thank your executive, volunteer to chair a portfolio, offer suggestions, and make your voice heard by attending the RA Ski Club's annual general meeting.

At the meeting, we will present reports on all our activities, and elect the executive for next year. We promise not to pressure you to run for a position, but please consider taking on a position if you can because there will be vacancies this year. As an added incentive, we will have a slide show of all our activities during the past year.

WEEKLONG TO ANDORRA & SPAIN

January 25-February 4



Grandvalira is celebrating the 15th anniversary since the opening of southern Europe's largest ski resort. Fifty-one RASKiers are travelling to Andorra, the largest ski resort in the Pyrenees. We'll be spending 6 days on the trails of the "domini" made up of the six different sectors of two of Andorra's seven "parishes" (or provinces). Then, we're off to Barcelona in Spain for two nights, including a walking tour on our first afternoon.



The Grandvalira ski area offers village to village skiing, great bars and clubs, an assortment of restaurants, ski schools, reliable snow, modern snowmaking facilities, and a variety of groomed terrain. Andorran resorts are known for their high level of slope maintenance and grooming. We'll enjoy the Terraces & Music on the slopes of Grandvalira. The terraces will become the big attractions - great efforts have been made to expand and refurbish the emblematic terraces at Domino, create new menus, new areas, chill-out zones, musical entertainment, etc. perfect for après-ski.

Our Hotel Nordic in El Tartar offers a ski in/ski out location with a one-minute walk to the El Tarter gondola and easy access to a free ski bus to the other area bases. It's a warm and welcoming traditional style hotel with an excellent standard of accommodation and facilities including an indoor pool, whirlpool, steam room and fitness room, a bar and lounge area with free Wi-Fi and an outdoor terrace. We'll enjoy buffet breakfasts and 4-course dinners daily and evening entertainment and live music.

Off the slopes, enjoy INÚU, the new Wellness center in Andorra, which is located just next to CALDEA. Re-discover your well-being through the extraordinary properties of the thermal waters and more specialized treatments, in an environment of absolute peace and quiet.

TRIP RENDEZVOUS NIGHT

WHEN: Wednesday, January 16, 7:00 PM

WHERE: Outaouais Room, RA Centre.

We'll be handing out airplane tickets and the itinerary, and going over everything you need to know about the trip. Meet your travel mates. Pub night to follow in the Fieldhouse Bar & Grill.

Jaime Impey, Weeklong Chair, weeklong-2018@raski.ca

DOWNHILL DAY TRIPS

As I write this on December 16th the RA Ski Club 2018/19 Downhill ski season has already begun with the first Meet n' Ski event having taken place yesterday at Edelweiss where the skiing conditions were as good as one can expect to have on any given day in January or February. By the time this newsletter has reached your inbox the ski season will be well under way. Will you have been? That's the whole point of being a ski club member, taking advantage of all the Downhill events arranged by your club executive, and skiing with friends. Sure we do it for ourselves but mainly we do it with you our members in mind. Let's call it an incentive to get us all out there because collectively we depend on everyone's involvement to make the club succeed.



Dec. 15 – DH Meet'n'Ski at Edelweiss

Meet n' Ski days to the local hills, day bus trips to the Laurentians, weekend trips, and best of all, the annual weeklong trip, all kinds of opportunities available for both the casual skier and the keener. Altogether we have 29 Downhill ski days arranged on this season's schedule. We don't expect anyone to come to all of them but by joining in on a third or even a quarter of them we'd all have a lot of fun and find the winter just flying by. Hmm, skiers don't want the winter to fly by, what we want is to fly down the hills with the wind in our face, the adrenalin flowing in our veins, the slick feel of our skis on fresh snow, the grin on our face knowing that we are having fun with like minded friends on beautiful sunny winter days...Wow!, what could be better. Don't want to fly? How about gliding down at a nice comfortable pace with a few fellow gliders. There's always a mix in our groups, no one skis alone unless they choose to.

Sure it takes some effort to make these days happen, we all know that, anything worthwhile does. Now that so many of our members are retired we have a giant pool of friends to go playing with. All we have to do is get out there and join them.

If you don't already have the Winter Program Guide to see the schedule you can pick one up at the RA Centre East desk or you can download it from the web at www.raski.ca. The same web site also has the calendar of events on the right side for quick reference if you'd prefer. I look forward to joining you on the slopes.



Roger Duffy (a third to a half kind of guy)
Downhill Day Chair, downhill-2018@raski.ca

DH DAY BUS TRIPS

Baby it's COLD outside! ❄️

But take heart ♡. Temperatures will be PERFECT on Monday, January 14th when we go to St-Sauveur!

Have you signed up for our Day Bus Trips? If not, register today to secure a place on the bus and help ensure that the trips are a GO!

- **Monday, January 14th:** DH ski at **St-Sauveur**, and XC Ski/Snowshoe at **Morin Heights**

Ski (DH & XC)/Snowshoe/Shop'n Spa.
Bus trip only: \$56 (incl. tax)
Bus & DH lift ticket: \$97 (incl. tax).
XC ticket \$16 (\$14 for 65+)
Snowshoe \$8.

- **Monday, March 18th:** DH Ski at **Tremblant or Mont Blanc**; XC Ski/Snowshoe at **Domaine St-Bernard**; Shop/Dine in Tremblant Village.

Bus: \$56 (incl. tax). Use your Ski Max tickets or buy your ticket at the ski hill or trailhead.

With your RASki Club card, ticket prices at Mont Blanc are \$49 for adults and \$39 for seniors (age 60-69.)

Why drive when you can relax on a bus, enjoy après ski refreshments, then nap on the way back to Ottawa! And don't forget – fabulous prizes to be won!!

Call the RA Centre Registration 613-736-6224.

Bill Buck, Chair, chair-2018@raski.ca

KEEP INFORMED

How can you find out about what events are planned?

- **WEB SITE**
Check out the RASki club's amazing web site www.raski.ca
- **SKI-MAIL**
Subscribe to the RA Ski club's Ski-Mail e-mail list. (Go to our web site at www.raski.ca, and click on "E-Maillist", in the box on the left.)

Ski-Mail provides you with the latest information on ski club events. Ski-Mails are issued weekly during the ski season, and as events occur during the rest of the year. As we use Yahoogroups to distribute the Ski-Mail, you have to put yourself on the list – we can't do it for you. You can unsubscribe at any time you choose.
- **SNOWPHONE**
Check the **SnowPhone** at (613) 736-6235. This phone message is updated regularly, and provides the latest information on upcoming events.

RA SKI ON FACEBOOK



We are on Facebook under "RA Ski and Snowboard Club of Ottawa".

On our Facebook page you will find:

- Our members' reports on snow conditions (both downhill and cross-country.)
- RA Ski Club news, including upcoming events
- Facebook posts from local ski hills.

CROSS-COUNTRY

Although we had an early start to the ski season and many of us were able to get out as early as Nov. 16, the skiing deteriorated with periods of rain and freezing drizzle and two of our scheduled skis had to be cancelled. As I write this on Dec 28 there is freezing rain falling in Ottawa but, amazingly, a few trails and most of the parkways are open in Gatineau Park. Demsis has done a superb job in maintaining the trails. This demonstrates that, although it may look grim in Ottawa, there may still be some decent skiing in the Park.

Our first official XC ski of the season occurred on Dec. 15 and we have had four Gatineau Park outings since then. For our 2018-19 season, we have a variety of outings planned this year. To see the trip schedule, go to www.raski.ca and, on the left side of the page, click "X-Country".



Dec. 15 – XC skiers at Renaud cabin

Before heading out to the RA Centre, don't forget to check the website (www.raski.ca) or SnowPhone (613-736-6235) for changes to the schedule. The SnowPhone is updated with the latest information about one hour before the scheduled departure time.

HELP YOUR FELLOW SKIERS TO STAY WARM

Even on the mildest winter days, it can get cold standing around waiting for everyone in the group to get ready to ski. Here are three important tips to ensure a safe and enjoyable outing for all:

1. There are a few exceptions but, for the most part, we meet at the RA. Meeting the group at the RA Centre, rather than at the trailhead ensures that you receive the safety briefing, the trip leader knows who you are, and you arrive at the parking lot at the same time as everyone else. And all this in the warm comfort of the RA lobby with an equally warm washroom nearby!!

2. If you think you need extra time to prepare once you arrive at the parking lot, let the trip leader know. We can give you a head start from the RA Centre.

3. Wax your skis before you arrive at the parking lot and be ready to ski as soon as possible after arriving.

DAY TRIP HIGHLIGHTS

Most of our outings take place in Gatineau Park but we have planned many other destinations this year that will be of interest. Without compromising our ever-popular Gatineau Park day trips, we have included a number of Greenbelt/city ski outings. Most are shorter and easier routes.



March 31: RA Ski Biathlon - Skiers at Mulvihill Lake



Dec. 26 – XC skiers at Pink Lake

Here are a few season highlights:

*** Day Bus Trip, XC Skiing at Morin Heights – Mon. Jan. 14.**

The day bus trip to Saint Sauveur features XC skiing at Morin Heights.

*** Evening Ski Mooney's Bay – Wed. Jan. 23**

Ski the lit trails at the Mooney's Bay XC Ski Centre

*** Greenbelt Moonlight Ski – Thus. Jan. 17**

An easy paced ski and snowshoe outing in Mer Bleu.

*** Ottawa SJAM Trail – Mon. Jan. 7 & Wed. Feb. 13**

The Sir John A. Macdonald trail is a groomed path running from Westboro Beach to the War Museum. Snowshoers also welcome.

*** Nakkertok Nordic XC Ski Centre – Wed. Feb 6**

Nakkertok offers a great variety of trails and snowmaking which allows for skiing when other trails in the region may be closed.

*** Day Trip to Montebello – Sat. Mar. 2**

Enjoy the lovely, picturesque trails at the Chateau Montebello. Snowshoers also welcome.

*** Day Bus Trip, Tremblant & Domaine St-Bernard – Mon. Mar. 18.**

The day bus trip to Mt. Tremblant and Mt. Blanc for the downhill skiers features XC skiing at Domaine St Bernard.



Jane Rau, Cross-Country Co-Chair, xc-2018@raski.ca

VAL DAVID WEEKEND

Friday-Sunday Feb 15-17, 2019

Single occupancy - \$447
Double occupancy - \$346

Registration deadline: January 7.

There is still a bit of time to register on this weekend trip to the largest cross-country ski area in the Laurentians, with more than 100 km of groomed trails. There are also ample snowshoe trails in the same park and several downhill opportunities nearby.



Mont Iceberg, Val David

The price includes two breakfasts, two dinners, two nights accommodation at the Auberge du Vieux Foyer, along with a cross-country ski pass. Transportation is by carpool.

We'll be staying at the Auberge du Vieux Foyer, with direct access to the trails at Parc Dufresne.



Auberge du Vieux Foyer

For complete information and registration information, see our website under Cross-country Weekend or contact the cross-country chairs.

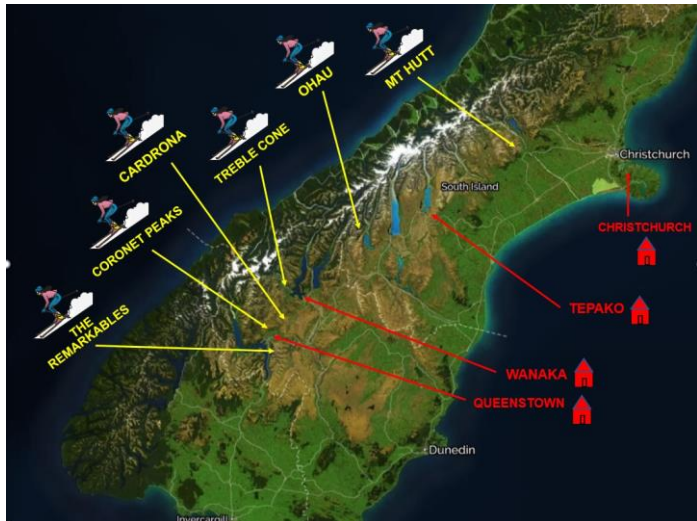


Louise Cameron, Cross-Country Co-Chair, xc-2018{at}raski.ca

SKI NEW ZEALAND AUG. 2019

Wed. July 31 – Tues. Aug. 6 2019 (ski tour part)

Haka Tours is offering a seven-day ski tour of the South Island. The tour starts in Christchurch, During the seven days we will ski a day at six different ski hills (Mt. Hutt, Ohau, Treble Cone, Coronet Peak, Cardrona, and the Remarkables), with a day off in Queenstown.



Ski hills and places where we will stay

Cost for the tour part starts at NZ\$1799 (around \$1700 Canadian.) This covers accommodation, transport, a guide, and lift tickets during the seven days. In addition, you need to add airfare, meals, as well as hotels the day(s) before and after.

Transport is by bus, and accommodation is dorm-type, although a single-room option is available for an extra NZ\$699 (about \$600 Canadian).

We'll spend one night at Tepako (and visit the hot spring pools), two nights at Lake Wanaka, and three nights in Queenstown. The New Zealand scenery is spectacular, and last August the snow conditions were groomed powder, with temperatures just below freezing.

Info is on Haka's web at <https://hakatours.com/new-zealand-snow-tours/south-island-snow-safari>

A PowerPoint about the same trip I took last summer is on the RA Ski Club website at <http://www.raski.ca/docs/New%20Zealand%202018.pps>
Note that this is a large file, and takes a while to download.

This trip is not being done through the RA. You make your own reservations with Haka Tours and the airlines.

If you are interested, contact me.



Skiing at Treble Cone, New Zealand

Glen Campbell, publicity chair, publicity-2018{at}raski.ca

SNOWSHOE

Winter arrived early this year and we were anxious to get started so we enjoyed our first snowshoe outing on November 23. And now we are looking forward to many more outings in January, February and March, so come out and join us.

Some are mid-week outings, there are several weekend ones to accommodate people who work during the week and some will be during our weekend to Val David. We have some to places we haven't done before such as Larose Forest and Morris Island near Fitzroy, both easy ones you are sure to enjoy. I may add more depending on weather conditions or if anyone wants to organize one, please let me know.



Feb. 2014 – Snowshoeing at Val David

Don't forget the bus trip to St-Sauveur on Jan. 14, where we can snowshoe around Morin Heights. On March 18, we have a bus trip to Tremblant/Mont Blanc for downhill skiers, but we'll go to Domaine St-Bernard to snowshoe the beautiful trails and feed the chickadees.

All the planned outings are on the website and more may be added so keep checking the website and the SnowPhone for last minute changes. I look forward to snowshoeing with you!



Jan. 2/16 Snowshoers and Frosty at Calabogie

And you never know who you will meet on the trails, one time we met Frosty at the start of the trail! If you want me to email you with last minute additions, just send me your email at snowshoe-2018@raski.ca and I will contact you.



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

CYCLING

We bike fairly leisurely and take time to smell the flowers. We like to take photos, enjoy ice cream, and stop for a look at the views.

We started off the cycling season with our customary ride from the RA to Dow's Lake to view the tulips. We continued in Roger's Roddle tradition with a leisurely ride from Burritt's Rapids to Merrickville. The adventuresome rode from Perth to Murphy's Point Conservation Area. We also had rides from the RA to Moussette Park and Lac Leamy. We added two new rides, from Kanata to Stittsville; and along the St. Lawrence River to Cornwall. There were two starting at Moussette

Park, to Aylmer where we happened upon an outdoor fair displaying electric cars and a friendly pub, and to Old Chelsea with a little hill-climbing. Then we had another lovely ride from Green's Creek to Petrie Island, where we watched fit fire-fighters compete in athletic events.



Sept. 8 – Cycling to Petrie Island

Our finale was a weekend overnight along the 1000 Islands bicycle pathway, where we stayed at Glen House Resort, and biked east on Saturday to Cornwall's Pub in lovely Rockport and points beyond, and west on Sunday to Gananoque, where we had a private guided tour of the Arthur Child Heritage Museum.



Sept. 30-31, Cycling at 1000 Islands

For next year, we are planning a weekend overnight trip along Montreal's Lachine Canal, with stops on Old Montreal, the Atwater Market, the St-Ambroise Beer brewery outdoor terrace, perhaps the Expo 67 site, and the Muvbox for lobster rolls in the Old Port of Montreal. The ambitious can climb 200 steps in the Clock Tower for a great view of the St. Lawrence River. For inspiration, see gobiking.ca/cycling in Montreal.

Always looking for suggestions for bike rides, and volunteers to lead cycling trips.

Maureen Adamache, Cycling Coordinator, hikes-2018@raski.ca

HIKING

In the spring, we started off the year with an urban hike in Vanier, and an easy hike in Stony Swamp, where we saw a lot of birders and birds.



May 11- Hiking at Stoney Swamp

In September, we had another easy hike around Mud Lake in Britannia Conservation Area, followed by more challenging Gatineau hikes to Carbide Mill, Lac Philippe to Lusk Lake, the Wolf Trail, and the Lauriault Trail.



Oct. 17 – Hiking the Lauriault trail

We finished up the season with an easy hike to Morris Island Conservation Area, and a Greenbelt hike at Nepean Sportsplex.

We offer hikes on weekdays and weekends, at various levels of difficulty, and are always looking for suggestions for hikes, and volunteer leaders. In most cases, you can meet us at the RA to carpool or go straight to the trailhead if you let the leader know in advance. Hikes are followed by optional excursions for coffee, ice cream or casual lunches.

RA Ski & Outdoor Club hikes are a great way to get fit for winter skiing and snowshoeing, and a fun way to stay fit in the spring when the snow's gone and the cycling has yet to begin.

Our first hike next spring will be in April 2019. Keep an eye on the calendar!



Maureen Adamache, Hikes & Cycling Chair, hikes-2018@raski.ca

SOCIAL

SKATING

- Tues. Feb. 12: Skating at the rink of Dreams at City Hall. Meet up outside City Hall at the Marion Dewar Plaza at 7:30. We'll go to one of the Elgin Street pubs after a skate on the Rink of Dreams. For those of you looking for a different kind of skate, the canal is nearby!

PUB NIGHTS

- Wed. Jan. 16 (after week-long rendezvous)
- Tues. Feb. 12 (combined skating party/pub night)
- Wed. Apr. 17 (after Annual General Meeting)

Winterlude

- Event TBD

Theatre

- Tues April 9: Gladstone Theatre "Heroes"



Chuck Bain, Social Chair, social-2018@raski.ca

PHOTOS AND TRIP REPORTS

TRIP REPORTS

Downhill and cross-country trip reports for the last month are put on our website www.raski.ca. Click on "Trip Reports" on the index on the left-hand side. Older trip reports are there as well.

PHOTOS ON THE WEB

On the RA Ski website, you'll find lots of photos of all our activities.

1. Go to www.raski.ca, and click on "photos" on the left side.
2. Click on the set you want (Cross-country, Downhill, Snowshoeing, or Social).

To see the photos as a slideshow:

1. Double-click on the album, then on the upper right, click on the little icon that looks like a computer screen with a right-arrow on it. Wait a few seconds and the slideshow will start. Click on the right arrow to advance to the next slide.

Downloading photos:

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. Click on "Save File", then click on "OK."

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

RA SKI CLUB

RA Ski SnowPhone

613-736-6235

RA Ski Web Site

www.raski.ca

CROSS-COUNTRY

Gatineau Park XC phone line

819-827-2020

Gatineau Park XC ski conditions – NCC website

<http://ncc-ccn.gc.ca/places/ski-conditions>

Gatineau Park interactive trail map

This map shows in green which trails are recommended.

<https://ncc-ccn.maps.arcgis.com/apps/MapSeries/index.html?appid=9fb8f1b699fb4653b14ec9f06e3f7ed7>

Gatineau Park XC Trail Map

(Note : There are two pages. This is a large file and will take awhile to download.)

<http://s3.amazonaws.com/ncc-ccn/documents/GP-Winter-Trail-Map-2017-2018.pdf?mtime=20171204073558f>

Gatineau Park Trail Map Showing Recommended Trails

<https://ncc-ccn.maps.arcgis.com/apps/MapSeries/index.html?appid=9fb8f1b699fb4653b14ec9f06e3f7ed7>

Ottawa Gatineau Cross-country Ski Conditions

This gives skier's first-hand reports how the trail conditions are for Gatineau Park, Nakkertok, Mooney's Bay, Kanata, Greenbelt and Sir John A. MacDonald trail.

http://skitrails.xcottawa.ca/skitrails_gatineau_park.php

Daily photos of outdoor activities in Gatineau Park

<http://musicianonskis.ca/blog/>

List of XC ski areas worldwide

<http://www.skiresort.info/best-ski-resorts/sorted/cross-country/>

List of XC ski areas in Quebec

www.cross-countryski.com/quebec.html

List of XC ski areas in Canada

www.canadatrails.ca/xc_ski/index.html

List of XC ski areas in Canada and the US

www.cross-countryski.com/resorts.html

<https://xcski.org/all-ski-areas/>

List of XC ski areas worldwide

<http://www.skiresort.info/best-ski-resorts/sorted/cross-country>

DOWNHILL

Local DH ski conditions

www.skiottawa.com

Quebec DH ski conditions

<https://maneige.ski/conditions-de-neige>

World-wide ski conditions

www.skicentral.com/skireports.html

www.onthesnow.com/ski-resort.html

SKI HILLS

	<u>Phone</u>	<u>Website</u>
Bromont	1-866-276-6668	skibromont.com
Calabogie	1-800-669-4861	calabogie.com
Camp Fortune	819-827-1717	campfortune.com
Cascades	819-827-0301	montcascades.ca
Edelweiss	819-459-2328	skiedelweiss.com
Jay Peak	1-802-988-2611	jaypeakresort.com
Killington	1-802-422-6200	killington.com
Le Massif	1-877-536-2774	lemassif.com
Mont Blanc	1-800-567-6715	skimontblanc.com
Mont-Ste-Anne	1-888-827-4579	mont-sainte-anne.com
Mont Ste-Marie	819-467-5200	montstemarie.com
Orford	819-843-6548	orford.com
Owlshead	1-800-363-3342	owlshead.com
Pakenham	613-624-5290	mountpakenham.com
St-Sauveur	450-227-4671	montsaintsauveur.com
Sugarbush	1-800-53-SUGAR	sugarbush.com
Sutton	1-866-538-2545	montsutton.com
Tremblant	1-888-215-4419	tremblant.ca
Vorlage	819-459-2301	skivorlage.com
Whistler	1-800-766-0449	whistlerblackcomb.com
Whiteface	518-946-2223	whiteface.com

NOTE: Many ski hills have web cameras where you can see the current weather, crowds, and ski conditions all in real time.

MORE PHOTOS



Oct. 14 – Hike along Skyline trail



July 19 – Cycling to Les Brasseurs du Temps pub



Jan. 15 – Bus trip to St-Sauveur



March 3 – XC skiing & hiking at Montebello



Oct. 25 – Hike at Morris Island



Jan. 27 – Feb. 3 – Weeklong to Panorama, BC



Nov. 23 – Snowshoeing at Bruce Pit



Dec. 26 – XC skiers at Pink Lake