

# RASki & Outdoor Club

January 2020

www.raski.ca

More than just a ski club

SNOWPHONE : 613-736-6235

## WELCOME TO RA SKI 2020!

Welcome to the RA Ski 2020 Season!

Did you have a chance to take advantage of the early November snows this season? If not, don't worry, the Club has full program schedules to tempt your Winter experiences this month and more.

A big "thank you" for the work of our Executive, and the other volunteers who have already helped out in various activities or represented the Club through additional planning, leading Fall hikes or bike outings, and staffing our tables and booths at the Ottawa Ski and Snowboard Show and our own Open House in November.

Deadlines will have come and gone by the printing of this newsletter for our three major multi-day trips of the year – the weeklong to Switzerland, a 2-day carpool to Val David, and a 3-day carpool to Bromont and Sutton – but there is still time to register for our two bus day trips to the Laurentians to ski alpine or cross-country, or bring your snowshoes. Monday, January 13 is a multi-option outing to St-Sauveur. Bring a non-skiing friend to enjoy a day of shopping, dining, or spending time at a spa. The next option is Friday, March 13, to your choice of Mont Tremblant, Mont Blanc, or Domaine St-Bernard. Registration is as simple as picking up the phone and contacting Member Services at 613-733-5100.

The Downhill Day program offers weekly meet'n'ski outings to local ski areas in Ontario and Quebec. The Cross-Country schedule varies their calendar with weekday and weekend outings, primarily to Gatineau Park, with the addition of trails in the city (SJAM Parkway and the Greenbelt), and a bit further afield to Nakkertok, Bourget and Montebello.

Reward the hard work of the Executive and volunteers by participating, helping out where you can, and letting other people know about us (bring a friend along to check us out- a friendly club with year-round activities). Become an ambassador by encouraging new members to join our four-seasons Club. Don't forget some of the benefits of being a member: in addition to a wide array of organized programs, your membership offers you discounts at ski hills and sports shops too. Always carry your card and ask if a discount will apply. Check our website for updates that may be added after the deadline for this newsletter.

Program Chairs encourage and welcome Club members to volunteer to lead an outing. It's not an onerous job, and the help is much appreciated. Please contact the XC, Snowshoe or Downhill Chair through the link on our website if you can help out.

To round out the RA Ski season in April, we'll be holding our popular potluck dinner evening and Annual General meeting. Stay tuned for details of these and other Social activities to be added to the calendar.

When spring and summer roll around, new schedules of hiking, cycling, golfing and theatre in the park will be created and published, so stay in the loop by checking [www.raski.ca](http://www.raski.ca), following us on Facebook (find RA Ski and Snowboard Club of Ottawa and ask to join in), subscribing to our ski-mails or by checking the Snow Phone at 613-736-6235.

Our Winter Program Guide has details of all our winter activities. Pick up your copy at the RA East wing desk, or you can view it online at

[www.raski.ca/newsletters/pdf/RASkiHandbook%202019-20.pdf](http://www.raski.ca/newsletters/pdf/RASkiHandbook%202019-20.pdf)

Happy 2020! We hope to see you on the slopes and trails.

On behalf of the RASki Club Executive,  
**Jaime Impey, Vice-Chair**, [weeklong-2020\[at\]raski.ca](mailto:weeklong-2020[at]raski.ca)

## WEEKLONG 2020 ST-MORITZ, SWITZERLAND

JAN. 25 – FEB. 2, 2020



RA Skiers are heading to Switzerland in January. There's nothing more thrilling than seeing St. Moritz's closest mountain, Corviglia, covered in radiant white powder snow. Corviglia is the birthplace of Alpine winter sports. As one of the best winter sports regions in the world, so it's no surprise that St. Moritz has already hosted two Winter Olympic Games and five Alpine Ski World Championships. Cross-country skiers are truly spoiled with lovely tracks around the frozen lake.



The most accessible St. Moritz skiing can be found at the Corviglia and Corvatsch areas. A funicular railway whisks skiers from the main bling-filled hub of St. Moritz Dorf (1,846 m) into the heart of the slopes, where lifts and runs spread across the mountain. On the opposite side of the valley, above the less showy St. Moritz Bad (1,772 m), is the smaller Corvatsch area rising to a high point of 3,303 m with wide open skiing on the Corvatsch glacier.

Situated in St. Moritz, Switzerland, which boasts a deep history of skiing, Club Med *Saint-Moritz Roi Soleil* not only provides the world-class, inclusive amenities for which Club Med has convenient access to a wide variety of winter experiences. In addition to easy access to the stunning ski slopes, guests of the Saint-Moritz Roi Soleil are offered inclusive full-board cuisine, all day snacks, libations at the onsite Main Bar and the Nightclub Bar, and activities like a fitness room and aquadynamics (steam room, sauna, indoor pool), as well as winter hiking and snowshoeing. Off the slopes, enjoy the famous Cresta Run Nordic skiing route.

### TRIP RENDEZVOUS NIGHT

When: Wednesday, January 15, 7:00 PM

Where: Outaouais Room, RA Centre

We'll be handing out e-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.

**Jaime Impey, Weeklong Chair**, [weeklong-2020\[at\]raski.ca](mailto:weeklong-2020[at]raski.ca)

## DOWNHILL DAY TRIPS

The downhill day trip program started on December 6<sup>th</sup>, a week ahead of schedule, and if the weather gods are good to us, we will get in 24 day-trips this season. It will be hard to beat last year's ski season that went from November to May, but we have planned one or more trips per week into April, and 9 ski-hill destinations for you to visit this year – how lucky we are to have that many day-trip ski locations nearby!!

In addition to our carpool & trip leader organized ski trips, we have added two additional activities that we tried last year with success.

- **“Fortune Fridays”** where members and non-members alike can meet at 10am. every Friday at the Main Lodge of Camp Fortune. Ski with your RAski friends – or bring your family & friends. Ski for an hour or ski all day – it's up to you. It's a great way to get out and enjoy a ski day.
- **Wednesday bus trips to Mont Tremblant with the National Capital Ski Club.** From Jan 8-Mar 25, RAski members can go with the National Capital Ski Club to Mont Tremblant at their member rate. Just go to [www.ncskiclub.ca](http://www.ncskiclub.ca) and click on “Day Trips” for registration and trip information.

Please take advantage of some or all of the Downhill events arranged by your club executive. Don't forget we have a guest policy, so bring your friends along on one of our trips – the more the merrier !! And don't forget members get fantastic discounts at ski hills and sports stores, so you can enjoy skiing anytime at prices lower than the general public.



Dec. 6 – First DH of the season at Camp Fortune

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](http://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.



Bob Cavan, Downhill Day Chair, [downhill-2020@raski.ca](mailto:downhill-2020@raski.ca)

## DH DAY BUS TRIPS

Baby it's COLD outside! ❄️

But take heart ❤️. Temperatures will be PERFECT on Monday, January 13th when we go to St-Sauveur!



Jan. 2019 - 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 13:** 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: \$98 (incl. tax).  
XC ticket \$16.25 (\$14 for 65+)  
Snowshoe \$8.25 (\$6.25 for 65+)

- **Friday, March 13:** 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.

Regular ticket prices at Mont Blanc are \$50 for adults and \$40 for seniors (age 60-69.) or get your discount voucher by choosing “RAski” as your group name at <https://www.skimontblanc.com/en/ski/groups/group-vip/>

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, or sign up on-line at [www.racentre.com](http://www.racentre.com) and click on “Play RA”.



Bill Buck, Past-Chair, [pastchair-2020@raski.ca](mailto:pastchair-2020@raski.ca)

# DH/XC/SNOWSHOE SKI 3-DAY TRIP SKI BROMONT /SUTTON

**SUNDAY-WEDNESDAY, FEBRUARY 23-26**

Avoid being disappointed, hurry up and register for this carpool trip to the beautiful Eastern Townships region of Québec.



**Ski Bromont**

From our base at the Hôtel Château-Bromont located at the base of the Bromont, we will be splitting our skiing between two of the most fun ski centres in the region: Ski Bromont and Mont Sutton.



**Mont Sutton**

**Ski Bromont** - Located on three peaks just outside the bustling town of Bromont, the mountain features more than 141 trails and glades on 7 lope sides as well as the largest lit skiable terrain in North America.

**Mont Sutton** – If glade skiing is your thing, you will love Sutton which boasts that 45% of its 60 slopes are glades. At a height of 853 meters, Sutton is one of highest peaks in the Eastern Townships and a within a short drive from Bromont.

**Cross country skiing and snowshoeing** is just a short drive away at the Les Cèdres XC & snowshoe Centre with 31 km of trails and 8 different sports in all. Parc National de la Yamaska also has a lovely network of cross-country skiing and snowshoeing trails. Mont Orford has a 13-trail network totalling 50 km for classic skiing and 26 km for skate skiing. Orford's snowshoeing trails range from 2.5 km to 16 km in length.

When you finish playing outside, come inside for a delicious soup and hot chocolate next to the fire. In the veranda, you will be able to warm up while watching the snowy trails. For those that need a break from the hillside thrills, the Bromont Tanger Outlet boasts over 30 stores to get your winter fashionista on.

## TRIP RENDEZVOUS NIGHT

**WHEN:** Tuesday, February 12, 7:00 PM

**WHERE:** Courtyard B, RA Centre.

We'll be finalizing carpooling and going over everything you need to know about the trip. Pub night to follow in the Fieldhouse Bar & Grill.



**Louise Lefebvre, DH weekend Chair, [dhweekend-202@raski.ca](mailto:dhweekend-202@raski.ca)**

# SNOWSHOE

Winter has been somewhat strange so far, nice snow and just as quickly, it melts away, comes back and the cycle repeats. But eventually we'll get there and we have lots planned for January, February and March. 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.



**Feb. 9 – Snowshoeing at Mud Lake**

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.

I really need more volunteers to lead outings, nothing difficult about it, you just have to get people to sign the sheet when they arrive. Contact me if you are interested in doing one of the ones listed or want to change a date and location to accommodate your schedule.

Don't forget the bus trip to St-Sauveur on Jan. 13 where we can snowshoe around Morin Heights. On March 13, 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.



**Mar. 18 – Feeding the birds at Domaine St-Bernard**

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!

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 lastminute additions, just send me your email at [snowshoe-2020@raski.ca](mailto:snowshoe-2020@raski.ca) and I will contact you.



**Doris Dallaire, Snowshoe chair, [snowshoe-2020@raski.ca](mailto:snowshoe-2020@raski.ca)**

We did not have a very successful start to the season. As of New Year's Eve we've had to cancel 4 outings but we did take advantage of the milder weather to substitute hikes in Gatineau Park for two of these. And we also slipped in an unscheduled early season ski on November 13 and another on Dec 29. So all was not lost. With colder temperatures and some recent snowfall, we are hoping that some of the parkways and trails will soon be skiable.

For our 2019-20 season, we have a variety of outings planned. To see the complete trip schedule, go to [www.raski.ca](http://www.raski.ca) and, on the left side of the page, click "X-Country".

Before heading out to the RA Centre, don't forget to check the website ([www.raski.ca](http://www.raski.ca)), SnowPhone (613-736-6235) or Facebook for changes to the schedule. The SnowPhone is always 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 some other destinations this year that will be of interest. For example, in response to members' requests, have scheduled a number of Greenbelt/City ski outings which are mostly shorter and easier. However, we are desperately looking for trip leaders to lead these Greenbelt/City outings. If this is the type of skiing you prefer and enjoy, please consider stepping up to help out. Leading a group is not an onerous task and can be quite fulfilling. If you can help, please contact me at [xc-2020@raski.ca](mailto:xc-2020@raski.ca).

Here are a few season highlights:

- \* **Ottawa SJAM Trail** – Tues. Dec. 17  
The Sir John A. Macdonald trail is a groomed path running from Westboro Beach to the War Museum. Snowshoers also welcome.
- \* **Day Bus Trip, XC Skiing at Morin Heights** – Mon. Jan. 13.  
The trip to Saint Sauveur features XC skiing at Morin Heights.
- \* **Greenbelt Moonlight Ski** – Tues. Feb. 4  
An easy paced ski and snowshoe outing in the Greenbelt.
- \* **Nakkertok Nordic XC Ski Centre** – Thus. Feb 13  
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. 7  
Enjoy the lovely, picturesque trails at the Chateau Montebello. Snowshoers also welcome.
- \* **Day Bus Trip, Tremblant & Domaine St-Bernard** – Fri. Mar. 13.  
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-2020@raski.ca](mailto:xc-2020@raski.ca)

## VAL DAVID WEEKEND

**Friday-Sunday Feb 7-9, 2019**

Single occupancy - \$389  
Double occupancy - \$294

Registration deadline: January 4.

By the time that you read this, it might be past the registration deadline for 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

Even if it is past the deadline, if you are interested, please contact the cross-country chairs. You never know! For complete information see our website under Cross-country Weekend.



Louise Cameron, Cross-Country Co-Chair, [xc-2020@raski.ca](mailto:xc-2020@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.



**May 18 – Roger's Roddle at Merrickville**

We started off the cycling season with a couple of iterations of our customary ride from the RA to Dow's Lake to view the tulips. We continued with Roger's Roddle, our traditional early season leisurely ride from Burritt's Rapids to Merrickville. This was followed by a new remote start to Perth, where we cycled 40 km on lovely wide newly paved shoulders through rolling farm country, and stopped at a "farm-gate" shop which sold everything from strawberries and asparagus to Irish linens.

Another innovation was an early morning ride on the Sir John A. Macdonald Parkway, which now opens at 7 am on Sundays for cycling, blissfully free of cars, with almost no bikes or pedestrians. We enjoyed another remote start in the beautiful St. Lawrence Seaway area.

Throughout the season, we did day trips to Lac Leamy, Aylmer, Old Chelsea, Pinhey's Point, Carp, and Stittsville. Two members did a frustrating Montreal "recce" to scout out a planned weekend Montreal trip, which was cancelled when the recce revealed too much constructions and too many detours for the club to enjoy it. The highlight of the season was of course the new and final ride, "The Ice Cream Crawl". If you weren't on it, you'll have to imagine it – hint – no crawling required - or look at the photos – or come back next year to enjoy it yourself!



**Sept. 21 Ice cream crawl – at the Innuksuks**

This year we had the usual cancellations due to flooding and heat.

For next year, we are considering another weekend trip to the Thousand Islands, or a multi-day trip to Le Petit Train du Nord in the Laurentians.

Suggestions for rides, and volunteers to be trip leaders are always welcome.

Many thanks to all the trip leaders and participants – we need you all to offer such a fun program!

**Maureen Adamache, Cycling Coordinator, [hikes-202@oraski.ca](mailto:hikes-202@oraski.ca)**

## HIKING

We hike in the spring after the snow and before the bugs, but mostly in the fall to get our legs in shape for skiing. We do urban, Greenbelt and Gatineau hikes, at various levels of difficulty. We usually stop for coffee or lunch after hiking.

We started the year in May with a hike to Carbide Wilson in the Gatineaus. In September, we did an easy hike around Mud Lake/Britannia Conservation Area, and Gatineau hikes to Carbide Wilson, Pink Lake, Skyline Trail, the Laurialt Trail and Asticou. The final hike of the season was in the Greenbelt from Anderson Road in the east end.



**Oct. 9 – Hiking the Skyline trail**

We had the usual cancellations due to flooding and heat, plus one conversion from a hike to a XC outing, due to the lovely early November snow.



**Dec. 4 – Final hike of the season - Anderson Road**

We offer hikes on weekdays and weekends, and we are always looking for suggestions for hikes and volunteers to lead them.

Thanks again to the trip leaders and participants – without you, we wouldn't be out there!



**Maureen Adamache, Hiking Coordinator, [hikes-2020@raski.ca](mailto:hikes-2020@raski.ca)**

## SOCIAL

### SKATING

- **Wednesday Feb. 19** Skating at the Rink of Dreams at City Hall. Meet up outside City Hall at the Marion Dewar Plaza at 6:30. We'll go for refreshments after a skate on the Rink of Dreams.

### PUB NIGHTS

- **Wed. Jan. 15** (after week-long rendezvous)
- **Wed. Feb. 19** (combined skating party/pub night)
- **Wed. Apr. 29** (after Annual General Meeting)

### THEATRE:

- Phoenix Players Theatre: *Becky's New Car* - at the Gladstone - End of March/early April, date to be determined.

### ANNUAL POTLUCK DINNER

- **Sat., April 18** - details to follow

### ANNUAL GENERAL MEETING

- **Wed. April 29** 7:00 p.m. - location TBD

Doris Dallaire, Social Chair, [social-2020@raski.ca](mailto:social-2020@raski.ca)

## WIN NORDIC SPA GIFT CERTIFICATE

The RA Ski Club is giving away a \$250 Chelsea Nordiq Spa gift certificate for a day pass for two people to enjoy a thermal experience, Kalla treatment and bath robe rental.

Each time you (as an RA Ski Club member) participate in a club activity, your name will be entered into the draw. The more times you participate, the more chances you have to win. You don't have to do anything. We're keeping track of who attends our functions and outings.

The contest started with our RA Ski Club Open House on November 20<sup>th</sup>, and ends on April 25<sup>th</sup>.

The prize will be drawn just before the April Annual General Meeting on April 29.

## DISCOUNTS

Your RASki Executive have used the buying power of our membership to obtain discounts and services from the following local sports stores and ski areas. Please show your RA Ski membership card before cashier begins the transaction. We would like to extend our thanks for their generous support of the Club in the form of personal time, discounts or donated prizes.

Check out the "Discounts" section posted at [www.raski.ca](http://www.raski.ca) for all the details.

### STORES

- **Bushtukuh**
- **Fresh Air Experience**
- **Great Escape Outfitters**
- **Kunstadt Sports**
- **Le Nordik Spa**
- **Rebek & Kreos Cycle & Sport**
- **Trailhead Paddleshack**

### SKI HILLS

- **Calabogie**
- **Cascades**
- **Mont Blanc**
- **Mont Ste-Marie**
- **Pakenham**
- **Vorlage**

## RA SKI CLUB ANNUAL GENERAL MEETING

**Wednesday Apr. 29, 2020**

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.

## 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](http://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](http://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 and last-minute changes.
- Photos from our outings.
- Facebook posts from local ski hills.



Nov. 23, 2018 – 1<sup>st</sup> snowshoe of the 2018-2019 season

## TRIP REPORTS

Downhill and cross-country trip reports for the last year are on our website [www.raski.ca](http://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](http://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."



June 22 – Cycling to Lac Leamy



Jan. 2019 – Weeeklong trip to Andorra



Dec. 6 - Camp Fortune: 1<sup>st</sup> DH ski of the season



XC Ski co-chairs – Louise Cameron (left) & Jane Rau



Feb. 2019 - Snowshoeing at Val David weekend

## USEFUL LINKS

### RA SKI CLUB

#### RA Ski SnowPhone

613-736-6235

#### RA Ski Web Site

[www.raski.ca](http://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 Trail Map Showing Recommended Trails

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-TrailMap-2017-2018.pdf?mtime=20171204073558f>

#### 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](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](http://www.cross-countryski.com/quebec.html)

#### List of XC ski areas in Canada

[www.canadatrails.ca/xc\\_ski/index.html](http://www.canadatrails.ca/xc_ski/index.html)

#### List of XC ski areas in Canada and the US

[www.cross-countryski.com/resorts.html](http://www.cross-countryski.com/resorts.html)

<https://xcski.org/search-snow-conditions/>

#### List of XC ski areas worldwide

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

### DOWNHILL

#### Local DH ski conditions

[www.skiottawa.com](http://www.skiottawa.com)

#### Quebec DH ski conditions

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

#### World-wide ski conditions

[www.skicentral.com/skireports.html](http://www.skicentral.com/skireports.html)

[www.onthesnow.com/ski-resort.html](http://www.onthesnow.com/ski-resort.html)

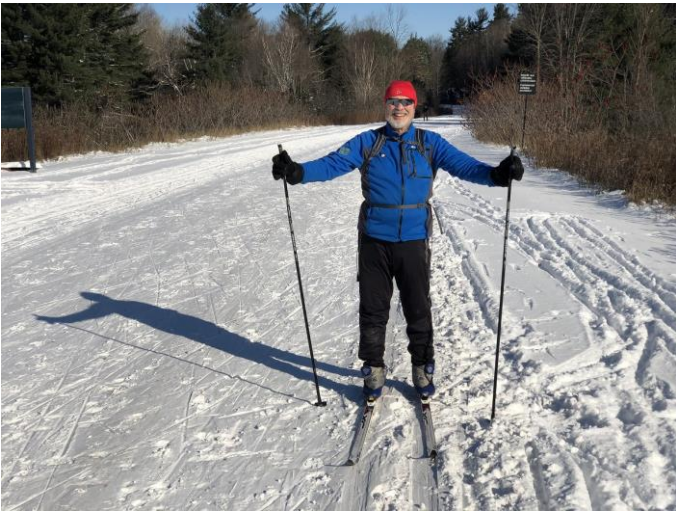
### SKI HILLS

	<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
Morin Heights	1-800-363-2426	<a href="https://www.sommets.com/en/ski-mountains/sommet-morin-heights/">https://www.sommets.com/en/ski-mountains/sommet-morin-heights/</a>
Orford	819-843-6548	orford.com
Owlshead	1-800-363-3342	owlshead.com
Pakenham	613-624-5290	mountpakenham.com
St-Sauveur	450-227-4671	<a href="https://www.sommets.com/en/montagne-de-ski/sommet-saint-sauveur/">https://www.sommets.com/en/montagne-de-ski/sommet-saint-sauveur/</a>
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



Nov. 13, 2019 – 1<sup>st</sup> XC ski of the season. P8 to P9



Oct. 30 – Lauriault trail hike



Jan. 2019 – Andorra weeklong



May 21 – Cycling to see the tulips at Dow's Lake



Aug. 18 – At Les Saisons after cycling to Old Chelsea



March 18 – Downhill day trip to Mont Blanc



April 6, 2019 – Ice waterfall seen on our "biathlon"



Mar. 2 – Snowshoeing at Montebello