

# RA SKI & SNOWBOARDING CLUB



## More Than Just A Ski Club!

## Winter Program 2015-2016



**www.raski.ca**

The RA Ski Club is a member of the Recreation Association of the Public Service of Canada  
 2451 Riverside Drive, Ottawa, ON K1H 7X7 613-733-5100

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# RA Ski Activities



## RA Ski Club's 50th Anniversary

*RA Ski Club is celebrating our 50th ski season!*

Started in the 1966-1967 season, and led by Jean Davis (Club Founder and Chairperson), an eight person executive developed the Club's first calendar of activities. Jean, who in the 70's was named "Sportswoman of the Year", received the "Past President's Award" as well as RA Ski Club "Life Member" for her founding of, and contributions to, the RA Ski Club.

The Club catered to both adults and juniors in those days and was all about "Friends to Ski With and Be With" as illustrated by the strong social aspect from the start. Long-time Club members speak fondly of friendships (and romances) that blossomed on the trails and off, thanks to the social dances, parties and activities.

Cross-country took its place in our programs in the 1973-74 season, with the addition of a Cross-Country Chair. We've been making you "SkiFit" for the trails for more than 25 years and added Hiking to our off-season program as well. We welcomed Snowboarders in the 90s and, in 2012, Doris Dallaire (President's Award recipient) developed our Snowshoe portfolio.

Now in our 50th season, we continue to be "More Than Just A Ski Club" to our members, and we welcome you to add to our legacy of memories of good friends and good times in the RA Ski Club.



# RASki EXECUTIVE 2015-2016



**Linda Anderson**  
Treasurer  
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**Glen Campbell**  
Publicity Chair & Webmaster  
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**Chuck Bain**  
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**Jaime Impey**  
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**Bob Cavan**  
Membership Chair  
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**Jane Rau**  
Cross-Country Co-Chair  
xc\_2015@raski.ca

**SNOWphone 613-736-6235**

## MESSAGE FROM THE CHAIRPERSON

**Bill Buck** chair\_2015@raski.ca

As the weather cools we begin to think about our winter activities. During the past few hot months your executive members have been working hard to come up with some great trips, ski days, snowshoe days, and pre-season preparation. Now we need snow and your participation to make it a great season. I urge you to read this newsletter and visit our fantastic website [www.raski.ca](http://www.raski.ca) to see all of the terrific trips and day activities we have planned for the upcoming winter. If you haven't already done so, sign up to receive our weekly publicity e-mails with the latest information about activities, changes or additions. You can also check our SnowPhone, 613-736-6235 regularly for updates.

Weeklong Chair, Jaime Impey, has arranged a great value trip to the Trois Vallées region in France in January. We were fortunate in getting such a fantastic price for a four star hotel near the lift accessing 600 km of trails. There are cross-country and snowshoe trails there as well so something for everyone. XC Co-Chair Françoise Lecrouart has set up a combined cross-country, downhill and snowshoe carpool weekend to the Auberge du Vieux Foyer in Val David. Excellent XC and snowshoe trails are easily accessed from the lodge and several excellent DH venues are within a few minutes' drive. Weekend Chair Kathy Burns has put together a three-day trip to Sunday River, Maine. This is a new destination for the club, which I personally am looking forward to visiting. Friends who have skied there rave about the snow. XC and snowshoe people take note that there are great trails nearby.

XC Co-Chair Jane Rau has again set a full schedule of cross-country outings in the Gatineau Park. Downhill Chair Andrea Conway has set up two bus trips to the Laurentians, one of them giving you options if you don't want to ski but just want to enjoy a day in St-Sauveur. As well we have our popular weekly mid-week Meet 'n' Ski outings throughout the ski season to enjoy the local hills with RASki friends. Past President, Doris Dallaire is again coordinating our growing snowshoe program with the XC and DH outings. Member-at-Large, Marion Barton has arranged fall hikes and the popular SkiFIT program to help us get prepared for the trails when the snow flies. You can still join in the ongoing SkiFIT. This unique exercise program is designed to get us in shape for skiing and snowshoeing and always followed by refreshments at the Fieldhouse to socialize with friends! Social Chairs, Louise Cameron (recently made a life member) and Chuck Bain organize a year round slate of social activities. Check the list out!

Don't forget, your membership offers you discounts at ski hills and sports shops too! Check our website for updates that may be added after the deadline for this newsletter.

We are "More than just a ski club!". We have plenty of activities to offer throughout the year. There were Meet 'n' Cycle days over the summer, and spring and fall hikes which many enjoyed. We had evenings at theatre-in-the-park, a trip to a baseball game, a guided tour of the National Gallery and many more. We are now into our SkiFit program. Pub nights also offer a chance to chat with friends and enjoy our favourite beverages. We are always open to suggestions for social activities on an impromptu basis so if you hear of something you think a group might enjoy, do let one of us know and we can organize an outing.

Thanks to all the executive members and the support staff at the RA who have helped with the preparations and planning for this ski season and activities throughout the year. They have been a great help.

Now help us make it all happen. Come out and enjoy all we've planned for you, help your club grow and keep it active, talk it up at work, and invite your friends to join us! Avoid disappointment and register early for our trips!

## RA MEMBERSHIP INFORMATION - THE RA IS OPEN TO EVERYONE!

As an RA member you can:

- stand for association or club elections and have a say in the future of your association;
- access benefits such as 30% off home and auto insurance from Smith Petrie Carr & Scott, 15% off tickets to the Ottawa 67s or 10% off tickets to the Ottawa Senators;
- access free parking on-site for your league games, club activities or classes;
- receive updates and front of the line opportunities for select programming;
- access a vibrant social network that builds relationships that last a lifetime;
- receive support for your club or league through dedicated staff resources;
- be protected by a Members Code of Ethics that emphasizes respect, support, safety, pride and fun.

### Association Membership Fees

The following membership fees apply to Federal employees, all employees of devolved federal organizations, and retired employees who receive a pension based on such employment or are entitled to a deferred pension based on such employment.

Individual - superannuate:	\$21.00	Individual:	\$33.00
Family <sup>(1)</sup> - superannuate:	\$27.00	Family <sup>(1)</sup> :	\$57.00

The following membership fees apply to all other persons interested in joining the Association.

Individual:	\$46.00	Family <sup>(1)</sup> :	\$72.00
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<sup>(1)</sup> Family members include spouses and dependant children who are in full time attendance at an educational institution.

**Ski Club Membership Fee: \$20.00/RA Member**

## WEEKLONG Excursion

# LES TROIS VALLÉES, FRANCE

January 29 - February 6, 2016



Méribel view



Vanoise peaks

### SOLD-OUT – and then some!

We've had an overwhelming response to our initial offering for this trip to les Trois Vallées, France – the World's Largest Ski area, so we went back for more! We are currently at capacity and won't be adding spaces, but let us know if you'd like to be on a wait list should there be any cancellations.

We'll be staying in Brides-les-Bains, an Olympic Village for the 1992 Winter Olympics, based in Albertville, France. This resort, in the Savoie region, is one of the larger ski resorts in France and has direct access to 600 km of downhill skiing, with 274 individual pistes, served by 196 ski lifts. Staying low (600m) and skiing high (highest lift 3200 m) with a vertical of 1950 m, we'll access the Méribel snowfront via the Olympe gondola, a mere 200 m from our hotel. With pistes above 2500 metres, skiing and snowboarding is assured throughout the season.

### Hotel

Our 4-star accommodation for 7 nights is at the Hotel Golf with daily buffet breakfast and multi-course dinner included, as well as all hotel gratuities. ([www.golf-hotel-brides.com](http://www.golf-hotel-brides.com))



### Ski Passes

Our 6-day DH ski pass is good for the Savoie region and registrants may choose the option (\$70) of a guided tour of the region on our first day. XC and Snowshoe, trails mainly stretch along the brooks in the valley, where the largest offering is in the forests of Méribel and Courchevel. Bozel offers free access to their trails 8 km away.

### Cost

The original package was \$2569 per person double occupancy. Due to an overwhelming response, the trip quickly filled up, leaving a number of people disappointed by being placed on a long waiting list. However those participants were very happy to hear that our Weeklong Chairperon had worked successfully with the vacation supplier within just a few days to book another block of seats/transfers/rooms to meet the unexpected demand, at a slightly higher price.

Registration is now closed. In case of any cancellations we will continue to take names and contact information of interested parties at the RA's East Wing desk, but we will not be increasing the group size any further.

### Airline & Travel Arrangements

The first cohort will be travelling Air Canada via the Ottawa VIA Rail Station (charter bus service) - Montreal - Geneva, and return. Air Canada has confirmed no charge to carry a ski/boot bag combo as a second piece of luggage between November 1, 2015 and April 30, 2016. Our second cohort of travellers will be flying Swis air Montreal-Zurich-Geneva and return, also offering no charge for a ski/boot bag combo as a second piece of luggage.

### Passport Requirements

To visit France, Canadians must present a passport which must be valid for at least **three months** beyond the date of expected departure France.

### Insurance

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

### For Full Details

Insurance rates, payment schedule and the four-page Trip Registration Form can be found in the WEEKLONG TRIP REGISTRATION PACKAGE which can be downloaded from our web page ([www.raski.ca](http://www.raski.ca)) under Weeklong Trip Registration Package.

### Trip Rendezvous Night

**When:** Tuesday, January 12, 7:00 PM

**Where:** Outaouais Room, RA Centre

**Trip leader:** Jaime Impey, [weeklong\\_2015@raski.ca](mailto:weeklong_2015@raski.ca)



**FLIGHT CENTRE**  
Business Travel



**1 613 299 0173**  
[chris.garrard@flightcentre.ca](mailto:chris.garrard@flightcentre.ca)

# SUNDAY RIVER, MAINE

**Sunday, March 13 - Wednesday, March 16, 2016**

**Registration deadline:**  
**December 22, 2015**

**Price:** (including taxes)

DH: \$575 per person/double occupancy

Single: \$798 per person

XC: \$575 per person/double

*No lift-ticket members get \$25 per day*

*Sunday River Money – valid at mountain locations.*

Senior Discount: Deduct \$13.00 per person

Non-members: Add 10%

**Please note:** An additional fee could be added if the Canadian dollar goes above the rate of the 1.33 used to convert the US dollar cost to Canadian funds.

This is a combined downhill /cross-country / snowshoeing trip offering three days of skiing.

## Package includes

- Return transportation, by deluxe coach RA Centre to Sunday River, Maine
- 3 night's accommodation, Snow Cap Inn – 2 beds per room.
- 3 days DH lift tickets
- Driver gratuities and all taxes
- Continental breakfast each morning
- 3 Adult Perfect Turn Clinics – 90 minutes each. Not suitable for beginners.

## Not included

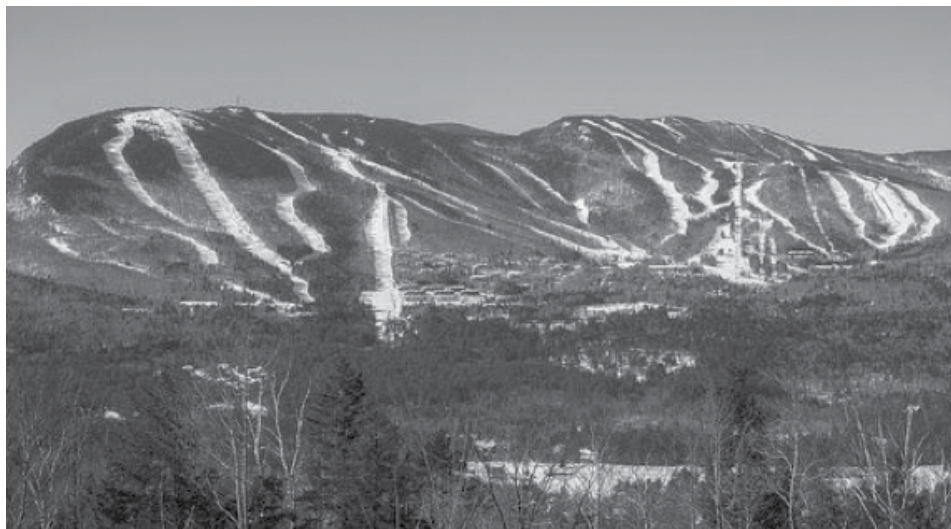
- Lunch and dinner
- XC trail fees

## Hotel

The Snow Cap Inn has all the charm of a cozy New England lodge. Each room offers standard rooms with two queen beds. This quiet, comfortable property features an outdoor hot tub and is located a short 10-minute walk or 5-minute free shuttle ride from the ski lift.

## Rendezvous Night

There will be a rendezvous night (Wednesday, February 17 at 7:00 pm in the RA's Courtyard A room) to provide details of the trip.



## Downhill

Sunday River is a large resort, spanning three miles from White Cap to Jordan Bowl. In between, eight interconnected mountain peaks are covered by a network of 135 trails and 5 terrain parks with a total of 870 acres of developed terrain (52.3 miles of trails) – including almost 300 acres of glades. Total vertical is 2,340 feet. There are 15 lifts including 1 high-speed gondola and 4 high-speed quads. Average snowfall is 167 inches.



## XC and Snowshoeing

The Outdoor Centre – 35 km. of trails all over the base of Sunday River. Heated lodge with food and beverage, groomed trails either with a track, skate track or snowshoeing. Can be reached by mountain shuttle at no charge.

The Bethel Nordic Ski Centre – 35 km. of classic and skate groomed ski trails. 5 miles of snowshoe trails. Can be reached by the town shuttle, the Mountain Explorer.

Carters Cross Country Ski Center – 55 km. of beginner to expert Cross Country skiing in Bethel, Maine which affords tremendous views of Sunday River Resort across the valley and the Mahoosuc and Presidential Ranges. This is not on the shuttle route but a shuttle can be hired. Cost would depend on the number of guests.

Both the Outdoor Centre and Bethel Nordic Centre have snowshoeing trails.

# DOWNHILL Mid-Week General Information

*All prices include accommodation, transportation, lift tickets as noted, and all taxes. You are encouraged to register as early as possible to avoid being disappointed. Deadlines are firm.*

## Departure

The trip will depart from the RA's West parking lot at **10:30 am sharp**. Participants are asked to arrive no later than 10:00 am for check-in at the West Wing lobby and to load their luggage.

You are asked to park your cars in the West lot, in the middle of the lot to help facilitate snow removal.

## Rendezvous Night

There will be a rendezvous night (Wednesday, February 17 at 7:00 pm in the RA's Courtside A room) to provide details of the trip.

The meeting is intended for trip participants to learn more details of the trip, to pose any questions to the trip leader, and to meet your roommate (if you choose to have the Club pick one for you.) While it is not mandatory to attend this information session, it is highly recommended to ensure a smooth journey with the Club.

## Accommodation

Accommodation is based on double occupancy, two beds per room, except where noted. Please indicate, at the time of registration, with whom you would like to share a room. If no name has been entered, the Club will place you with a suitable roommate.

## Meals

Meals are included only as noted. For the Sunday bus departure to Sunday River, we are planning to stop half-way to Maine for lunch, but feel free to bring along snacks for the bus ride. During the return bus trip on Wednesday, a brief stop for dinner is scheduled.

## Transportation

Coach transportation will be provided by chartered bus. Smoking is not permitted on the bus.

The return trip to Ottawa will generally leave the resort 30 minutes after the lifts close on Wednesday (*depending on the weather*). This normally provides ample time to change clothes and load the bus. Instructions will be provided by the trip leader as to where to place luggage during the day of departure. Keep a change of clothes handy in your carry-on luggage for a quick change for a comfortable return trip.

## Baggage

**Ski and board bags are mandatory**, both to protect your equipment and that belonging to others. We ask all participants to limit themselves to one suitcase and one small carry-on. On bus trips, due to baggage compartment limitations, please, no huge hockey-type bags as they take up too much space.

## Guest Policy

Guests of club members wishing to join us (one per member, unless vacancies exist at the deadline) are charged a 10% surcharge above and beyond the price paid by regular members, as per RASKI Club policy.

## Cancellation

Unfortunately, we cannot offer refunds. If you advise us early enough, we'll try to help you find someone to take your place.



***The RA is pleased to announce a new Member Advantage.  
RA members now receive member discounts with CAA North East Ontario.***

If you require more information or wish to take advantage of this offer, please don't hesitate to contact RA Member Services at 613-733-5100 or visit the Member Benefit section on the RA's website at [www.racentre.com](http://www.racentre.com)

## SUMMER SKIING – CHILE 2016

**August 12 to 29, 2016 (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 downhill 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!

If your requirements for a perfect ski day are groomed powder, spectacular scenery, few people, and temperatures just below freezing, then this trip is for you!

We are working on the itinerary and pricing, but ballpark cost will probably be around \$7,000, including airfare, transportation, lift tickets, hotels, meals, and all incidentals.

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](mailto:publicity_2015@raski.ca)*

# DOWNHILL Day Program

This year, the RA Ski Club's downhill day program consists of:

- Mid-week **Meet 'n' Ski** daytime outings to local ski hills.
- One weekend day **Meet 'n' Ski** (Saturday, January 2, 2016)
- A day **bus trip to St-Sauveur** to get your legs in shape for bigger hills! (Friday, January 15, 2016)
- A spring-skiing day **bus trip to Tremblant/Mont Blanc/Domaine St. Bernard (DH/XC/SS)** (Monday, March 21, 2016)

## MEET 'N' SKI OUTINGS

Meet 'n' Skis are car pool outings to a different hill, on a different day, every week. The mid-week trips are especially popular as the hills are never crowded. One Saturday ski day is scheduled. Evening and additional weekend outings will be added if interest is expressed and volunteers come forward as trip leaders.

Skiers meet in the RA West wing lobby at 8:30 a.m. to form car pools, for departure at 8:45 a.m. sharp. With the Meet'n'Ski trips to Calabogie, there is also a Kanata meeting point - the extreme South-West corner of the Loblaws parking lot at the Kanata Centrum on Terry Fox Drive.

Carpoolers share the gas cost, and, combined with our RA Ski discount and the occasional 2-for-1 day, we have a Win-Win situation. If you're meeting us at the hill, estimate the time it will take us to drive to the hill so you can meet us in the lodge when we're getting our boots on.

**New members** soon discover that Meet 'n' Ski days are the ideal opportunity to get to know other skiers during the drive to the hill and during the lunch break. We will welcome you and ensure that everyone has a buddy to ski with!

**DAY BUS TRIPS** – Guests are welcome to join ONE of our bus trips for no additional fee, to experience our warm RASKI hospitality!

Sure, you can drive your car to the Laurentians and home again after a long day's ski, but taking the bus is an easy alternative.

- **Friday, January 15, 2016 to St.-Sauveur – GETAWAY DAY FOR SKIERS AND NON-SKIERS!**  
Again this year, the trip will offer options: **skiing and/or spa, shopping & dining**. Following numerous requests, we will again extend our après-ski in the lodge and leave the hill at 5:00 p.m. to return to Ottawa. Price will include bus and ski lift for the skiers. While you're welcome to gather for dinner in Ottawa at a local restaurant, it will not be part of our bus trip.

- **Monday, March 21, 2015  
DH/XC/SS to Tremblant/Mont Blanc/Domaine St. Bernard**  
This bus trip offers downhill to Tremblant and Mont Blanc with cross-country skiers and snowshoers enjoying the day at Domaine St-Bernard. For the return home, we leave the last pick-up point (Tremblant) at 5:00 pm. Participants at the other venues will arrive at Tremblant in good time for après-ski socializing at a designated pub! **The trip price is for the bus only.** DH skiers can use their Tremblant Ski-Max tickets, buy a Tremblant lift ticket from Ski Evolution (who is providing the bus), or purchase at the ski hill. Don't wish to ski? Wander the charming village of Mont Tremblant, buy a treasure or two, then join in for the après ski!

## Bus Departure Time

The bus leaves the RA Centre West parking lot at 7:00 am sharp. Arrive at 6:45 am to load. **The Club does not refund those who miss trips.**

## Guest Policy

Again this year, we are welcoming guests for ONE day bus trip, whether sponsored by an RA Ski Club member or not. After you experience our friendly RASKI hospitality, we hope you'll want to Join The Club!

## Ski/Snowboard Bags Required!!

Ski/snowboard bags are required for the bus trip, to protect everyone's skis.

## Helmets

Helmets are strongly recommended. Easier to replace a broken helmet than a broken brain.

## Register Early!

As always, the success or failure of a bus trip rests with your participation. Don't be disappointed by a cancelled trip. **Please register well in advance.** We must commit or cancel four days prior to the trip or we incur penalties.

## WATCH FOR EARLY-BIRD DEALS!

## Friends to Ski/Snowboard/Snowshoe With

If you don't know anyone on the bus trip, don't be shy to come along! The trip leader will organize groups of skiers at the beginner, intermediate and advanced levels for those who are interested. Our destinations have lots of runs for every level of skier. Did I mention that we're a friendly bunch?!

## Meals

Members provide their own lunch, and we gather together in the lodge eating area.

## Children

School-aged children and young teens are allowed on our trips as guests. The children must be supervised by the adult who is accompanying them. The children's friends are also welcome, but they must be supervised by the accompanying adult and be medically covered. Any friends of the children and teens are restricted to one bus trip only. **Children are the sole responsibility of the accompanying adult.**

## Cancellation Policy

If you are unable to go on the planned Day Bus Trip, call the East Wing desk at 613-733-5100 at least five days prior to the trip. You will get a full refund minus the RA's standard \$20.00 administration charge. **Inside of four days**, there can be **no refund**. You may recoup your expense by selling your seat to an individual on a waiting list. **THIS IS YOUR RESPONSIBILITY.** If there is a waiting list, the East Wing desk can give you the names on that list.

## Medical Insurance

Quebec destination: OHIP and credit cards are NOT generally accepted in cases of medical emergency. We strongly recommend that you carry some blank cheques when skiing in Quebec.

## Traffic Tickets

On the Quebec side, make sure you **lock your car**. Police check the parking lots and give you a \$57 ticket if your doors are unlocked. Also, there is a \$454 ticket if your car's license plate tag is out of date.

## DAY TRIP BUS DESTINATIONS

### Mont Tremblant



The granddaddy of the Laurentians. Tremblant is a sassy and robust mountain, with long runs offering a pitch of slope for every level of skier. Dress for the weather and ski your heart out.

### Mont Blanc



Second highest ski hill in the Laurentians. The north side has some challenging advanced runs while the south offers some advanced but also very good intermediate and beginner runs.

### St-Sauveur



A favourite family destination for good reason. St-Sauveur has runs, runs and more runs – from easy to challenging, all skiable and in a lovely treed environment. A great place to be on a winter day.

## DOWNHILL LESSONS

For downhill lessons, register directly with the ski hill of your choice. The club does not coordinate lessons.

Some hills are offering discounts – see pages 14 and 15 for details.

# Get on our Ski-Mail List!

Find out about last-minute additions or changes, club news, and upcoming events, by subscribing to Ski-Mail, our e-mail newsletter. Ski-Mail is issued weekly during the ski season, and periodically during the rest of the year. To subscribe, go to [www.raski.ca](http://www.raski.ca), and click on "e-Maillist".

## OTHER WAYS TO KEEP INFORMED

### Website

Check out our amazing web site: [www.raski.ca](http://www.raski.ca)

### SNOWphone (613-736-6235)

Call for the latest updates on events, including last-minute changes or additions.

### One-Time Bounce-Back of Events

For a one-time e-mail bounce-back of upcoming events, send an e-mail to [currentevents@raski.ca](mailto:currentevents@raski.ca).

### Facebook

RA Ski Club of Ottawa

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# RA Ski Photos on the Web

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

## TO VIEW THE PHOTOS

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 VIEW 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. Click on the right arrow to advance to the next slide.

## TO DOWNLOAD A PHOTO

(Unfortunately you now have to have a Yahoo account.)

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."



# DOWNHILL Schedule 2015 - 2016

Trip Date	Departs	Destination	Trip Type	Notes
Wednesday, December 2	08:45 am	Camp Fortune	Meet 'n' Ski	Carpool **
Tuesday, December 8	08:45 am	Vorlage	Meet 'n' Ski	Carpool **
Friday, December 18	08:45 am	Mont Ste-Marie	Meet 'n' Ski	Carpool **
Monday, December 28	08:45 am	Edelweiss	Meet 'n' Ski	Carpool **
Saturday, January 2	08:45 am	Calabogie	Meet 'n' Ski	Carpool **@
Tuesday, January 5	08:45 am	Cascades	Meet 'n' Ski	Carpool **
<b>Friday, January 15</b>	<b>07:00 am</b>	<b>St-Sauveur</b>	<b>Bus Trip – early return</b>	<b>Cost TBD</b> <i>(Includes lift tickets)</i>
Tuesday, January 19	08:45 am	Camp Fortune	Meet 'n' Ski	Carpool **
Monday, January 25	08:45 am	Edelweiss	Meet 'n' Ski	Carpool **
<b>Friday, January 29 to Saturday, February 6</b>	<b>Week Long Trip – TROIS VALEE, FRANCE</b>			
Wednesday, February 3	08:45 am	Cascades	Meet 'n' Ski	Carpool **
Thursday, February 11	08:45 am	Vorlage	Meet 'n' Ski	Carpool **
Tuesday, February 16	08:45 am	Mont Ste-Marie	Meet 'n' Ski	Carpool **
<b>Friday, February 19 to Sunday, February 21</b>	<b>XC &amp; SS Weekend, DH opt.</b>		<b>VAL DAVID</b>	<b>Carpool</b>
Wednesday, February 24	08:45 am	Calabogie	Meet 'n' Ski	Carpool **@
Tuesday, March 1	08:45 am	Edelweiss	Meet 'n' Ski	Carpool **
Friday, March 11	08:45 am	Vorlage	Meet 'n' Ski	Carpool **
<b>Sunday, March 13 to Wednesday, March 16</b>	<b>SUNDAY RIVER MAINE</b>		<b>Bus Trip</b>	
Thursday, March 17	08:45 am	Cascades	Meet 'n' Ski	Carpool **
<b>Monday, March 21</b>	<b>07:00 am</b>	<b>Mont Blanc/Tremblant/Domaine St-Bernard DH/XC/Snowshoe.</b>	<b>Bus Trip – early return</b>	<b>Cost TBD</b> <i>Purchase lift ticket at the hill.</i>
Tuesday, March 29	08:45 am	Mont Ste-Marie	Meet 'n' Ski	Carpool **
Tuesday, April 5	08:45 am	Calabogie	Meet 'n' Ski	Carpool **
Thursday, April 7	08:45 am	Camp Fortune	Meet 'n' Ski	Carpool **

\*\* Pay at the hill for Meet 'n' Ski day trips. Share the cost of gas.

Bring along RA Ski Club membership card for ski club discount on lift tickets.

Carpool or self-drive. Carpool coordination at the RA Centre.

@ Additional carpool location in Kanata for Meet 'n' Ski trips to Calabogie Peaks

**Bus departure times** – Day bus trips leave the RA West parking lot at 7:00 a.m. sharp. Skiers should arrive 15 minutes early in order to load equipments and to board bus.

**Meet 'n' Ski** - Meet in West Wing Lobby to organize car pools. Departure is at 8:45 a.m. sharp. For Calabogie trips there will also be a rendezvous in Kanata at the South-West corner of the Loblaw's grocery store at the Kanata Centrum, Terry Fox Dr.

**Parking** - RA Ski members may leave their cars in the RA West parking lot during the trip.

**Guests** - Guests are welcome on our Meet 'n' Ski days. Guests need to sign a guest sign-in sheet and waiver.

# CROSS-COUNTRY Program

## DAY OUTINGS

Join us on both weekend and weekday cross-country day trips. Our cross-country day trips to Gatineau Park will start in early December and run through into April, conditions permitting.

### Weekend Day Trips

We alternate Saturday and Sunday weekend day trips, leaving from the RA Centre west wing lobby at 9 a.m. Saturday and noon on Sundays. Most of our day trips are to Gatineau Park but we are planning to visit la Petite Rouge in February. We will also do a weekend Greenbelt ski for those new to XC skiing and those who would just like to try something different than Gatineau Park.

### Weekday Trips

We have at least two weekday trips each month and we vary the days to accommodate members who have flexible work schedules. We leave at 9:30 a.m. from the west wing of the RA Centre. Most trips are to Gatineau Park, but we are also planning a day trip to Nakkertok Nordic Ski Centre. In addition, we will schedule a moonlight ski outing at Mer Bleu in the Greenbelt.

### If you can snowplow . . .?

We welcome skiers of all levels. Gatineau Park does have hills so our only requirement is that you should be able to comfortably execute a snowplow stop, and a snowplow turn before joining us. The first few outings are on easy trails, as even the experienced skiers need to get their muscles back in shape. As we move to intermediate trails through the season, there is often a shorter or easier way to get to the same destination.

### Arrangements

We car-pool on our day trips. Participants are required to meet at the RA Centre 15 minutes before departure time, rather than go directly to the trailhead. This ensures that all skiers sign in and receive the trip briefing. It also allows the trip leader to get an accurate headcount. Participants share gas costs and pay modest trail fees. We ski for two to three hours and then adjourn to a nearby restaurant.

A reminder that the weather in Ottawa is not necessarily a reflection of the ski conditions in Gatineau Park, so don't be deterred by the conditions in Ottawa. For those with waxable skis, conditions can vary throughout the day, so be prepared to change your wax. Please wax before leaving home and bring waxes that are at least 1 to 2 colours above or below that recommended by the NCC.

### Back-Country Ski Clinic

This year, one of our members will be offering a back-country ski clinic to "Intermediate Plus" level skiers interested in learning about the skills and equipment needed for exploring some of the ungroomed trails in Gatineau Park. The clinic will consist of one classroom session and four on-trail sessions. Space is limited and you must pre-register by emailing Jane at xc\_2015@raski.ca.

### Gatineau Park XC Ski Conditions

Phone the NCC at 819-827-2020, or check out their web site at [www.canadacapital.gc.ca/places-to-visit/gatineau-park/ski-conditions](http://www.canadacapital.gc.ca/places-to-visit/gatineau-park/ski-conditions).

### Check the SnowPhone

Outings are dependent on the weather and ski conditions. The trail or destination may change to take advantage of the best snow conditions. For the latest update, check the RA Ski SnowPhone (613-736-6235) before heading out.

### Traffic Tickets

On the Quebec side, make sure you lock your car. Police check the parking lots and give you a \$57 ticket if your doors are unlocked. Also, there is a \$454 ticket if your car's license plate tag is out of date. We've tested this.

### Notes

We strongly recommend you purchase a trail map at one of the NCC Visitor Centres or at one of the outdoor stores in Ottawa and Gatineau.

Finding gas north of the Gatineau Park can be a challenge on the weekend so be sure you have enough in your tank before leaving the city.

## MULTI-DAY TRIPS

### Val David, Québec - February 19 to 21, 2016

For the 17th straight year we're headed to the Laurentians and we will be staying at l'Auberge du Vieux Foyer in Val David ([www.aubergeduvieuxfoyer.com](http://www.aubergeduvieuxfoyer.com)) with direct access from the hotel to the Far Hills cross-country trail network. Space is limited, so sign up promptly.

### Sunday River, Maine - March 13 to 16, 2016

Join the downhill skiers for three days of mid-week skiing at the Snow Cap Inn in Sunday River, Maine. There are two options for XC skiing in the area: Bethel Inn XC Ski Centre ([www.bethelinn.com/site/cross-country-ski-center](http://www.bethelinn.com/site/cross-country-ski-center)) and the Outdoor Center ([www.theoutdoorcenter.net](http://www.theoutdoorcenter.net)) each with 35 km of XC trails.

**RA Fieldhouse**  
Your Social HQ

**Open daily from 7:30 am  
for breakfast, lunch & dinner.**

The RA Centre's full service restaurant, The Fieldhouse is open to members and the public to enjoy breakfast, lunch, dinner, snacks or drinks. The warm atmosphere and friendly staff make you feel right at home!

The Fieldhouse features weekday lunch specials, monthly food and drink promotions as well as our popular Home-style Country Sunday Breakfast Buffet. It is a great deal and a perfect time for family and friends to get together.

The restaurant can also be booked for special events. Please give us a call at 613-736-6203 to make a reservation, or to book your event!



Proud partners of the RA.

# CROSS-COUNTRY Schedule 2015 - 2016

Destination and route may change at the last minute due to ski conditions.

Check the RA Ski SNOWphone (613-736-6235) or the RA Ski web site (www.raski.ca) for the latest update.

Date	Departure	Destination	Details
Saturday, December 5	09:00 am	Gatineau Park	Beginner's Ski. Check SnowPhone or website.
Monday, December 7	09:30 am	Gatineau Park	P10 to Huron (B, 11 km).
Sunday, December 13	12:00 pm	Gatineau Park	P19 Lac Philippe to Renaud Cabin (B, 6 km).
Thursday, December 17	09:30 am	Gatineau Park	P1 Asticou around Pink Lake (I, 12 km). No cabin.
Saturday, December 19	09:00 am	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Saturday, December 26	11:00 am	Gatineau Park	Note late start. "Leader's Choice" destination.
Friday, January 1	11:00 am	Gatineau Park	Note late start. "Leader's Choice" destination.
Sunday, January 3	12:00 pm	Gatineau Park	P17 (Wakefield) on the #53 and #51 loop (B, 11 km). No cabin.
Wednesday, January 6	09:30 am	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Thursday, January 7	07:00 pm	RA Centre	Back Country clinic classroom. * See note below.
Saturday, January 9	09:00 am	Gatineau Park	P7 (or P5) to Huron (B with short I, 12 km).
Sunday, January 17	12:00 pm	Gatineau Park	P9 to Huron with various route options (I/B, max 16 km).
Sunday, January 17	TBD	Gatineau Park	Back Country clinic on trail. * See note below.
Tuesday, January 19	09:30 am	Gatineau Park	Camp Fortune to Western (I, 14 km).
Saturday, January 23	09:00 am	Gatineau Park	P19 Lac Philippe to Herridge (I, 21 km).
Sunday, January 24	TBD	Gatineau Park	Back Country clinic on trail. * See note below.
Sunday, January 31	12:00 pm	Gatineau Park	P6 to Pink L. (I, 11 km). No cabin.
Sunday, January 31	TBD	Gatineau Park	Back Country clinic on trail. * See note below.
Saturday, February 6	09:00 am	Gatineau Park	P12 to Huron (I, 14 km). Option to do some easy BC at leader's discretion.
Sunday, February 7	TBD	Gatineau Park	Back Country clinic on trail. * See note below.
Wednesday, February 10	09:30 am	Nakkertok	Try some different trails at Nakkertok Nordic Cross Country Ski Centre. We'll be skiing from Nakkertok South. Admission is \$12 (exact change) per person. Bring a packed lunch.
Saturday, February 13	09:00 am	Gatineau Park	P17 Wakefield to Renaud Cabin via loop consisting of #52, #50, #55, #50, #51, #53. (I, 21 km)
Tuesday, February 16	07:00 pm	Greenbelt	Mer Bleu Moonlight Ski. Joint activity with snowshoers.

## Friday, February 19 to Sunday, February 21: Laurentians (XC / DH / Snowshoe Weekend – L'Auberge du Vieux Foyer)

Sunday, February 21	12:00 pm	Gatineau Park	P19 Lac Philippe to Lusk Cabin (B, 10 km).
Thursday, February 25	09:30 am	Gatineau Park	P10 to Huron/Western via #3. (I, 16+ km).
Saturday, February 27	09:00 am	La Petite Rouge	Avoid the crowds at the Gatineau Loppet and try the trails at La Petite Rouge. Trail fee \$8. Bring a packed lunch.
Sunday, February 28	12:00 pm	Greenbelt	Route TBD. Joint activity with snowshoers
Friday, March 4	09:30 am	Gatineau Park	P12 to Huron (I, 14 km).
Sunday, March 6	12:00 pm	Gatineau Park	P7 to Huron (I, 12 km). Optional back country at leader's discretion.
Wednesday, March 9	09:30 am	Gatineau Park	P6 to Pink L. via #15 (I, 11 km). No cabin.
Saturday, March 12	09:00 am	Gatineau Park	P19 Lac Philippe to Renaud Cabin via Taylor L. (I, 13 km) or direct to Renaud (B, 6 km).

## Sunday, March 13 to Wednesday, March 16: Maine (DH/SS/XC Mid-Week Bus Trip – Sunday River)

Sunday, March 20	12:00 pm	Gatineau Park	P6 to King Mountain (B, 7 km). No cabin.
Monday, March 21	07:00 am	Domaine St. Bernard	Mont Blanc/Tremblant/Domaine St. Bernard Bus Trip Combined XC/DH/SS XC Trail Fee \$20
Saturday, March 26	09:00 am	Gatineau Park	Note: spring weather may result in a later start. Trail TBD.
Sunday, April 3	12:00 am	Gatineau Park	Note: spring weather may result in an earlier start. Trail TBD.
Saturday, April 9	09:00 am	Gatineau Park	Note: spring weather may result in a later start. Trail TBD
Saturday, April 16	09:00 am	Gatineau Park	Note: spring weather may result in a later start. Third annual RASki Biathlon (ski & hike).

\* Participation in the back-country event is limited to those members who have pre-registered. Contact Jane at xc\_2015@raski.ca for more information.

(Level of difficulty, Round-trip distance in kilometres) For example, (I, 19km) is an intermediate trail, 19 km round trip.

B = Beginner trail I = Intermediate trail E = Expert trail P# = Parking lot number for start of trail

# CROSS-COUNTRY Weekend

## VAL-DAVID, QUÉBEC

Friday, February 19 to Sunday, February 21, 2016

Registration deadline: Tuesday, December 22, 2015

### Price *(including gratuities & tax)*

- \$287 per person (double occupancy)
- \$370 single occupancy

**Car Pool** - 2.5 hour drive

### Package includes

- Two nights accommodation
- Breakfast buffet Saturday & Sunday
- 4-course table d'hôte dinner Friday & Saturday
- Welcome drink Friday evening
- XC ski pass, with direct access to XC trails
- Snowshoeing trails
- Gratuities and all taxes



### Notes

- There are NO refunds.
- The RA Ski Club can't guarantee a ride for everyone. In the event that the RA Ski Club can't arrange a carpool, it's up to the participant to provide his/her own transport.

### Accommodation

We are returning to the Auberge du Vieux-Foyer ([www.aubergeduvieuxfoyer.com](http://www.aubergeduvieuxfoyer.com)), a welcoming Quebec inn, with direct access to the main trail system. Amenities include an outdoor spa and sauna, tables for pool, ping pong, Mississippi, and a skating rink in downtown Val-David. Also available by appointment are massage therapy and spa services.

### The trails

Le Parc Régional de Val-David-Val-Morin, Secteur Dufresne ([www.parcregional.com](http://www.parcregional.com)) is one of the most scenic cross-country ski centres in Quebec. The 130 km of trails (80 km groomed), offer excellent skiing for all levels of ability. Most trails are double-tracked, and many have an additional skating lane. Some of the trails were cut by the legendary Jackrabbit Johannsen! The park also offers 30 km of snowshoe trails.

### Alpine Skiers

Mont Tremblant is a half-hour away. Chantecler (25 runs) is a 15-minute drive, St.-Sauveur 20 minutes, and Belle Neige 5 minutes.

### How to Get There

Take Highway 417 east to Highway 34, North to Hawksbury. Or else, from Highway 417, continue on Regional Rd. 174, to County Road 17. At Hawksbury, take the bridge to Quebec, then and Highway 50 East past Mirabel airport to Highway 15 North (Autoroute des Laurentides). Take Highway 15 north to Exit 76 (Boulevard Labelle eastbound). At the second traffic light, turn right on rue de l'Église through the town of Val-David. The road then becomes Rang 1 Doncaster. The inn is to the right, after Montee Gagnon. Address is 3167 1er Rang Doncaster, Val-David, Quebec (tel. 1-877-322-7616).

*Francoise Lecrouart, XC\_2015@raski.ca*

## CROSS COUNTRY SKI PASSES FOR GATINEAU PARK

There is a \$15 daily fee (\$11 for 60+) to ski on any of the trails in Gatineau Park. As we do most of our day trips in Gatineau Park, a ski pass for the season that gives you unlimited access to the trails is a convenient and economical way to pay the trail fees. The trail fees go toward maintaining and grooming the trails so the money has a direct impact on the quality of your ski experience. The pass is non-transferable and must be displayed when you are skiing on the trails in the park.

There is an early-bird fee for the Season pass with the price rising mid-December. Adult season pass is \$150 (\$100 for 60+) before December 15, \$180 (\$105 for 60+) after December 15. You can go to the Gatineau Park Visitor Centre, at 33 Scott Road in Chelsea, to get your photo taken. If you have a digital photo, you can order the pass online at [www.demsis.ca](http://www.demsis.ca).

### Discounted Group Rate

Again this year, the Ottawa sporting goods store, Paddleshack-Trailhead, is offering a discounted pass. For members living in Ottawa, this might be a more convenient location than the Gatineau Park Visitor Centre since the passes can be ordered online then picked up at their store at 1960 Scott St. Details on how to order will be available at [www.Trailheadpaddleshack.ca](http://www.Trailheadpaddleshack.ca) in early November.

## CROSS COUNTRY SKI LESSONS

During winter, the City of Ottawa's Terry Fox Athletic Facility is transformed into the Mooney's Bay Ski Centre. The ski centre offers 5 km of groomed and well-lit trails for classic and skate skiing, changing facilities, waxing room, and ski rentals.

The ski school offers lessons for children, youth, and adults from experienced and qualified instructors. Classes are for all abilities from beginner to advanced, and cover classic or skate skiing lessons. In addition there are half-day workshops "Help with Hills." Lessons offered seven days a week with convenient day and evening options.

The Mooney's Bay Ski Centre is located at Mooney's Bay, 2690 Riverside Drive. For detailed information on lessons, contact the ski school at 613-247-4883, or check out their web site at <http://ottawa.ca/en/residents/parks-and-recreation/registered-classes-all-ages/recreation-guide>.

For details of the courses offered, click on "Adult classes" and go to page 33.

Another excellent option for XC ski lessons is the local company Kick and Glide XC. The owner/instructor, Stephen Tuttle, is passionate about skiing and it shows in his work. Check it out at <http://kickandglidexc.com/>

## CROSS COUNTRY SKI ETIQUETTE

Here are the rules of etiquette for cross country skiers. Following these rules minimizes injury, and shows consideration for other skiers.

1. The skier going down the hill has the right of way.
2. When going uphill, keep to the right and look uphill for skiers coming down.
3. To request the right of way, call "track" or "piste".
4. Keep to the right on two-way trails.
5. When skiing on double tracks, keep right except to pass.
6. Yield the trail to skiers that overtake you from behind or that call "track".
7. If you fall, move off the track as quickly as possible, and fill in your sitzmarks.
8. If you stop, move to the right, completely off the trail.
9. Maintain a reasonable distance between yourself and the skier in front of you.
10. Begin downhill runs only after the skier ahead of you has cleared the slope.
11. Keep the trails clean. Take your litter home.
12. Pick up people you hit, or at least say you're sorry.

### **DID YOU KNOW? AS A MEMBER OF RA SKI CLUB..**

*You receive  
preferred pricing on  
Full LifeFIT Membership!*

Ski members are eligible for great reductions on a fitness membership with the RA's LifeFIT Centre. Complete details on the LifeFIT services and programs are available from Member Services. Interested, we will be happy to arrange a complementary one-time visit for you. Just give the LifeFIT Centre staff a call at 613- 733-5100 ext 312.

**LifeFIT**  
CANADA

## SNOWSHOEING Program

Our outings are not heavy duty, and we enjoy the exercise and the scenery. All outings are weather and conditions dependent so be sure to check the SnowPhone at 613-736-6235 before leaving home in case of last minute changes or cancellation. If you are interested in snowshoeing, please let me know and I'll put your name on my email list and advise you of any additional outings. If you wish to lead an outing to a favourite trail, let me know and I will get it advertised – contact Doris Dallaire at [pastchair\\_2015@raski.ca](mailto:pastchair_2015@raski.ca)

### DECEMBER

Conditions permitting – check web site [www.raski.ca](http://www.raski.ca) and/or SnowPhone 613-736-6235

### JANUARY

#### **Saturday, January 2: Calabogie**

Carpool with DH skiers – Meet 8:30 am at the RA Centre or 8:45 am at Kanata Centrum.

#### **Thursday, January 7: Bruce Pit in the Greenbelt**

10:00 am - Meet at the site.

#### **Saturday, January 16: Mont Cascades**

10:00 am at the RA Centre to carpool

#### **Wednesday, January 20; Chickadee Trail in Greenbelt**

1:00 am - Meet at the site.

#### **Monday, January 25: Mer Bleu**

10:00 am at the RA Centre to carpool

**Week of January 29 to February 6: weeklong trip to France** – Snowshoe in the lovely Alps!

### FEBRUARY

#### **Thursday, February 11: Wakefield**

10:00 am meet at the RA Centre to carpool

Meet for refreshments with the DH skiers after our outing.

#### **Tuesday, February 16: Mer Bleu**

Moonlight outing - 6:00 pm – Meet at the RA to carpool with XC skiers.

#### **Weekend of February 19 to February 21: Val David in the Laurentians**

Weekend of snowshoeing lovely trails

#### **Wednesday, February 24: Calabogie**

Carpool with DH skiers – Meet 8:30 am at RA Centre or 8:45 am at Kanata Centrum

#### **Sunday, February 28: Greenbelt**

Route TBD – Possibly meet with XC skiers.

### MARCH

#### **Saturday, March 5: Wakefield**

10:00 am – Meet at the RA Centre to carpool.

#### **Wednesday, March 9: Gatineau Park**

Route and time TBD

#### **March 13 to 16: Sunday River trip**

Snowshoe on the lovely trails of that area.

#### **Monday, March 21: Domaine St-Bernard**

7:00 am to bus to Tremblant area with DH skiers

# Membership Has Its Privileges...& Discounts

## HILL 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 RASki membership card before cashier begins the transaction** (i.e. RA membership card showing RA Ski Club registration.) We would like to extend our thanks for their generous support of the Club in the form of personal time, discounts or donated prizes.

At the time the newsletter went to press, we had not finalised all the discount offers. Visit the discount section on our website at [www.raski.ca](http://www.raski.ca) for additional information.

**Note:** Some ski areas may also ask that members show some form of photo-ID (e.g. driver's license, security pass) along with their RA Ski Club membership card, or purchase a photo ID at the hill. Please note that "holidays" may include the entire Christmas/New Years period and school breaks during February/March and in some cases even US holidays. For clarification, members should check with the resort.



1-800-669-4861 [www.calabogie.com](http://www.calabogie.com)

With a vertical drop of 760 feet (the highest in the region), Calabogie Peaks offers 27 outstanding runs, with 35% at the beginner level, 23% intermediate, and 42% advanced. Its snowmaking capabilities cover 95% of the hill area. Calabogie also offers a 25-room inn, complete with spa and restaurant.

- 20% discount on lift tickets

Directions: Highway 417 West, continue past Arnprior approximately 8 km, turn left onto Calabogie Road and continue to Calabogie.



1-888-282-2722 [www.montcascades.ca](http://www.montcascades.ca)

Cascades has 20 runs, 5 lifts, 165 meters of vertical, and 95% snowmaking. Consistently excellent snow conditions and great prices make a visit to Mont Cascades great fun. Cascades also offers skiing by the hour.

- 30% off regular FULL DAY lift tickets
- 20% off 2 hours, 3 hours, 4 hours or full day equipment rental.
- 20% off GROUP weekend lessons: (Tots group, Kids camp, White Days adult)

Directions: Take the MacDonald-Cartier Bridge north and take the second exit, Highway 50, direction east to Montreal/Gatineau. Take the first exit (Archambault Boulevard) and turn right (north) onto Highway 307. Drive 15 km, then turn left onto Mont Cascades Road, and proceed 7 km to Mont Cascades.



613-642-5290 [www.mountpakenham.com](http://www.mountpakenham.com)

Mount Pakenham is Eastern Ontario's premier family ski, snowboard and tubing area. It offers alpine and cross-country skiing, snowboarding and snow tubing. Mount Pakenham offers a wonderful winter experience for you and your family. Pakenham has 300 feet of vertical, and offers 10 alpine runs, and 6 lifts. Mount Pakenham also has cross-country ski trails.

**Lift Tickets:** Regular Prices...please add HST

\$5 off the prices below with valid Ski Club ID

	Wknd 6 Hr	Wknd 4 Hr	Wknd Night	Week 6 Hr	Week 4 Hr	Week Night
Adult (18-69)	\$35	\$34	\$23	\$30	\$29	\$23
Youth (13-17)	\$33	\$32	\$23	\$28	\$27	\$23
Child (6-12)	\$31	\$30	\$23	\$26	\$25	\$23
Seniors (70+)	ski for \$5 (+ HST)					
Children (under 6)	ski for \$5 (+ HST) <i>when accompanied by an adult ticket holder</i>					

**Special Friday Nights:**

Night Lift Ticket \$10 (from 4:00 pm to 10:00 pm)

Dates: January 1, February 5, March 4, 2016

**Lessons**

- **Night Owl** (8 week program):  
Thursday nights 8:00 pm -9:00 pm, starting January 15  
\$112 (lesson only), or \$128 (with lift ticket)
- **Private Lessons:**  
55 minutes for \$59 (+tax) (advanced reservations required)  
\$5.00 off with valid Ski Club ID

Directions: Take Highway 417 (Queensway) West past the Canadian Tire Centre (Kanata) and continue on 417 West. Take the Exit marked Kinburn Side Road/Pakenham. At the stop sign turn left onto Road 20. Follow Road 20 across the Stone Bridge and turn left at the stop sign. Drive through Pakenham and just past the train overpass turn right onto McWatty Road. Follow this road to the stop sign and turn right onto Ski Hill Road. Drive time from the Scotia Bank Place is approximately 20 minutes.

**Please note:** While every effort has been made to ensure the accuracy of the information provided in this newsletter, it should be noted that pricing and other information contained herein is subject to change without notice.



1-800-567-6715 www.skimontblanc.com

Mont Blanc's 1000 feet of vertical is the second-highest in the Laurentians. Mont Blanc's 39 trails offer the variety to satisfy the most demanding skiers or boarders, from beginner to double-diamond expert.

Rates (Taxes extra)	RA Ski	Regular
Adult (18-59 years)	\$43	\$49
Senior (60-69 years)	\$33	\$39

On membership Thursdays, upon presentation of a valid RA Ski Club membership card at the ticket office, members will get 40% off the regular full day adult or senior lift ticket. Membership Thursdays not valid December 25, December 31, and March 3 & 17.

Save even more! Take advantage of our weekday specials:

- Tuesday is Lady's Day & Wednesday is Men's Day: \$24 (Starts January 5, 2016 and not valid March 1, 2, 15 & 16, 2016.)



1-888-857-8001 www.tremblant.ca

Rising 3001 feet above the majestic lake, Mont Tremblant offers 94+ groomed trails with 13 state-of-the art lifts, more than any other mountain in the East. Tremblant offers 16 novice runs, 31 intermediate runs as well as miles of expert terrain.

No discounts are offered to RASki members, except through SkiMax preseason tickets, which can be ordered at the RA east wing desk.

## ski Vorlage

1-877-vorlage www.skivorlage.com

Located in the picturesque village of Wakefield, Vorlage is widely recognized as "The Family Ski Area" with fantastic conditions and friendly service. Complete snowmaking on 18 runs serviced by 5 lifts and a spacious chalet with a view of the slopes.

### LIFT TICKET DISCOUNTS

- 20% off regular priced full day or full night lift tickets
- 15% off Adult Night Lesson Programs (includes a full season Night pass)
- Monday "2 for 1" on full day or full night rate lift tickets starting January 4, 2016
- Saturday night "2 for 1" on full night rate lift tickets starting January 9, 2016

Directions: Only a short 25 minute drive from Ottawa. Cross the MacDonald-Cartier bridge, follow Highway 5 North to Wakefield, take exit #28 and proceed through the village (or Chemin Burnside at the end of Highway 5.) Either Chemin Elmdale or Burnside will lead you right to Vorlage.



1-800-567-1256 www.montsternarie.com

Mont Sainte-Marie has the highest vertical (1200 feet) within an hour's drive of Ottawa. There are 3 lifts (two high-speed quads) and 20 trails spanning two mountains.

- 10% discount on full day adult, student and youth tickets. (Discounts are on regular lift ticket prices)

Directions: Take Highway 5 north through Hull, then catch the 105 North. Stay on the 105 and follow the signs to the resort. Approximate drive time is 55 minutes from downtown Ottawa.



# SKIMAX

Transferable ticket | Valid 7 days a week | Direct access to lifts

**- A great deal for RA members -**

Until November 25<sup>th</sup>

Cash sales: **\$60\***  
Credit card and debit sales: **\$63**

### SKIMAX TICKET BENEFITS

Valid every day of the 2015-2016 season, until December 11, 2016. Fully transferable, person to person.

\* Royalty & taxes included in quoted price.

SKI MAX tickets on sale until November 25, 2015 ONLY.

**REGULAR PRICING FOR 2015-2016 SEASON** - Royalty & taxes included.

Adult: \$84 | Senior (65+): \$74 | Youth (13-17): \$59 | Child (6-12): \$49 | Peewee (3-5): \$8.44

**ON SALE NOW!**

SKI MAX tickets may be purchased in person at the RA's East Member Services desk or by phone (credit card sales only) at 613-736-6224.





# SOCIAL Program

Join in our social activities planned for this year to get know fellow members off the slopes.

## RA Ski Pub Nights

Where: RA's Fieldhouse Bar and Grill.

When: Any time after 7:30 pm

- Wednesday, November 4** Join us during the Open House in Clark Hall for a drink and some information.
- Thursday, November 19** Drinks in the Fieldhouse at 7:30!
- Thursday, December 17** Christmas Pub time after the ski-fit class!
- Tuesday, January 12** Skiing will have started by now and the weeklong crew will be getting ready to leave. See them off after they pick up their packages.
- Wednesday, February 17** Meet us at the Fieldhouse at 7:30
- Thursday, March 17** Spring is almost here, but will the skiing still be good? Let's discuss it at the Fieldhouse on St. Patrick's Day – wear your green!
- Catch up on club news and meet up with potential ski partners. Parking is ample around the RA Centre.

## Fall Hikes

We started our fall hikes this year in September and there's still some good hiking left!

- Sunday November 15** Gatineau Park, Wolf Trail from P13.
- Saturday, November 28** Gatineau Park, P16 (Pine Road) to Herridge Cabin

Meet at the South-east corner of the Supreme Court building on Wellington Street at 9:45 a.m. for a 10:00 car-pool departure.

If there is demand and the right weather, there may be more! Check the web site and SnowPhone regularly, or sign up for our Ski-Mail e-mail newsletters.

## Coming Events

As in other years, we will have a variety of events during the year, including an end-of-winter party/potluck sometime in April. This year we are looking for a new location for this event. If you have a party room or similar facility available on April 9 or 16, let us know.

Next spring and summer will see biking, hiking, picnics, and evenings in the park watching theatre. During the winter, most of us will be concentrating on skiing, but if the opportunity for other social events comes up, we will be sure to take advantage of them! This will likely include a skating night at the Rink of Dreams at City Hall in early January. If you have any ideas for a social event, email us at [social\\_2015@raski.ca](mailto:social_2015@raski.ca).

Watch the web site and newsletters for details.

## RA Ski Annual General Meeting

When: **Wednesday, April 20**

We will review the season just past and elect next year's executive. Your participation is important and your feedback welcome. Plan to attend!

Louise Cameron & Chuck Bain  
[social\\_2015@raski.ca](mailto:social_2015@raski.ca)



**October 15 to December 17, 2015**

**Thursdays, 7:00 pm - 7:45 pm**

In the Courtside B, RA Centre (near Fieldhouse)

### Full Session Rates (10 weeks)

\$50.00 (plus HST) RA members

\$ 8.00 anyone can drop in for a trial workout

### Prorated November 5<sup>th</sup>

\$40.00 (plus HST) RA members

\$ 8.00 anyone can drop in for a trial workout

SKIFIT.....Prepare your heart and soul for a fun-filled Fall and Winter!

What better way is there to spend an autumn evening than working out and enjoying new and returning members? Don't wait for snow to join the action of the RA Ski club, and have a fun evening to look forward to!

Every Thursday we will be preparing our bodies for the exciting but demanding winter season ahead. A highly skilled RA fitness trainer (Felicity Brown) who was our instructor last year, will be leading us in the exercise program to help us become more fit. We meet for ten consecutive weeks at Courtside B (new location). The exercise program is designed specifically for skiing (cross-country as well as downhill) and snowshoeing, developing core muscle and leg strength, as well as balance. The exercise program is followed weekly by a visit to the RA Fieldhouse (right next door) to dream of snow and plan our upcoming winter fun days. Come on out and meet potential new buddies, improve your fitness, and have a fun evening!

Please arrive at the RA Courtside B at 6:55 pm for attendance and to receive up to the minute instructions.

Participants should register in advance of attendance at the East Wing desk, or online at <http://www.racentre.com/index.php/clubs-registration>

If registering on-line, the program code for this course is 7972.

*Marian Barton, Member at Large/SkiFIT [Skifit\\_2015@raski.ca](mailto:Skifit_2015@raski.ca)*

Ottawa's only 7-day newspaper.



To subscribe call 613-739-7200 or visit [ottawasun.com/subscribe](http://ottawasun.com/subscribe)



Get together  
après ski!

Available in the RA Fieldhouse Bar & Grill.

**MOLSON Coors** A proud partner of the RA.



TELEPHONE  
DIRECTORY

The RA Ski phone directory will be distributed to members along with the January RA Ski Newsletter.

## REGISTRATION at a Glance

You can register three ways:

**IN PERSON:**

RA East wing desk or at the Rideau Tennis Club.

**BY TELEPHONE: 613-736-6224**

Monday to Friday - 11:00 am to 5:30 pm *(Please have your credit card ready when you call.)*

**ON-LINE:** (Credit card)

You can register for most programs at

<https://onlineca.activecommunities.com/RACentre/Start/Start.asp>.

### Day Trips (DH)

**DAY BUS TRIP:** Register at least one week prior to the trip. Trips with "low advanced registration" will be cancelled four days prior to the trip or we incur a bus cancellation penalty. Guests must be sponsored by a member. No extra charge for a guest. Guests are eligible for one bus trip only.

**MEET'N'SKI** outings don't need pre-registration.

### Day Trips (XC, Snowshoe, Hiking and Biking)

No registration required. Skiers meet in the RA Centre's West Wing lobby 15 minutes prior to departure to sign in and form car-pools. Trail fees, where applicable, are paid at the destination.

### SkiFIT Classes

RA Ski club membership is required.

### Multi-Day Trips (DH and XC)

Deadlines are determined by the contracts with the hotels, so advance registration is critical to avoid cancellation. If you register by phone, the necessary form will be mailed with your receipt. It is your responsibility to complete and return the form by the deadline. Guests must be sponsored by a member, and a 10% surcharge will apply.

### Weeklong, Trois-Vallees France

Sorry, this trip is sold out.

## DEADLINES at a Glance

These deadlines are FIRM. For overnight trips, if the trip payment is not paid in full by the deadline date, the Club cannot ensure your seat and accommodation.

If there is insufficient registration at the time of the deadline, the Club reserves the right to cancel the trip and reduce the club's financial loss. In this case a refund of the participant's payments will be provided.

Subject to availability, the following registration deadlines apply:

**Weeklong - Trois-Vallees France:** Sorry, no longer taking applications

**DH/XC/Snowshoe Weekend – Sunday River, Maine:** Tuesday, December 22, 2015

**XC/DH /Snowshoe Weekend – Val David, Québec:** Tuesday, December 22, 2015

# CALENDAR OF EVENTS 2015-2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2015</b>						
1	2	3	4 RA Ski Open House Pub Night	5 SkiFIT Class	6	7
8	9	10	11	12 SkiFIT Class	13	14
15 Gatineau Park (hike)	16	17	18	19 SkiFIT Class Pub Night	20	21
22	23	24	25	26 SkiFIT Class	27	28 Gatineau Park (hike)
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 2015</b>						
		1	2 Camp Fortune (DH)	3 SkiFIT Class	4	5 Gatineau Park (XC)
6	7 Gatineau Park (XC)	8 Vorlage (DH)	9	10 SkiFIT Class	11	12
13 Gatineau Park (XC)	14	15	16	17 Gatineau Park (XC) SkiFIT Class Pub Night	18 Mont Ste-Maie (DH)	19 Gatineau Park (XC)
20	21	22 Deadline Val David Weekend Deadline Sunday River mid-week	23	24	25	26 Gatineau Park (XC)
27	28 Edelweiss (DH)	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January 2016</b>					1 Gatineau Park (XC)	2 Calabogie (DH/SS)
3 Gatineau Park (XC)	4	5 Cascades (DH)	6 Gatineau Park (XC)	7 Bruce Pit (SS) Backcountry classroom (XC)	8	9 Gatineau Park (XC)
10	11	12 France weeklong rendez-vous Pub Night	13	14	15 St. Suaveur bus trip (DH)	16 Cascades (SS)
17 Gatineau Park (XC) Backcountry clinic (XC)	18	19 Camp Fortune (DH) Gatineau Park (XC)	20 Greenbelt (SS)	21	22	23 Gatineau Park (XC)
24 Backcountry clinic (XC)	25 Edelweiss (DH) Mer Bleu (SS)	26	27	28	29 France weeklong depart	30
31 Gatineau Park (XC) Backcountry clinic (XC)						



## RA MEMBER BENEFITS

**Great Deals available to RA Members**

We are happy to announce that we have teamed up with

**Smith Petrie Carr & Scott  
Insurance Brokers Ltd.,**

**CAA North East Ontario,**

**Flight Centre, adidas,**

**Station Mont Tremblant**

and the **Ottawa Senators**

to offer the following  
RA Member Benefits.

For details on RA Member Benefits  
visit our website at

**[www.racentre.com](http://www.racentre.com)**



## DON'T MISS OUT!

Stay informed on all  
RA Ski activities by visiting  
**[www.raski.ca](http://www.raski.ca)**

or

call our 24-hour  
**SNOWphone at 736-6235**





# THINGS I ALWAYS FORGET

## Ski Stuff:

Skis / Board | Poles | Ski bag (*mandatory*)  
Boots / Boot bag | Helmet | Ski lock

## Clothing:

Ski suit (*coat, pants*) | Socks, including extras  
Hat, toque, headgear | Helmet | Gloves  
Mitt warmers | Goggles / Sunglasses  
Tube / scarf | Face mask | Fanny pack  
Casual wear for après ski | Dancin' shoes

## Restaurant stuff:

Food / snacks / bag lunch / water  
Wallet / Purse / credit card / Money belt

## Some Trips Only:

Loonies and toonies for lockers (*day trips*)  
Cellphone and charger  
Camera, battery charger and spare batteries  
iPad, iPod or e-reader and charger  
RAski membership card (*carpool trips*)  
US money (*for US destinations*)  
Airline tickets  
Passport (*US or foreign destinations*),  
or birth certificate and photo ID  
Insurance (*medical, baggage*) papers or card  
Wall plug for Europe or S.America  
Toilet kit | Alarm clock | Reading & writing stuff

## For My Comfort:

Sunscreen & lip protector | Coffee thermos  
Snacks | Pillow | Swimsuit and towel | Earplugs

## Other things I always forget:

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## PLEASE NOTE

While every effort has been made to ensure the accuracy of the information provided in this newsletter, it should be noted that pricing and other information contained herein is subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2016</b>						
	1	2	3 Cascades (DH)	4	5	6 Gatineau Park (XC) France weeklong return
7 Backcountry clinic (XC)	8	9	10 Nakkertok (XC)	11 Vorlage (DH) Wakefield (SS)	12	13 Gatineau Park (XC)
14	15	16 Mont Ste-Marie (DH) Mer Bleu (XC/SS)	17 Sunday River info meeting Pub Night	18	19 Val David XC/ DH/SS weekend depart	20
21 Gatineau Park (XC) Val David weekend return	22	23	24 Calabogie (DH/SS) Pub Night	25 Gatineau Park (XC)	26	27 La Petite Rouge (XC)
28 Greenbelt (XC/SS)	29					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2016</b>						
		1 Edelweiss (DH)	2	3	4 Gatineau Park (XC)	5 Wakefield (SS)
6 Gatineau Park (XC)	7	8	9 Gatineau Park (SS)	10	11 Vorlage (DH)	12 Gatineau Park (XC)
13 Sunday River (DH/XC/SS) mid-week depart	14	15	16 Sunday River (DH/XC/SS) mid-week return	17 Cascades (DH) Pub Night	18	19
20 Gatineau Park (XC)	21 Tremblant/Mont Blanc bus trip (DH/XC/SS)	22	23	24	25	26 Gatineau Park (XC)
27	28	29 Mont Ste-Marie (DH)	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 2016</b>						
					1	2
3 Gatineau Park (XC)	4	5 Calabogie (DH)	6	7 Camp Fortune (DH)	8	9 Gatineau Park (XC)
10	11	12	13	14	15	16 Gatineau Park (XC)
17	18	19	20 RA Ski AGM	21	22	23
24	25	26	27	28	29	30