

# RA SKI & SNOWBOARDING CLUB



## More Than Just A Ski Club!

## Winter Program 2016-2017



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[www.raski.ca](http://www.raski.ca)

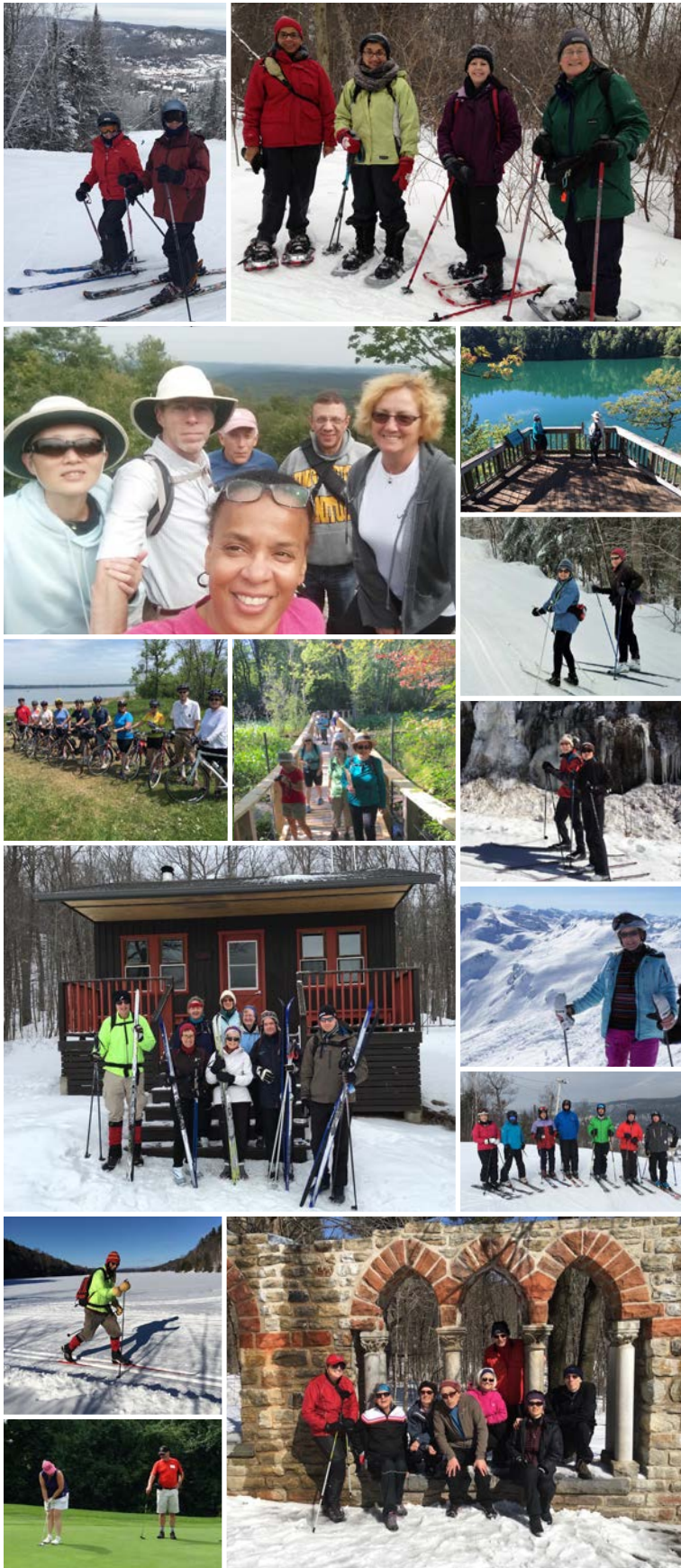
The RA Ski Club is a member of the Recreation Association of the Public Service of Canada  
2451 Riverside Drive, Ottawa, ON K1H 7X7 613-733-5100



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# RA Ski Activities



## MESSAGE FROM THE CHAIRPERSON

**Bill Buck** chair-2017@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.

Our weeklong trip is to Sölden, Austria, a fabulous ski village near the Italian border. Snow is guaranteed, and the village has some of the best après ski I have experienced. We will be returning to Mont Ste-Anne for a Friday to Monday three-day weekend with a Sunday shuttle to Le Massif this season. Great downhill skiing at both hills and the fabulous Parc Mont Ste-Anne nearby for cross country skiers and snowshoeing.

As always we'll have a full slate of carpool outings for downhill, cross country and snowshoeing. Fall hikes are planned until we can ski. See the schedules in this booklet. Don't forget the great SkiFIT program to get ready for the season.

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.

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.

Thanks to all the executive members and the support staff at the RA Centre 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!

## RASki EXECUTIVE 2016-2017



**Bill Buck**  
Chair  
chair-2017@raski.ca



**Jaime Impey**  
Vice-Chair & Weeklong Chair  
weeklong-2017@raski.ca



**Elizabeth Hogan**  
Secretary  
secretary-2017@raski.ca



**Chris Hutton**  
Treasurer  
treasurer-2017@raski.ca



**Bob Cavan**  
Membership Chair  
membership-2017@raski.ca



**Chuck Bain**  
Social Co-Chair  
social-2017@raski.ca



**Glen Campbell**  
Publicity Chair & Webmaster  
publicity-2017@raski.ca



**Roger Duffy**  
Downhill Day Chair  
downhill-2017@raski.ca



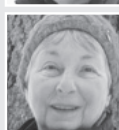
**Louise Lefebvre**  
Downhill Weekend Chair  
dhweekend-2017@raski.ca



**Louise Cameron**  
Cross-Country Co-Chair  
xc-2017@raski.ca



**Jane Rau**  
Cross-Country Co-Chair  
xc-2017@raski.ca



**Doris Dallaire**  
Snowshoe Chair  
snowshoe-2017@raski.ca



**Maureen Adamache**  
Member-at-Large (Hikes)  
hikes-2017@raski.ca

# 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

All current RA members will not be required to re-join the Association upon renewal of their club or activity of choice. Members who continuously maintain their Club or activity membership will remain an Association member in good standing for the duration of their involvement with the RA.

New members will be required to join the RA by purchasing an Association Membership in one of the following categories.

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

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

Individual:	\$46.00
Family <sup>(1)</sup> :	\$72.00

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

**Ski Club Membership Fee: \$54.00/RA Member**

SELECT SWEEPSTAKES

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**WINNING**  
IS BETTER.

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## WEEKLONG Excursion

# SÖLDEN, AUSTRIA

January 27 - February 5, 2017

### Seven nights in Sölden plus a night in Munich!

One of Europe's most renowned ski & snowboard resorts, Sölden is January's destination for forty RASKiers to sample its marvelous BIG 3 vantage points - fantastic views provided by the three panorama platforms above 3,000 meters. At that altitude, snow is absolutely guaranteed! The infinite number of slopes and ski trails, for all levels and abilities, make Sölden a unique winter sports center. Thirty-four state-of-the-art ski and mountain lifts will take you quickly on top of the most beautiful ski slopes. There is ultimate skiing fun for both beginners and advanced skiers at Giggijoch, as well as for expert racers at Gaislachkogel. The BIG 3 Rally - where Expert skiers are invited to conquer the BIG3 mountains in only one day over a 50 km route - ranks among the most beautiful ski trails across the entire ski region.

Sölden offers a great choice of shopping and après-ski or nightlife in the innumerable bars, pubs, clubs and trendy night spots in Sölden's unrivaled party zone.

### HOTEL

Our 3-star accommodation for 7 nights is at the Hotel Tyrol with breakfast and dinner included. After a day skiing, you can relax and enjoy the bio sauna, steam room, ice grotto, Finnish sauna and foot whirlpool.

Our last evening will be spent at the 4-star Hotel Maritim in Munich following a morning transfer and an afternoon walking tour of the central city

### SKI PASSES

Our 6-day ski pass is good for the Sölden area:  
[www.soelden.com/ski-area-information](http://www.soelden.com/ski-area-information)

### CROSS COUNTRY and SNOWSHOE

There is an extensive Nordic and winter walking system in the Sölden area. By free ski bus you can reach five other cross-country centers of the valley  
[www.oetztal.com/cross-country-skiing](http://www.oetztal.com/cross-country-skiing)

Snowshoe hiking amid gorgeous landscapes promise fun for everyone. Discover the valley's most hidden spots on a snowshoe hike!  
[www.oetztal.com/snowshoe-hiking](http://www.oetztal.com/snowshoe-hiking)



### COST

Prices started at \$2795/person Classic room (one bed - double occupancy) or \$2905/person Superior room (2 twin beds). Variations include: Single rooms\* (add \$280 for single) or Single in a Double (add \$550 for single) – each subject to availability. A non-refundable deposit of \$400 is required at registration, balance due November 28th.

*\* limited availability – now sold out*

### AIRLINE & TRAVEL ARRANGEMENTS

Flights between Ottawa and Munich and are currently not charging a fee to check in a ski/boot bag combo as a second piece of check-in luggage on overseas flights. Deviations are permitted, but must be pre-arranged with our travel agent, who will advise of the extra cost.

### INSURANCE

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

### REGISTRATION INFORMATION

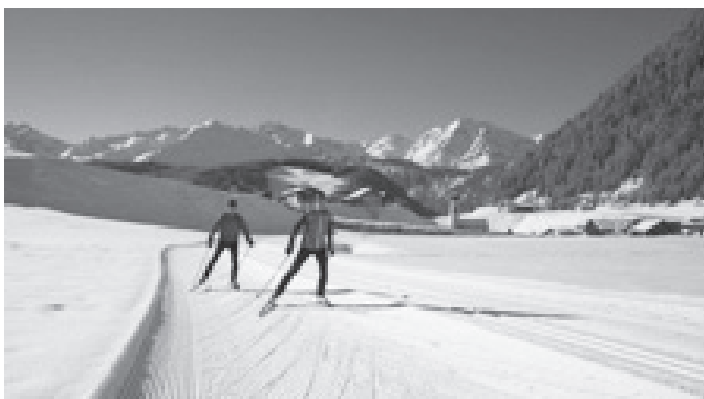
SOLD OUT – WAIT LIST ONLY

Registration will close Monday, Nov. 14, *subject to availability*. At the time of printing, our trip is sold out, but pending the availability of an additional twin room and air seats, we may be able to squeeze in another one or two – contact Jaime to put your name on the wait list if you are interested. Full info on the trip is available on our website, [www.raski.ca](http://www.raski.ca).

### TRIP RENDEZVOUS NIGHT

Wednesday, January 11, 7:00 PM, in the RA's Outaouais Room.

*Trip leader: Jaime Impey, [weeklong-2017@raski.ca](mailto:weeklong-2017@raski.ca)*



# MONT STE-ANNE & LE MASSIF

Friday, February 24 - Monday, February 27, 2017



Mont Ste-Anne



Le Massif

**Registration deadline: Friday, December 9, 2016**

**Price:** (including taxes)

Downhill: \$699 per person/double occupancy  
(Single: \$939 per person)

Cross-Country: \$584 per person

Snowshoe: \$549 per person

Non-members: Add 10%

## Package Includes:

- Return transportation by deluxe coach from RA Centre to Château Mont-St-Anne
- Local transfers by bus from Mont-Ste-Anne to Le Massif
- 3 night's accommodation at Château Mont-Ste-Anne
- 3 days downhill lift tickets: February 25, 27 at Mont-Ste-Anne, February 26 at Le Massif
- 3 days cross country ski pass at Mont-Ste-Anne
- Snowshoe passes: February 25, 27 at Mont-Ste-Anne, February 26 at Le Massif
- Driver gratuities and all packaging taxes

## Not Included

- Meals

## Downhill

**Mont-Ste-Anne** - is renowned for its impeccable snow conditions, grooming and expert area. There is 2050 feet of vertical and 71 trails (including 4 snow parks) spread across three sides of the mountain.

**Le Massif** - boasts the highest vertical east of the Rockies (2526 feet), with 52 trails and glades. Most trails offer stunning views of the St. Lawrence River.

## Cross-Country Ski and Snowshoeing

**Mont-Sainte-Anne Cross-country Ski Centre** - is the largest cross-country ski centre in Canada, featuring 200 km of cross-country and snowshoeing trails.

**Le Massif's** snowshoe trails meander across boreal and ancient forests offering riverside views of Isle-aux-Coudres and the Montmagny Archipelago.

## Hotel

The Château Mont Ste-Anne offers convenient ski-in/ski-out access. Every room has two queen beds and a kitchenette. The hotel has a restaurant and bar/lounge, and features an indoor pool, spa tubs and a fitness centre.

## Departure

1:00 pm SHARP from RA Centre, west parking Lot. Bus will be available for loading from 12:45 pm.

## Rendezvous night

There will be a rendezvous night, in February to provide details of the trip.



North & East Ontario

**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)

# WEEKEND TRIP 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 in February 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 Friday bus departure to Mont Ste-Anne, we are planning to stop half-way for lunch, but feel free to bring along snacks for the bus ride. During the return bus trip on Monday, 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 Monday (*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

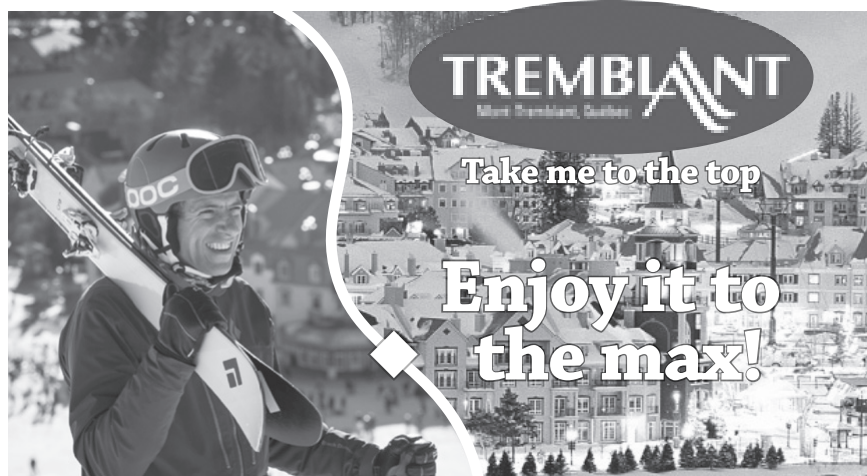
**Ski and board bags are mandatory**, both to protect your equipment and that belonging to others. We ask all participants to limit themselves to one suitcase and one small carry-on. On bus trips, due to baggage compartment limitations, please, no huge hockey-type bags as they take up too much space.

## 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.



## SkiMax daily tickets offer the following Peak Benefits:

- Unlimited access to the slopes, 7 days a week, all season long, including Christmas holidays and school breaks
- Fully transferable, person to person (buy some for your friends and family!)
- Direct access to slopes (without stopping at the ticket office!)
- Valid any one day of the 2016–2017 season and until December 8, 2017
- Expired and unused ticket: the prepaid value will be applied to the purchase of a day ticket at the regular price.

Buy your tickets now and hit the slopes on the day you like!

**SKIMAX tickets may be purchased in person at the RA Centre's East Member Services desk or by phone (credit card sales only) at 613-733-5100.**

# SKIMAX tickets on sale now!

Purchase Date <small>(The tickets must be ordered and paid before this date)</small>	RA Member Price		Regular Adult Price	Savings up to
	Cash Sales	Credit Card & Debit Sales		
From October 28 to December 7, 2016	\$63.50	\$66.50	\$103.03	38%

Royalty and taxes included.

# DOWNHILL Day Program

We now have the magic number for the 2016/17 RA Ski Club Downhill ski season. THIRTY, as in 30, three zero. So who needs this magic number? Nobody really, but isn't it nice to know that we have thirty Downhill ski days scheduled for our RASki members to pick and choose from to come out and enjoy some great times, everyone having the same joyful goal, wonderful skiing with friends. Most of these ski days fall on weekdays when prices are lower and crowds are virtually non-existent. Two weekend-days are part of the popular Meet n' Ski series, five days are part of our two Weekend Trips, and six days are part of our Weeklong Trip. The rest are on various days during the middle of the week, each being held at a different local hill in turn, the core of the Meet n' Ski program. As the name suggests we meet at the RA Centre at 8:30 AM, occasionally at Kanata Centrum, form car pools, and off we go to 'today's' destination. Save on gas, save at the hill, bring your lunch, ski for hours, have fun. What could be better.

The schedule is below, with all the details including the important reminder to always call the Snowphone (613-736-6235) before leaving home if it's an iffy looking day. I encourage you to include that number on your speed-dial and get in the habit of calling it as often as necessary, not only for skiing updates but for all our club activities both winter and summer. As can often happen during the season, we wake up to a perfect-weather ski day that's just too good to miss and there's nothing on the schedule. Go to our Facebook page and you'll probably see something like, "Bill and I are meeting at Edelweiss this morning, come and join us". If nothing there, write in your own invitation, then grab your stuff and go.

As mentioned above, we have two bus trips planned, Mont Tremblant on January 19th and St Sauveur on March 20th. Cross-country skiers and Snowshoers are included in these trips and on special occasions there have even been fashion shows on the bus on the return journey. Great fun. We would appreciate you registering early for these trips rather than at the last minute as a hefty deposit must be made to the bus company well in advance of the trip date. Also mentioned above is the Weeklong Trip, this year to Solden Austria, a destination enjoyed a few years ago and looked forward to again. As before, early registration is requested not only for deposits but to bring some peace of mind to our volunteer organizers. Nothing 'just happens', someone has put a lot of work into each event. Your co-operation and participation is appreciated.

A few points worth noting, new members are especially welcomed, guests are allowed, helmets are recommended, ski bags required on bus trips, always bring a smile, all easy stuff. You may notice that many of our members are in the grey-hair category, some seriously grey if you know what I mean. Don't be fooled. Just because there's snow on the roof doesn't mean the fire is out inside. What a great bunch. See you out there.

*Roger Duffy, Downhill Chair, downhill-2017@raski.ca*

## MEET'N'SKI OUTINGS

**MEET:** 8:30 a.m. in the RA West Wing lobby for departure at 8:45 a.m. (For Calabogie, can also meet in Kanata at 9:00 in the SW corner of the Loblaw's parking lot at the Kanata Town Centre on Terry Fox Drive.)

**December:** Saturday, December 17 - Mont Ste Marie  
Wednesday, December 21 - Camp Fortune

**January:** Sunday, January 8 - Calabogie  
Thursday, January 12 - Edelweiss  
Monday, January 16 - Cascades  
Monday, January 23 - Vorlage

**February:** Friday, February 3 - Cascades  
Wednesday, February 8 - Calabogie  
Thursday, February 16 - Edelweiss  
Tuesday, February 21 - Camp Fortune

**March:** Friday, March 3 - Cascade  
Wednesday, March 8 - Calabogie  
Wednesday, March 22 - Vorlage  
Tuesday, March 28 - Mont Ste Marie  
Friday, March 31 - Camp Fortune

**April:** Thursday, April 6 - Edelweiss

## 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 BUS TRIPS

**Bus Departure Time for both trips** - The bus leaves the RA Centre West parking lot at **7:00 a.m. sharp**. Arrive at 6:45 a.m. to load. **The Club does not refund those who miss trips.**

### Thursday, January 19, 2017

#### Tremblant/Mont Blanc/Domaine St-Bernard (DH/XC/SS)

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 p.m. 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. There is also a discount for ski passes at Mont Blanc for those going there. Don't wish to ski? Wander the charming village of Mont Tremblant, buy a treasure or two, then join in for the après ski!

### Monday, March 20, 2017

#### 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.

#### 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!

#### 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.**

#### 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 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.



## 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.

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 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."



# 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 (sort of) 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 Montebello in March. 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 outside the Park. In addition, we have scheduled a February moonlight ski outing 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.

For some of our outings, we will provide an option to sign in the night before and meet at the trailhead. **Please note that this option is only available if it is mentioned in the web site description of the specific outing.**

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.

### Gatineau Park XC Ski Conditions

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

### Mont Tremblant, Québec - February 10 to 12

Staying at Le Grand Lodge. Direct access to intermediate cross-country trails at Domaine St-Bernard, and a short drive away from beginner cross-country trails of the Domaine and Mont Tremblant. 100 km of cross-country trails, plus good snowshoe trails. Downhillers are also welcome, and can ski at Tremblant, with a free shuttle bus from the hotel.

### Mont Ste-Anne/le Massif, Québec - February 24 to 27

Combined cross-country/downhill/snowshoe weekend. Staying slopeside at Chateau Mont Ste-Anne. Downhill: 2 days at Mont Ste-Anne, and one day at Le Massif. Cross-country: 3 days at Mont Ste-Anne cross-country ski centre, with 200 km of trails.

## 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.

# CROSS-COUNTRY Schedule 2016 - 2017

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
Sunday, December 4	12:00pm	Gatineau Park	Beginner's Ski. Check SnowPhone or web site.
Tuesday, December 6	9:30 AM	Gatineau Park	P10 to Huron (B, 11 km).
Sunday, December 11	12:00 PM	Gatineau Park	P19 Lac Philippe to Renaud Cabin (B, 6 km).
Saturday, December 17	9:00 AM	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Thursday, December 22	9:30 AM	Gatineau Park	P1 Asticou around Pink Lake (I, 12 km). No cabin.
Monday, December 26	11:00 AM	Gatineau Park	Note late start. "Leader's Choice" destination.
Sunday, January 1	11:00 AM	Gatineau Park	Note late start. "Leader's Choice" destination.
Wednesday, January 4	9:30 AM	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Saturday, January 7	9:00 AM	Gatineau Park	P7 (or P5) to Huron (B with short I, 12 km).
Sunday, January 15	12:00 PM	Gatineau Park	P9 to Huron with various route options (I/B, max 16 km).
Tuesday, January 17	9:30 AM	Gatineau Park	Camp Fortune to Western (I, 14 km).
Thursday, January 19	7:00 AM	Domaine St. Bernard	Mont Blanc/Tremblant/Domaine St. Bernard Bus Trip Combined XC/DH/SS - XC Trail Fee \$20
Saturday, January 21	9:00 AM	Gatineau Park	P19 Lac Philippe to Herridge (I, 21 km).
Sunday, January 29	12:00 PM	Gatineau Park	P6 to Pink L. (I, 11 km). No cabin.
Saturday, February 4	9:00 AM	Gatineau Park	P12 to Huron (I, 14 km). Option to do some easy BC at leader's discretion.
Tuesday, February 7	7:00 PM	Greenbelt	Moonlight Ski. Joint activity with snowshoers.
Thursday, February 9	9:30 AM	Nakkertok	Try some different trails at Nakkertok Nordic Cross Country Ski Centre. We'll be skiing from Nakkertok South. Admission is \$14 (exact change) per person. Bring a packed lunch. Note: date may change due to race programs at Nakkertok.

## Friday to Sunday - February 10 to 12, 2017 | Laurentians XC/Snowshoe/DH Weekend – le Grand Lodge, Tremblant

Sunday, February 12	12:00 PM	Gatineau Park	P19 Lac Philippe to Lusk Cabin (B, 10km)
Sunday, February 19	12:00 PM	Greenbelt	Avoid the crowds at the Gatineau Loppett and try some trails in the Greenbelt. Joint activity with snowshoers
Thursday, February 23	9:30 AM	Gatineau Park	P10 to Huron/Western via #3. (I, 16+ km).

## Friday to Monday - February 24 to 27, 2017 | Mont Ste-Anne DH/SS/XC Bus Trip – Mont Ste-Anne/le Massif

Saturday, February 25	9:00 AM	Gatineau Park	P17 Wakefield to Renaud Cabin via loop consisting of #52,#50,#55,#50,#51,#53. (I, 21 km)
Friday, March 3	9:30 AM	Gatineau Park	P12 to Huron (I, 14 km).
Sunday, March 5	12:00 PM	Gatineau Park	P7 to Huron (I, 12 km). Optional back country at leader's discretion.
Wednesday, March 8	9:30 AM	Gatineau Park	P6 to Pink L. via #15 (I, 11 km). No cabin.
Saturday, March 11	9:00 AM	Montebello	Enjoy the lovely trails and setting of the Chateau Montebello. Joint activity with snowshoers. Trail fee \$10.
Saturday, March 18	9:00 AM	Gatineau Park	P19 Lac Philippe to Renaud Cabin via Taylor L. (I, 13 km) or direct to Renaud Cabin (B, 6 km)
Sunday, March 26	12:00 PM	Gatineau Park	P6 to King Mountain (B, 7 km). No cabin. Note: spring weather may result in a later start. Trail TBD.
Sunday, April 2	12:00 PM	Gatineau Park	Note: spring weather may result in an earlier start. Trail TBD.
Saturday, April 8	9:00 AM	Gatineau Park	Note: spring weather may result in a later start. Trail TBD
Saturday, April 15	9:00 AM	Gatineau Park	Note: spring weather may result in a later start. Fourth 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

## MONT TREMBLANT, QUÉBEC

Friday, February 10 to Sunday, February 12, 2017

Registration deadline: Tuesday, January 3, 2017

**COST: \$368 per person for double occupancy or \$548 per person for single occupancy**, for the first 9 rooms, which includes service and taxes but does not include cross country/downhill/snowshoe passes. Late registrants may be required to pay an additional charge for upgraded accommodation, depending on availability.

For the 17th straight year we're headed to the Laurentians but this year, as we did in 2015, we will be staying at Le Grand Lodge Mont Tremblant ([www.legrandlodge.com](http://www.legrandlodge.com)) with direct access from the hotel to the intermediate cross-country trails of the Domaine St-Bernard and a short drive away from the beginner cross-country trails of the Domaine and the cross-country trails of the Mont-Tremblant resort ([www.skidefondmont-tremblant.com/en](http://www.skidefondmont-tremblant.com/en))



Le Grand Lodge



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

Accommodation will be in rooms with 2 queen size beds, bathroom, TV, coffee-maker, microwave and small refrigerator. Le Grand Lodge has a 20-metre indoor pool, a giant indoor whirlpool, a sauna, steam baths, exercise room, game room, beach volleyball court on snow, pool and ping pong tables and a skating rink.

The package does not include cross-country, downhill or snowshoe passes. Cross-country passes were \$20.50 per day last year, which includes access to both the Domaine St-Bernard and the Mont Tremblant trails. Snowshoe passes were \$10.50. Note - Discounts have been offered in the past to holders of Gatineau Park passes and CAA members. Spa services (massage etc.) are available for additional fees. Cross country & downhill skis, snowshoes and ice-skates can be rented on site. Snow-tubing is available nearby. Downhill fees will depend on the hill chosen.

There are 100 km of cross-country trails in all, plus good snowshoeing trails. Downhillers are also welcome and can ski at Mont Tremblant or Mont Blanc, with a free shuttle bus from the hotel to the Mont Tremblant hill. Or you can combine a day of XC or snowshoeing, with a day of downhill. Mont Tremblant and nearby St-Jovite have lots of shops, good restaurants and nightlife.

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

This is a carpool trip. Space will be limited, so you'll have to sign up promptly. **Registration opens at the RA Ski Open House on Wednesday, November 9, 2016.**

### How to Get There

Cross the MacDonald-Cartier bridge to Gatineau, then take autoroute 50 east. At exit 210 (Montebello/Mont Tremblant), take highway 323 north. At St. Jovite, continue past the underpass for the Laurentien autoroute, and turn right onto rue St. Jovite (downtown St. Jovite.). Just past the church on your left, go left on rue Labelle. You will pass Lac Ouimet on your right. Just as you leave Lac Ouimet, the Grand Lodge is on your right. (2396 rue Labelle.)

## CROSS COUNTRY SKI PASSES FOR GATINEAU PARK

There is a \$16 daily fee (\$12 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-November. Adult season pass is \$160 (\$105 for 60+) before November 15, \$190 (\$110 for 60+) after November 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 season pass **until November 15**. 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 two weeks later at the new store location - 2148 Carling Ave.

The Trailhead group-rate discount is 15%.

Go to <http://trailheadpaddleshack.ca/skipass>

### Borrow a Pass From the Library

Ski for free in Gatineau Park! Use your library card to borrow a daily pass from public libraries in Ottawa, Gatineau and the Outaouais region. For more information about library locations and lending terms, visit these websites:

- **Ottawa Public Library**  
<https://bibliottawalibrary.ca/en>
- **Ville de Gatineau Municipal Library**  
[www.gatineau.ca/portail/default.aspx?p=quoi\\_faire/bibliotheque](http://www.gatineau.ca/portail/default.aspx?p=quoi_faire/bibliotheque)
- **Centre régional de services aux bibliothèques publiques de l'Outaouais inc. (CRSBPO)**  
[www.reseaubiblioduquebec.qc.ca/portail/index.aspx?page=2&RID=8&utm\\_source=reseaubibliooutaouais.qc.ca&utm\\_medium=referral&utm\\_campaign=redirection](http://www.reseaubiblioduquebec.qc.ca/portail/index.aspx?page=2&RID=8&utm_source=reseaubibliooutaouais.qc.ca&utm_medium=referral&utm_campaign=redirection)
- **Chelsea Library**  
[www.chelsea.ca/?q=node/46&lg=en](http://www.chelsea.ca/?q=node/46&lg=en)



# SNOWSHOEING Program

Our outings are not heavy duty, they are a great way to get outside on a winter's day. 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. I would really appreciate some volunteers to lead some of these outings, it's not a difficult thing and when you are snowshoeing with RASki Club friends, it's even fun!! If you wish to add an outing to a favourite trail in addition to what I have scheduled, let me know and I will get it advertised – contact Doris Dallaire at [snowshoe-2017@raski.ca](mailto:snowshoe-2017@raski.ca)

## DECEMBER

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

## JANUARY

**Monday, January 2 - Cascades:** 10:00 a.m. - Meet at the RA to carpool – several trail level options – easy to more advanced

**Sunday, January 8 - Calabogie:** Meet 8:30 a.m. at RA or 8:45 a.m. Kanata Centrum Carpool with DH skiers - intermediate level

**Saturday, January 14 - Morris Island:** 10:00 a.m. - Meet at the RA to carpool an easy and scenic one.

**Thursday, January 19 – Bus trip to Mont Tremblant/Mont Blanc/Domaine St-Bernard:** Meet at 6:45 a.m. for 7:00 a.m. SHARP departure – Bus trip details in Downhill Day Section – easy to intermediate level.

**Sun. Jan. 22 – Wakefield to behind Vorlage**  
12:00 noon - Meet at the RA to carpool – intermediate level.

**Wednesday, January 25 – Jack Pine Trail - Greenbelt:** 1:00 p.m. at the parking lot P9 on Moodie Drive – an easy one – enjoy the birds and wildlife

**Week of Jan 27 to Feb. 5 – weeklong trip to Austria**  
Snowshoe in the lovely Alps!

## FEBRUARY

**Tuesday, February 7 – Moonlight Snowshoe with X-C skiers**  
Details to be announced

**Weekend Feb. 10 to 12 – Domaine St-Bernard**  
Snowshoe one of the many beautiful trails at Domaine St-Bernard – various levels, scenic, birds & deer

**Sunday, February 19 – Greenbelt with X-C skiers**  
Details to be announced - easy

**February 24 to 27 – Mont Ste-Anne Trip**  
Come spend a weekend at lovely Mont Ste-Anne – enjoy one of the beautiful trails – various levels - see details in Downhill Weekend trips section and Cross-Country Section

## MARCH

**Thursday, March 2 – Larose Forest:** 10:00 a.m. – Meet at the RA to carpool – easy, through lovely forest

**Saturday, March 11 –Montebello – with Cross Country skiers**  
Car pool from the RA Center - Details in Cross-Country section

**Mon. March 20 – St-Sauveur Bus Trip – Snowshoe at Morin Heights**  
Meet 6:45 a.m. for 7:00 a.m. SHARP departure from the RA Center – details in Downhill Day Section – intermediate level

# HIKING Program

## Fall Hikes

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

- **Friday afternoon, November 11**, Remembrance Day – intermediate - O'Brien  
Beach to Carbide Willson ruins – meet 12:30 p.m. at RA or 1:15 at P11, Meech Lake Road.
- **Sunday, November 13** – intermediate - Meech Lake to Western – meet 10:00 at Supreme Court or 10:45 at P12 Meech Lake Road.
- **Wednesday, November 16** – easy - Stoney Swamp – meet 9:30 at RA or 10:00 at P11 West Hunt Club Road.
- **Wednesday, November 23** – easy - Shirley's Bay – meet 9:30 at RA or 10:00 at P2 Carling Avenue.
- **Saturday, November 26** – intermediate - Meech Valley to Herridge – meet 10:00 at Supreme Court or 10:45 at P16 Pine Road (off Highway 105.)
- **Sunday, December 3** – urban hike – Rideau Canal – meet 10:00 at Ottawa Public Library, Bank & Sunnyside.

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.

*Maureen Adamache, Hiking Chair, hikes-2017@raski.ca*

## 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

# SOCIAL Program

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

## Pub Nights

Where: RA Fieldhouse Bar and Grill

When: 7:30 p.m.

- **Tuesday, January 11** - pub night
- **Tuesday, February 21** - pub night after skating, location TBD
- **Thursday, March 16** - pub night
- **Thursday, May 18** - pub night

## Theatre

- **Wednesday, November 30** - Phoenix Players "Welfarewell"  
Gladstone Theatre, 910 Gladstone Ave. Showtime 7:30 p.m.  
For info, [www.phoenixplayers.ca](http://www.phoenixplayers.ca)  
Dinner at 5:30 p.m. at Trattoria Caffe, 254 Preston St.

## Skating

- **Tuesday, February 21** - Rink of Dreams, Ottawa city hall

## Year-End Pot-luck Dinner

- **Saturday, April 8** - Tentative date.

## RA Ski Annual General Meeting

- **Wednesday, April 19**  
We will review the season and elect next year's executive. Your executive worked hard to prepare this year's program. You can thank them by attending the meeting!

## Coming Events

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! If you have any ideas for a social event, email me.

Watch the web site and Ski-Mail for additions or changes to the program.

*Chuck Bain, Social chair, social-2017@raski.ca*



## TELEPHONE DIRECTORY

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



**October 13 to December 15, 2016**

**Thursdays, 6:35 pm - 7:20 pm**

In the LifeFIT Studio, RA Centre (by the main door to the LifeFIT Centre)

### Full Session Rates (10 weeks)

\$50.00 (plus HST) RA members

\$ 8.00 anyone can drop in for a trial workout

*Prorated depending on the number of classes left in the session.*

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 in te LifeFIT Studio (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 6:30 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 [www.racentre.com](http://www.racentre.com), click on "PlayRA", then on "Program Information and Registration", then on "Sports and Recreation."

If registering on-line, the program code for this course is 9259.

# 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 equipment daily rental.
- 20% off GROUP weekend lessons: (Tots group, Kids camp, White Days adult). No discount on the snow school pass.

**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  
\$5.00 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) when accompanied by an adult ticket holder

**\*Special Friday Nights: \$12.00 Night Lift Ticket Only 4:00pm - 10:00pm**  
**Dates: January 6, February 3, March 3 (2017)**

### Lessons

- **Night Owl** (8 week program):  
Thursday nights 8:00-9:00 pm, starting January 14, 2017  
\$112 (lesson only), or + \$99 (with lift ticket)
- **Private Lessons:** 55 minutes for \$65 + 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)	\$46	\$52
Senior (60-69 years)	\$35	\$41

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 29, January 5, and March 2 & 16.

Save even more! Take advantage of our weekday specials: Tuesday is Lady's Day & Wednesday is Men's Day: \$26 (Starts January 10 and not valid February, 28, March 1, 14 & 15)



1-800-567-1256 www.montstemarie.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) Not valid on holidays or during Christmas and school breaks.

**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.



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.

Members may take advantage of SkiMax preseason tickets, which can be ordered at the RA East Member Services desk see page 6 for details.



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 night lift tickets for adult, student or junior categories.
- Mondays - day or night and Saturday nights are 2 for 1 lift tickets for everyone

Note: Discount does not apply to 6 and under or 80 plus categories, reduced rates, promotions (eg. 2 for 1), or 4 hour tickets.

#### LESSON DISCOUNTS

##### 1. Adult Night Program

8 week program, one 1 1/2 hour lesson each consecutive Thursday or Friday at 7:30 p.m. starting January 12 or January 13, 2017.

Lessons and Full Season Night Pass	\$160 (\$183.96 incl. tax)
Rentals: Additional	\$ 95 (\$109.23 incl. tax)

##### 2. Adult Midweek

6 week program, one 1 1/2 hour lesson each consecutive Wednesday at 1:00 p.m. starting January 18, 2017. Includes lunch before the lesson.

Lessons and lifts	\$192 (\$220.75 incl. tax)
Rentals: Additional	\$ 70 (\$ 80.48 incl. tax)

#### WEEKEND LESSONS

8 week programs, one 1 1/2 hour lesson each consecutive Saturday or Sunday at either 10:15 a.m. or 1:30 p.m. starting January 14 or January 15, 2017.

##### 1. Adult Weekend ski or snowboard

Lessons (for season pass holders)	\$155 (\$176.62 incl. tax)
Lessons and lifts	\$280 (\$321.93 incl. tax)
Rentals: Additional	\$ 95 (\$109.23 incl. tax)

##### 2. Junior Programs

Mosquito	Ages 4-6 yrs., max. 5 / instructor
Lessons and Full Season Pass	\$259 (\$297.79 incl. tax)
Rentals: Additional	\$ 95 (\$109.23 incl. tax)
Bantam	Ages 7-17 yrs.
Lessons (for season pass holders)	\$155 (\$176.62 incl. tax)
Lessons and lifts	\$273 (\$313.88 incl. tax)
Rentals: Additional	\$ 95 (\$109.23 incl. tax)

**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.

# Membership Has Its Privileges...& Discounts

## STORE DISCOUNTS

As we go to press, your executive is still finalizing the store discounts. Check out the ski club web site ([www.raski.ca](http://www.raski.ca)) and click on "Discounts" for the latest information. Most stores require presentation of your current RA Ski Club membership card to obtain these discounts.

If a store is not on the list below, show your RA Ski Club membership card and ask if the store gives a discount to ski clubs. Many ski shops do.

### Bushtukah Great Outdoor Gear

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

203 Richmond Rd., Ottawa 613-792-1170  
5607 Hazeldean Road, Kanata 613-831-3604

- 10% discount off regularly-priced merchandise

### Fresh Air Experience

1291 Wellington Street, Ottawa 613-729-3002  
(between Holland & Island Park)

- 10% discount on merchandise except bikes

### Great Escape Outfitters

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

369 Richmond Road, Ottawa 613-729-7777

- 10% discount on all regularly-priced merchandise

### Kunstadt Sports

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

462 Hazeldean Road, Kanata 613-831-2059  
1583 Bank Street (at Heron), Ottawa 613-260-0696  
680 Bank Street (Glebe), Ottawa 613-233-4820

- 15% off all regular-priced merchandise and services

### Le Nordik

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

819-827-1111

16 Chemin Nordik, Chelsea, Québec

- Le Nordik spa provides a 15% discount to RA Ski Club members, upon presentation of membership card.

Discount offer from Monday to Thursday only.

### Trailhead Paddleshack

[www.ottawapaddleshack.ca](http://www.ottawapaddleshack.ca) 613-722-8229

2148 Carling Ave, Ottawa

- 10% discount on regular-priced merchandise

### Velofix

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

613-857-2818

1-855-VELOFIX

Velofix is a mobile bike and ski repair shop, with a large van that's outfitted with all the parts, accessories and tools needed to fix and repair bikes, skis, snowboards and nordic skis. In addition to bike and ski repairs, Velofix can store the skis and deliver them for use, or meet you after an outing and pick up your skis to avoid having to transport them.

- 10% off all Velofix services (skis, snowboards, bikes, fittings, bike building, etc.)

## RA MEMBER BENEFITS

The RA works with great partners representing a wide range of sectors offering benefits to our members and the Association. Partners help the RA offer reduced costs for programs, control Association fees and increase our visibility in the community. We hope you will support the Ottawa Senators, CAA, Smith Petrie Carr and Scott and our other partners, just as they have supported the RA.



### Canadian Automobile Association (CAA)

Melanie Sterling

[msterling@caaneo.on.ca](mailto:msterling@caaneo.on.ca)

613-820-1890 ext 6297

1-800-267-8713 ext 6297

[www.caaneo.ca](http://www.caaneo.ca)

- A new and renewing Primary CAA Plus for RA members is reduced to \$99.99 each from \$145.21.
- A new and renewing CAA Premier for RA members is reduced to \$117.30 each from \$181.94.
- For existing CAA Members, contact me and your next and subsequent renewals will be at the RA reduced renewal rates. All prices include taxes and are for a full year.



### Smith Petrie Carr & Scott Insurance Brokers Ltd.

[quote@spsc-ins.com](mailto:quote@spsc-ins.com) | [www.spsc-ins.com](http://www.spsc-ins.com)

RA Members receive a 30% discount on Home & Automobile Insurance.

Call Smith Petrie Carr & Scott Insurance Brokers Ltd.

For a no-obligation quote today! 613-237-2871



### Ottawa Senators

Save on the Ottawa Senators ticket price and also on the facility charge and the service fees!

To order, tickets visit [www.capitaltickets.ca/promo](http://www.capitaltickets.ca/promo) and key in promo code: RAPERKS.



**Your pre & post social meeting place!**

**Open for Breakfast, Lunch & Dinner**

Daily Food & Drink Specials | Sunday Buffet  
Conveniently located at the RA Centre



Proud partners of the RA.

## 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 such as "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 27.

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/>

## 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, Solden, Austria

Sorry, this trip is sold out, but you can get on the waiting list by emailing [weeklong-2017@raski.ca](mailto:weeklong-2017@raski.ca).

## 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 - Solden, Austria:

November 14. Sold out. Wait list only.

### DH/XC/Snowshoe Weekend – Mont Ste-Anne/Le Massif:

Friday, December 9, 2016

### XC/DH /Snowshoe Weekend – Mont Tremblant, Québec:

Tuesday, January 3, 2017



## Get together après ski!

Available in the RA Fieldhouse Bar & Grill.

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



# CALENDAR OF EVENTS 2016-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2016</b>						
		1	2	3	4	5
6	7	8	9 RA Ski Open House	10 SkiFIT	11 Gatineau Park (hike)	12
13 Western Cabin (hike)	14	15	16 Stoney Swamp (hike)	17 SkiFIT	18	19
20	21	22	23 Shirley's Bay (hike)	24 SkiFIT	25	26 Herridge (hike)
27	28	29	30 Theatre			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 2016</b>						
				1 SkiFIT	2	3 Rideau Canal (hike)
4 Gatineau Park (XC)	5	6 Gatineau Park (XC)	7	8 SkiFIT	9 Deadline Mont Ste-Anne Weekend	10
11 Gatineau Park (XC)	12	13	14	15 SkiFIT	16	17 Mont Ste-Marie (DH) Gatineau Park (XC)
18	19	20	21 Camp Fortune (DH)	22 Gatineau Park (XC)	23	24
25	26 Gatineau Park (XC)	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January 2017</b>						
1 Gatineau Park (XC)	2 Cascades (SS)	3 Deadline Tremblant Weekend	4 Gatineau Park (XC)	5	6	7 Gatineau Park (XC)
8 Calabogie (SS/DH)	9	10	11 Austria Rendez-vous Pub Night	12 Edelweiss (DH)	13	14 Morris Island (SS)
15 Gatineau Park (XC)	16 Cascades (DH)	17 Gatineau Park (XC)	18	19 Tremblant Bus Trip (DH/XC/SS)	20	21 Gatineau Park (XC)
22 Wakefield (SS)	23 Vorlage (DH)	24	25 Greenbelt (SS)	26	27 Austria Weeklong Depart	28
29 Gatineau Park (XC)	30	31				



## 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:

Helath Card | 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 2017</b>						
			1	2	3 Cascades (DH)	4 Gatineau Park (XC)
5 Austria Weeklong Return	6	7 Greenbelt (XC/SS)	8 Calabogie (DH)	9 Nakkertok (XC)	10 Tremblant XC/ DH/SS Weekend Depart	11
12 Gatineau Park (XC) Tremblant Weekend Return	13	14	15	16 Edelweiss (DH)	17	18
19 Greenbelt (XC/SS)	20	21 Camp Fortune (DH) Skating Pub Night	22	23 Gatineau Park (XC)	24 Ste-Anne DH/ XC/SS Weekend Depart	25 Gatineau Park (XC)
26	27 Mont Ste-Anne Weekend Return	28				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2017</b>						
			1	2 Larose Forest (SS)	3 Gatineau Park (DH/XC)	4
5 Gatineau Park (XC)	6	7	8 Calabogie (DH) Gatineau Park (SS)	9	10	11 Montebello (XC/SS)
12	13	14	15	16 Pub Night	17	18 Gatineau Park (XC)
19	20 St-Sauveur Bus Trip (DH/SS)	21	22 Vorlage (DH)	23	24	25
26 Gatineau Park (XC)	27	28 Mont Ste-Marie (DH)	29	30	31 Camp Fortune (DH)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 2017</b>						1
2 Gatineau Park (XC)	3	4	5	6 Edelweiss (DH)	7	8 Gatineau Park (XC)
9	10	11	12	13	14	15 Gatineau Park (XC)
16	17	18	19 <b>RA Ski AGM</b>	20	21	22
23	24	25	26	27	28	29
30						

# RASkiClub

*"MORE THAN JUST A SKI CLUB"*



**DOWNHILL SKIING**



**CROSS-COUNTRY SKIING**



**SNOWBOARDING**



**SNOWSHOEING**



**WEEKLONG TRIPS**



**HIKING**



**BIKING**



**GOLFING**



**THEATRE**