

RASki & Outdoor Club



More Than Just A Ski Club!

Winter Program 2018-2019



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www.raski.ca

The RA Ski & Outdoor Club is a member of the RA family, a not-for-profit serving the community for over 75 years.

2451 Riverside Drive, Ottawa, ON K1H 7X7 613-733-5100



RACentreOttawa • www.racentre.com

RA Ski & Outdoor Activities

MESSAGE FROM THE CHAIR

We again have a full slate of activities planned for the year with hikes, cycling, pub nights, snowshoeing, downhill day trips and meet'n'ski outing, and cross-country carpools.

Our weeklong trip is to Andorra, nestled between Spain and France.

Our weekend XC trip returns to Val David, a popular destination. To date, we have not been able to land on a viable downhill weekend trip so have opted to focus instead on our XC weekend and day trips for 2019.

Two day bus trips are planned. Prices are about the same as last year. The St. Sauveur trip January 14th with lift tickets is \$97, without lift tickets at \$56, which is the same price for the Tremblant bus only trip March 18.

Be sure to check all sections of the booklet to see the terrific program your chairs have developed for you.

Bill Buck, RA Ski & Outdoor Club Chair



RASKI EXECUTIVE 2018-2019



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publicity-2018@raski.ca

MEMBERSHIP INFORMATION

THE RA IS OPEN TO EVERYONE!

Ski & Outdoor Club Membership Fee: \$54.00/RA Member

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

New members will be required to join the RA by purchasing an Association Membership.

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 ⁽¹⁾ - superannuate:	\$27.00	Family ⁽¹⁾ :	\$57.00

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

Individual:	\$46.00
Family ⁽¹⁾ :	\$72.00

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

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;
- 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.

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WEEKLONG Excursion

ANDORRA & SPAIN

January 25 to February 4, 2019

The 2003 merger of two of the oldest ski resorts in Andorra - Pas de la Casa-Grau Roig and Soldeu-El Tarter-Canillo created the largest ski resort in the Pyrenees, one of the largest in Europe, which is made up of six different sectors of two of Andorra's seven "parishes" (or provinces). Grandvalira, situated between 1,710-2,640m, has the highest slopes in Andorra, with 210 km of ski runs and 64 lifts spread over a total of 128 slopes of all different levels completely connected and accessible with a single ski pass. The Soldeu area enjoys reliable snow – most slopes are north-facing, with expanded snowmaking, and you can play in the powder amongst the trees above El Tarter. Enjoy après-ski on a number of terraces in the area. After 7 nights based in El Tarter, skiing Grandvalira, we're off to Barcelona for two nights!



COST (incl. taxes)

Double Occupancy: \$3295 / per person
Single Occupancy: \$4095 / per person

HOTEL

We'll enjoy 4-star accommodations in both El Tarter, Andorra and Barcelona, Spain. The Hotel Nòrdic of El Tarter offers ski in/ski out from the ski lockers to the base of the lifts (40 m) with easy access to the nearby resort town of Soldeu for additional shopping and nightlife (bus runs every 20 mins). Breakfast and dinner are included daily. There is live music and animation each evening from 9:30-11:00 PM. The hotel offers a snack bar, a souvenir shop, a reading room, a bar and games room with free Wi-Fi, a common use TV room and free computers with internet, an indoor pool (cap obligatory), jacuzzi and steam bath, fitness centre, sauna and sunbeds (tokens 5€ relaxation and massage centre (fee) and a self-service washer/dryer.

After skiing 6 days at Granvalira, we depart for beautiful, historic Barcelona, staying in the Hotel Premier Dante (breakfasts included). The hotel offers a bar/lounge, snack bar, café, restaurant, jacuzzi, self-service laundry, library, and a leisure/TV room. On our first afternoon, we'll enjoy a 2.5 hour guided tour. The next day and evening are open for exploration, before departing Barcelona for our return flights.

SKI PASSES

Our 6-day ski pass is good for the Grandvalira area: www2.grandvalira.com (a 5-day option is available). Seniors 65 and up should opt for the "non-skier" package.

OTHER ACTIVITIES

www.grandvalira.com/en/main-activities

CROSS COUNTRY AND SNOWSHOE:

limited Cross Country and Snowshoe circuits available

TUBING, MUSHING AND SNOWMOBILES:

available in El Tarter, Soldeu and Grau Roig

SPAS:

www.grandvalira.com/en/node/164

The fabulous Sport Wellness Spa has secured Soldeu's position as Andorra's classiest resort: facilities include spa, a large leisure pool, indoor and outdoor Jacuzzi, saunas, steam rooms, and a well-equipped gymnasium; plus a lush range of beauty and massage treatments are available in the spa's therapies suite.

The Caldea Andorra and Inúu, the largest mountain spa centre in Europe, offers a three-hour ticket for indoor and outdoor lagoons, saunas, Jacuzzis, grapefruit bath, Indo-Roman baths, waterfalls, bubble beds, hot marble, massages, beauty treatments and much more..

TRAVEL ARRANGEMENTS

RASki will be travelling between Ottawa and Barcelona. Our airline groups are currently not charging a fee to check in a ski/boot bag combo as a 2nd piece of check-in luggage on overseas flights. Flight deviations are permitted, but must be pre-arranged with our travel agent. The cost will depend on space availability on selected return date. Our travel agent will determine the deviation price per person.

INFORMATION & FORMS

Please see the WEEKLONG TRIP INFORMATION PACKAGE for details on insurance rates, payment schedule and the registration process. Reservation and Registration forms are available online in downloadable PDF format under the Weeklong information tab on our web page (www.raski.ca). Complete instructions for the registration process are on our web page. A Waitlist will be kept for interested parties if sold out.

TRIP RENDEZVOUS NIGHT

When: Wednesday, January 16, 7:00pm
Where: Outaouais Room, RA Centre
Trip leader: Jaime Impey,
weeklong-2018@raski.ca

VAL DAVID, QUÉBEC

Friday, February 15 to Sunday, February 17, 2019



HOTEL

The Auberge du Vieux Foyer, Val-David, Que., is located in the Laurentians just over an hour's drive north of Montreal.

The Parc regional Dufresne (formerly known as the Far Hills & Val-David XC ski areas) is one of the largest and most comprehensive ski centres in all of Quebec.

The extensive system of 130 km of trails (80 km groomed and 50 km of back-country), offers excellent skiing for all levels of ability. Most of the trails are double-tracked, and many have an additional skating lane in the centre. Some of the trails were cut by the legendary Jackrabbit Johannsen!

After your day of skiing, enjoy the amenities of l'Auberge du Vieux Foyer: an outdoor spa and sauna open year-round, skating (weather permitting.) After dinner, play a game of billiards/pool, table tennis, Mississippi, or table shuffleboard or just sit by the fire in the "salon". For more information, go to www.aubergeduvieuxfoyer.com.

For alpine skiers who wish to use their SkiMax tickets, Mont Tremblant is only a half-hour away. St-Sauveur is nearer, about 20 minutes.

NOTES:

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

HOW TO GET THERE

Take the Highway 417 East to old Highway 17 (Highway 174). At Hawksbury take the bridge to Quebec. Continue straight (north) until you hit the newly-extended Autoroute 50. Go east on Autoroute 50 past Mirabel airport to Highway 15 North (Autoroute des Laurentides.) Take Highway 15 North to Exit 76 (highway 117 eastbound). At the second traffic light, turn right on rue de l'Église, which becomes rang Doncaster. Follow the sign to l'Auberge du Vieux Foyer. The address is 3167 1er rang Doncaster, Val-David. Their phone number is 1-800-567-8327. The local number is 819-322-2680. Go to their web site www.aubergeduvieuxfoyer.com for a map showing how to get to the auberge.

REGISTRATION OPENS

Wednesday, November 7, 2018

REGISTRATION DEADLINE

Monday, January 7, 2019

PRICE (INCLUDING TAXES)

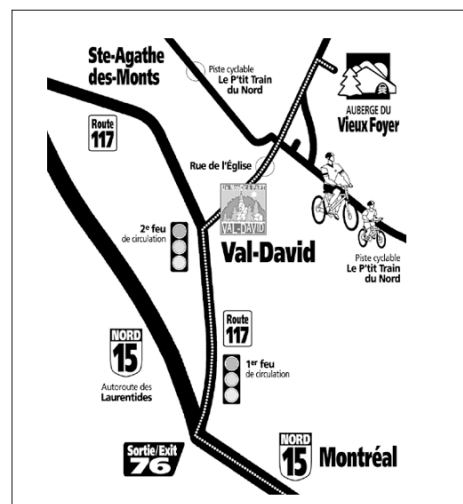
\$346 per person (double occupancy)

\$447 single

CAR POOL - 2.5 HOUR DRIVE

PACKAGE INCLUDES

- two nights accommodation
- breakfast Saturday & Sunday
- gourmet dinner Friday and Saturday
- XC ski/snowshoe pass to Parc Dufresne



Ring in 2019 at the RA!
New Year's Eve
Celebration

Monday, December 31, 2018

\$80 (HST and 15% service charge included)



Dance the Night Away in the Clark Hall

with Randy and Louise from *Celebrity DJs*,
playing the hits of today & yesterday

6:00 p.m. to 1:00 a.m. | Buffet served at 7:00 p.m.

Hot & Cold Buffet featuring Roast Beef and Seafood Newburg
Glass of Bubbly at Midnight

Tickets will be on sale at the RA Centre's East Member
Services Desk as of December 1, 2018.

Monday to Sunday from 8:00 am to 9:00 pm or by phone at
613-733-5100 Monday to Friday from 9:00 am to 5:00 pm.



TREMBLANT
Mont-Tremblant, Québec

Take me to the top

Enjoy it to
the max!

SKIMAX tickets on sale now!

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 2018–2019 season and until December 6, 2019
- 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!

Purchase Date <i>(The tickets must be ordered and paid before this date)</i>	RA Member Price		Regular Adult Price	Savings up to
	Cash Sales	Credit Card & Debit Sales		
Until October 25, 2018	\$68.50	\$71.50	\$117.24	41%
From October 26 to December 6, 2018	\$70.75	\$73.75	\$117.24	39%

Royalty and taxes included.

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.

DOWNHILL Day Program

After a summer with temperatures so hot one can no longer deny global warming we will soon enter a winter of global cooling. One guaranteed to bring perfect skiing weather and copious amounts of snow specifically formulated for ideal alpine skiing. OK... I made that up, however as happens every winter there are many days with exactly these conditions and those are the days we do our best to take full advantage of by getting together and heading off to the hills.

Obviously there are also days when conditions aren't quite so perfect but even the marginal days can provide the opportunity for some fun skiing with friends. That is the core principle of the RA Ski and Outdoor Club, having fun skiing with friends. Weeklong Trips, Weekend Trips, Day Bus Trips and Meet n' Ski Days all add up to a full program designed to satisfy every member's skiing appetite. You will find the full program on the calendar pages at the back of this Winter Program Guide and I encourage you to get out your green highlighter pen to mark all the 'I'm coming' days, and your yellow highlighter pen to mark the 'maybe I can fit it in' days. Don't bother with your red one because as with every set of stop-lights, red turns into green when the way is clear.

We encourage all members to wear a helmet and to use a ski bag when on bus trips or when car pooling. Bring your smile, meet a friend, come often, enjoy. An important reminder though; If the weather forecast predicts an iffy day it's a good idea to call the Snowphone at 613-736-6235 before leaving home just in case 'today's' event has been rescheduled.

I can hardly wait.

Roger Duffy, Downhill Day chair, downhill-2018@raski.ca

DAY BUS TRIPS

Again this year, there will be two weekday bus trips for skiers and non-skiers alike.

MONDAY JANUARY 14: ST-SAUVEUR

Downhill skiers will be getting their legs in shape for the big trips. Cross-country skiers and snowshoers will be enjoying the trails nearby. Of course, we will offer a **Getaway Day** for non-skiers who wish to shop, dine, or spend the day at one of the local spas!

COST: \$97 for bus and lift ticket, or \$56 for bus only.

MONDAY MARCH 18: TREMBLANT / MONT BLANC / DOMAINE ST-BERNARD

As always, it will accommodate downhill skiers, cross-country skiers, snowshoers, and sightseers/shoppers who prefer to spend their day exploring the lovely village of Tremblant.

COST: \$56 for bus only. Buy your ski ticket at the hill or trailhead, or use your Tremblant SkiMax ticket.

WE MAY ADD A THIRD BUS TRIP. If we do, we'll post it on our Facebook page and Ski-Mail.

MEET N' SKI SCHEDULE

DECEMBER 2018

Saturday, December 15 - Edelweiss
Friday, December 21 - Camp Fortune

JANUARY 2019

Sunday, January 6 - Calabogie Peaks
Thursday, January 10 - Mont Cascades
Friday, January 18 - Camp Fortune
Tuesday, January 22 - Edelweiss
Monday, January 28 - Vorlage

FEBRUARY 2019

Thursday, February 7 - Calabogie
Wednesday, February 13 - Edelweiss
Tuesday, February 19 - Mont Ste Marie
Monday, February 25 - Mont Cascades

MARCH 2019

Wednesday, March 6 - Calabogie Peaks
Thursday, March 21 - Camp Fortune
Monday, March 25 - Mont Cascades
Friday, March 29 - Mont Ste Marie

APRIL 2019

Monday, April 1 - Vorlage
Thursday, April 4 - Camp Fortune
Tuesday, April 9 - Mont Ste Marie
Monday, April 15 - Edelweiss

Meet at the west door of the RA Centre at 8:45 for car-pool departure at 9:00 AM, or meet at the designated hill. For Calabogie events west enders may prefer to meet at the southwest corner of the Loblaw's parking lot at Kanata Centrum also for a 9:00 AM departure.

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.

CROSS-COUNTRY Program

DAY OUTINGS

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

WEEKEND DAY TRIPS

We alternate (sort of) Saturday and Sunday weekend day trips, generally leaving from the RA Centre west wing lobby at 9:00am. Saturday and noon on Sundays. Times and meeting places may vary so check the web site. Most of our day trips are to Gatineau Park but we are planning to visit Montebello in March. We will also have a few weekend Greenbelt and city skis 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. For destinations outside the city, we generally leave at 9:30 a.m. from the RA's west wing lobby. Times and meeting places may vary so check the web site. Most trips are to Gatineau Park, but we are also planning several trips outside the park, several of them in the Greenbelt or right in the city. In addition, we have scheduled a moonlight ski outing in the Greenbelt and one at Mooney's Bay. Day trips close to the city will often meet at the parking lot.

We will also join the downhillers on two of their day bus trips:

- **Monday, January 14, 2019**
Day bus trip to St. Sauveur, with XC skiing at Morin Heights.
- **Monday, March 18, 2019**
Day bus trip to Tremblant, with XC skiing at Domaine St-Bernard.

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 encouraged 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.** Some outings may also meet at a parking lot in the city. Check the web site for this information.

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 <http://ncc-ccn.gc.ca/cross-country-skiing/cross-country-ski-trail-conditions>.

CHECK THE SNOWPHONE/WEB SITE/FACEBOOK

Outings are dependent on the weather and ski conditions. The trail or destination may change to take advantage of the best snow conditions. We may also add additional skis to take advantage of some really good weather. So check for updates. **For the VERY 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, but these prices may have gone up!

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 15 to 17

Staying at Auberge du Vieux Foyer. Direct access to trails in Dufresne Park, and a short drive away from the cross-country ski centres in the Park. Over 100 km of cross-country trails, plus good snowshoe trails. Downhillers are also welcome, and can ski at Tremblant or Saveur. Transportation is by car pool.

CROSS-COUNTRY Schedule 2018 - 2019

This is an overview of our proposed schedule. Some trips may change due to volunteer availability. Other trips may be added. 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. For complete details on any outing, see the website.

Date	Departure	Destination	Details
Sunday, December 2	12:00 AM	Gatineau Park	Beginner's Ski. Check SnowPhone or web site.
Tuesday, December 4	09:30 AM	Gatineau Park	P10 to Huron (B, 11 km).
Sunday, December 9	12:00 PM	Gatineau Park	P19 Lac Philippe to Renaud Cabin (B, 6 km).
Saturday, December 15	09:00 AM	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Tuesday, December 18	10:00 AM	City	SJAM trail along the Ottawa River to the War Museum. Meet at the Island Park parking lot, next to the Champlain Bridge. Easy.
Thursday, December 20	09:30 AM	Gatineau Park	P1 Asticou around Pink Lake (I, 12 km). No cabin.
Wednesday, December 26	11:00 AM	Gatineau Park	Note late start. "Leader's Choice" destination.
Tuesday, January 1	11:00 AM	Gatineau Park	Note late start. "Leader's Choice" destination.
Thursday, January 3	09:30 AM	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Saturday, January 5	09:00 AM	Gatineau Park	P7 (or P5) to Huron (B with short I, 12 km).
Wednesday, January 9	10:00 AM	City	Mud Lake, meet at Ron Kolbus Centre. Easy.
Sunday, January 13	12:00 PM	Gatineau Park	P9 to Huron with various route options (I/B, max 16 km).
Monday, January 14	TBD	Laurentians	DH/XC Bus trip. XC skiing at Morin Heights.
Tuesday, January 15	09:30 AM	Gatineau Park	Camp Fortune to Western (I, 14 km).
Thursday, January 17	07:00 PM	Greenbelt	Moonlight ski. Destination TBD. Joint activity with snowshoers. Easy.
Saturday, January 19	09:00 AM	Gatineau Park	P19 Lac Philippe to Herridge (I, 21 km).
Sunday, January 20	12:00 AM	Greenbelt	P18 Leitrim Rd. Easy.
Wednesday, January 23	07:00 PM	City	Evening ski at Mooney's Bay XC Ski Centre. Easy.
Friday, January 25	10:00 AM	Greenbelt	Stony Swamp – meet at P11 on Hunt Club West. Easy.
Sunday, January 27	12:00 PM	Gatineau Park	P6 to Pink L. (I, 11 km). No cabin.
Saturday, February 2	09:00 AM	Gatineau Park	Ground Hog Day! P12 to Huron (I, 14 km). Option to do some easy BC at leader's discretion.
Wednesday, February 6	09:30 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.
Sunday, February 10	12:00 PM	Gatineau Park	P19 Lac Philippe to Lusk Cabin (B, 10 km)
Wednesday, February 13	10:00 AM	City	Ski along SJAM to the War Museum.
Friday, February 15 to Sunday, February 17 - Laurentians - XC/SS/DH Weekend. Val David. Auberge du Vieux Foyer			
Sunday, February 17	12:00 PM	Greenbelt	Avoid the crowds at the Gatineau Loppett and try some skiing in the Greenbelt from P9 on Moodie Drive. Easy.
Thursday, February 21	09:30 AM	Gatineau Park	P10 to Huron/Western via #3. (I, 16+ km). (option B – 11km)
Saturday, February 23	09:00 AM	Gatineau Park	P17 Wakefield to Renaud Cabin via loop consisting of #52, #50, #55, #50, #51, #53. (I, 21 km)
Sunday, February 24	10:00 AM	Bourget	Larose Forest Trails. They are easy and flat. Joint activity with snowshoers.
Thursday, February 28	09:30 AM	Gatineau Park	P12 to Huron (I, 14 km).
Saturday, March 2	09:00 AM	Montebello	Enjoy the lovely trails and setting of the Chateau Montebello. Joint activity with snowshoers, walkers, swimmers. Trail fees.
Wednesday, March 6	09:30 AM	Gatineau Park	P6 to Pink L. via #15 (I, 11 km). No cabin.
Sunday, March 10	12:00 PM	Gatineau Park	P7 to Huron (I, 12 km). Optional back country at leader's discretion.
Saturday, March 16	09:00 AM	Gatineau Park	P19 Lac Philippe to Renaud Cabin via Taylor L. (I, 13 km) or direct to Renaud Cabin (B, 6 km)
Monday, March 18	TBD	Mont Tremblant	DH/XC Bus trip. XC skiing at Domaine St. Bernard.
Wednesday, March 20	10:00 AM	Greenbelt	Celebrate the first day of spring. Trail TBD. Easy.
Sunday, March 24	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.
Saturday, March 30	09:00 PM	Gatineau Park	Note: spring weather may result in an earlier start. Trail TBD.
Saturday, April 6	09:00 AM	Gatineau Park	From P6. Note: spring weather may result in a later start. Fifth annual RASki Biathlon (ski & hike).
Sunday, April 14	12:00 AM	Gatineau Park	If conditions allow

(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 Pn = Parking lot number for start of trail

CROSS-COUNTRY

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 "Classic XC Refresher" and "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 the web site at <http://join.ottawa.ca/act/644/winter/all/fac/244/>

The city also offers lessons at the Goulbourn Recreation Complex at 1500 Shea Road near Stittsville.

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 SKI PASSES FOR GATINEAU PARK

There is a \$20 daily fee (\$15 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 a month later. Prices for an adult pass are:

- October 1 to November 4, 2018: \$172 (\$108 for ages 60 plus)
- After November 4, 2018: \$200 (\$125 for ages 60 plus)

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 by clicking on the "buy your season pass" link at <http://ncc-ccn.gc.ca/gatineau-park-winter-passes>.

DISCOUNTED GROUP RATE

A Gatineau Park Season Pass group rate is available to RA Ski and Outdoor Club members only. Members who have not already received an email on how to claim this discount can contact Jane Rau at xc-2018@raski.ca. This discount expires on November 30.

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://bibliooottawalibrary.ca/en>
- **Ville de Gatineau Municipal Library**
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=reseaubibliouataouais.qc.ca&utm_medium=referral&utm_campaign=redirection
- **Chelsea Library**
www.chelsea.ca/?q=node/46&lg=en



**Get together
après ski!**
Available in the RA Fieldhouse Bar & Grill.

MOLSON Coors A proud partner of the RA.

SNOWSHOEING Program

If you can walk, you can snowshoe! Our outings are not too difficult, about 4 to 5k in distance, and it's a good way to get exercise on a winter's day. All are weather and conditions dependent so be sure to check the SnowPhone before leaving home at 613-736-6235 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 & Outdoor Club friends, it's even fun!! If you wish to add an outing to a favourite trail in addition to what I have scheduled, please let me know and I will get it advertised – contact Doris Dallaire at snowshoe-2018@raski.ca

DECEMBER

Conditions permitting – check web site www.raski.ca and/or SnowPhone 613-736-6235.

JANUARY

Wednesday, January 2 – Bruce Pit - Greenbelt

10:00am - Meet at the parking lot P12– easy one to start.

Sunday, January 6 - Calabogie

Carpool with DH skiers - Meet 8:30am at RA or 8:45am Kanata Centrum - intermediate level.

Wednesday, January 9 – Mud Lake with X-C skiers

Meet at Roy Kolbus Centre in Britannia at 10:00am – easy one

Monday, January 14 – Bus trip to St.Sauveur

Meet at the RA at 6:45am for 7:00am SHARP departure – Bus trip details in Downhill Day Section – easy to intermediate level. Snowshoe at Morin Heights

Thursday, January 17 – Moonlight Snowshoe with X-C skiers

At Mer Bleu P21 on Anderson Rd. at 7:00pm – can meet at RA Centre at 6:30pm to carpool or at trailhead.

Saturday, January 19 – Wakefield to behind Vorlage

12:00 noon - Meet at the RA to carpool – intermediate level.

Wednesday, January 23 – Jack Pine Trail - Greenbelt

11:00am at the parking lot P9 on Moodie Drive – an easy one – enjoy the birds and wildlife.

FEBRUARY

Saturday, February 9 – Morris Island

Meet at the Roy Kolbus Centre in Britannia at noon to carpool. – an easy and scenic one

Weekend February 15 to 17 – Val David – Auberge du Vieux Foyer

Snowshoe one of the many beautiful trails at Val David and Far Hills – various levels depending on trail.

Thursday, February 21 – Cascades

Meet at 11:00am at the RA west wing to carpool. Easy to intermediate level depending on trail

Sunday, February 24 – Larose Forest

With X-C skiers. Easy and scenic – meet at the RA at 10:00am to carpool.

MARCH

Saturday, March 2 – Montebello

Joint activity with X-C skiers, swimmers, walkers. Enjoy lovely settings of the Chateau. Trail fees apply. Meet at the RA to carpool. Departure time TBD

Friday, March 8 – Pinegrove Forest

Meet at the RA at 10:00am to carpool or at the parking lot P18 on Davidson Road at 10:20am. Easy trail. More outings may be added depending on conditions – see our website and publicity emails.

Monday, March 18 – Bus trip to Domaine St-Bernard - Laurentians

Meet 6:45am for 7:00am SHARP departure from the RA Centre – details in Downhill Day Section – intermediate level, beautiful trails, lots of chickadees. A great ending to the season.

HIKING Program

FALL HIKES

We started our fall hikes this year with a September 6th hike to Mud Lake, and we still have two hikes left:

Saturday, November 10 - P12 to Western

(meet at the RA Centre, West Wing)

Wednesday, November 14 - P7 to Keogan (meet at the RA Centre)

If there is demand and the right weather, there may be more!

We are still looking for people to lead additional Gatineau, Greenbelt and urban hikes. Anyone for P16 to Herridge?

Check the website and SnowPhone (613-736-6235) for updates, and sign up for our Ski-Mail e-mail newsletters. You can also receive notices if you sign up for the RA Ski and Outdoor Club on Facebook.

Maureen Adamache, Hiking and Biking Chair, hikes-2018@raski.ca

SOCIAL Program

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

Thursday, November 15 - "Skiing in New Zealand"

Glen Campbell will talk about his 7-day, 6-hill ski trip to New Zealand in August. Courtside A at 7:00pm. Pub night follows, in the RA Fieldhouse.

Tuesday, November 27 - Phoenix Players Theatre

"The Penultimate Problem of Sherlock Holmes" Gladstone Theatre, 910 Gladstone Ave. Showtime 7:30pm. For info, www.phoenixplayers.ca Dinner at 5:30pm at Trattoria Caffe, 254 Preston St.

Tuesday, December 11 - Social Dinner

6:00pm at Colonnade restaurant, 280 Metcalfe St. at Gilmore

Wednesday, January 16 - Pub Night

RA Fieldhouse, 7:30pm

February - Winterlude

Details to be determined. Check the RA Ski website later.

Tuesday, February 12 - Skating

Rink of Dreams, Ottawa City Hall, 7:30pm

Tuesday, April 5 - Phoenix Players Theatre - "Heroes"

Gladstone Theatre, 910 Gladstone Ave. Showtime 7:30pm. For info, www.phoenixplayers.ca Dinner at 5:30 p.m. at Trattoria Caffe, 254 Preston St

Saturday, April 13 (Date to be confirmed) - Year-end pot-luck dinner

Thursday, April 25 - Pub Night

7:00pm at MacLaren's Pool Hall, (180 MacLaren St. at Elgin)

Tuesday, May 14 - Pub Night

7:00pm at Liam Macguires Restaurant, (1705 St-Laurent Blvd)

Coming Events

Next spring and summer will see 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 website and Ski-Mail for additions or changes to the program.

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

Membership Has Its Privileges...& Discounts

HILL DISCOUNTS

Your RA Ski and Outdoor Club 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 & Outdoor 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 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 & Outdoor 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

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

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.



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)	\$49	\$57
Senior (60-69 years)	\$39	\$45

Directions: Take the MacDonald-Cartier Bridge north and take the second exit, Highway 50, direction east to Montreal/Gatineau. Take the Montebello exit and head north on highway 323. In 71 km, take the Laurentian Autoroute (freeway) south toward Montreal. In 8 km, Mont Blanc is at exit 107.



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.



613-642-5290 | 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	\$24	\$32	\$31	\$24
Youth (13-17)	\$33	\$32	\$24	\$29	\$28	\$24

Seniors (70+) ski for \$10 + HST

*Special Friday Nights - January 4, February 1, March 1, 2019

\$12.00 Night Lift Ticket Only 4 pm to 9 pm

LESSONS:

- **Night Owl (8 week program):** Thursday nights 7 to 8 pm, starting January 17, 2019 \$119 (lesson only), or \$128 (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.



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.

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.



1-877-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.

Ski Vorlage is introducing a new approach to lift ticket savings. This promotion will expire on November 26, 2018, so make sure to act quickly.

1. RA Ski will receive a promo code that they will share with their members. Contact membership-2018@raski.ca for the code.
2. Access Vorlage's website at http://www.skivorlage.com/e/buy_online_e.shtml
3. Click on "Groups/Ski Clubs", enter the promo code and purchase:

LIFT TICKETS: (purchase from 2 to 8 lift tickets per category)

- 20% discount on adult, student or junior: Category:
 - full-day weekend lift ticket
 - full-day weekday lift ticket
 - full night lift ticket

LESSONS:

- 15% discount on regular rate for weekend lessons for adult, bantam or mosquito packages.

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.

STORE DISCOUNTS

As we go to press, your Executive is still finalizing the store discounts. Check out the RA Ski and Outdoor Club website (www.raski.ca) and click on "Discounts" for the latest information. Most stores require presentation of your current RA Ski and Outdoor Club membership card to obtain these discounts. If a store is not on the list below, show your RA Ski and Outdoor 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
203 Richmond Rd., Ottawa 613-792-1170
5607 Hazeldean Road, Kanata 613-831-3604

10% discount off regularly-priced merchandise. Shop labour is not included.

Fresh Air Experience

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

10% discount on merchandise except bikes.

Kunstadt Sports

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, on winter items only.

Great Escape Outfitters

www.greatescapeoutfitters.com
369 Richmond Road, Ottawa 613-729-7777
10% discount on all regularly-priced merchandise.

Le Nordik

www.lenordik.com
16 Chemin Nordik 819-827-1111
Chelsea, Québec 1-866-535-3700

Le Nordik spa provides a 15% discount to RA Ski and Outdoor Club members, upon showing their membership card. Discount offer from Monday to Thursday only. Offer not valid from December 26th to January 3rd, 2019. Valid until October 3, 2019.

Trailhead Paddleshack

www.ottawapaddleshack.ca
2148 Carling Avenue, Ottawa 613-722-4229
10% discount on regular-priced merchandise.

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, and click on "e-Maillist".

OTHER WAYS TO KEEP INFORMED

Website

Check out our amazing website: 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.

Facebook

RA Ski

RA Ski Photos on the Web

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

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

To see the photos as a slideshow:

1. Double-click on the 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."



SkiFIT

Fitness Class for Skiers

**Thursdays from 6:45pm to 7:45pm
until December 13, 2018**

In the GroupFIT Studio (by the main door to the LifeFIT Centre)

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 and Outdoor Club, and have a fun evening to look forward to!

Whether you cross country, downhill, telemark, snowboard, or snowshoe, you will enjoy the snow season much more without as many pains and strains, if your body is ready for the demands of your chosen sports.

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

Even if you never ski, SkiFIT will make you look and feel like you do!

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.

Registration

Participants should register in advance of attendance:

At the Member Services Desk located in the East Wing
By phone at 613-733-5100

On-line at www.racentre.com. Click on "PlayRA" on the top right corner. You will need to set up a PlayRA account. The link will tell you how. Either use the program code 00000781 or do a search, setting the Main Category to "Sports and Recreation", and the Sub-Category to "Ski".

Full Session Rates (10 weeks). Add HST
\$55 RA Ski & Outdoor Club members
\$80 non-members
\$8 one-time drop in for a trial workout

Prorated November 7th: Prorated depending on the number of classes left in the session.

REGISTRATION at a Glance

REGISTER IN PERSON:

Member Services Desk - RA Centre East Wing

REGISTER BY TELEPHONE: 613-733-5100

7 days a week - 6:30am to 10:30pm (Please have your credit card ready when you call.)

ON-LINE: (Credit card)

You can register for most ski trips/outings by clicking on the "PlayRA" icon on the upper-right of the RA's home page www.racentre.com.

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. No extra charge for a guest. Guests are eligible for one bus trip only.

Meet'n'Ski outings: Pre-registration not required. Sign in at meeting point.

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. Sometimes we do remote starts or meet at the trailhead. Trail fees, where applicable, are paid at the destination.

SkiFIT Classes

RA Ski and Outdoor 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, Andorra

Info on how to register is on our website <http://www.raski.ca/index.php3?target=weeklong>. Members only, no guests.

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 – Andorra:

Wednesday, November 30, 2018

XC/DH /Snowshoe Weekend – Val David, Quebec.:

Monday, January 7, 2019

CALENDAR OF EVENTS 2018-2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2018						
				1	2	3
4	5	6	7 RA Ski Open House	8 SkiFIT	9	10 P12 to Western (Hike)
11	12	13	14 Keogan (Hike)	15 NZ Talk SkiFIT	16	17
18	19	20	21	22 SkiFIT	23	24
25	26	27 Theatre	28	29 SkiFIT	30	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 2018						
						1
2 Gatineau Park (XC)	3	4 Gatineau Park (XC)	5	6 SkiFIT	7	8
9 Gatineau Park (XC)	10	11 Social Dinner	12	13 SkiFIT	14	15 Edelweiss (DH MnS) Gatineau Park (XC)
16	17	18 City (XC)	19	20 Gatineau Park (XC)	21 Camp Fortune (DH MnS)	22
23 30	24 31	25	26 Gatineau Park (XC)	27	28	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2019						
		1 Gatineau Park (XC)	2 Bruce Pit (SS)	3 Gatineau Park (XC)	4	5 Gatineau Park (XC)
6 Calabogie (DH MnS/SS)	7 DEADLINE: Val David Weekend	8	9 Mud Lake (XC/SS)	10 Cascades (DH MnS)	11	12
13 Gatineau Park (XC)	14 St. Sauveur bus trip (DH/XC/SS)	15 Gatineau Park (XC)	16 Weeklong Rendez-Vous Pub Night	17 Greenbelt (XC/SS)	18 Camp Fortune (DH MnS)	19 Gatineau Park (XC) Wakefield (SS)
20 Greenbelt (XC)	21	22 Edelweiss (DH MnS)	23 Mooney's Bay (XC) Greenbelt (SS)	24	25 Greenbelt (XC) Andorra Weeklong Depart	26
27 Gatineau Park (XC)	28 Vorlage (DH MnS)	29	30	31		



RA MEMBER OFFERS

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.

For details visit our website at www.racentre.com/benefits.



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.

DON'T MISS OUT!

Stay informed on all
RA Ski activities by visiting
www.raski.ca
or
call our 24-hour
SNOWphone at 613-736-6235





THINGS I ALWAYS FORGET

Most Important:

Wallet, Purse, Credit card, Money belt, Health card

Ski Stuff:

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

Clothing:

Ski suit (coat, pants, belt), Socks, including extras Hat, toque, headgear, 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

Some Trips Only:

Loonies and toonies for lockers (day trips)
 Cellphone, Cellphone 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, S. America or New Zealand
 Toilet kit, Alarm clock, Reading & writing stuff
 Spare glasses

For My Comfort:

Sunscreen & lip protector, Coffee thermos
 Snacks, Pillow, Earplugs, Swimsuit and Towel

Other things I always forget:

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
February 2019						
					1	2 Gatineau Park (XC)
3	4 Andorra Weeklong Return	5	6 Nakkertork (XC)	7 Calabogie (DH MnS)	8	9 Morris Island (SS)
10 Gatineau Park (XC)	11	12 Skating	13 Edelweiss (DH MnS) City (XC)	14	15 Val David Depart (XC/DH/SS)	16
17 Val David Return (XC/DH/SS) Greenbelt (XC)	18	19 Mont Ste-Marie (DH MnS)	20	21 Gatineau Park (XC) Cascades (SS)	22	23 Gatineau Park (XC)
24 Bourget (XC/SS)	25 Cascades (DH MnS)	26	27	28 Gatineau Park (XC)		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2019						
					1	2 Montebello (XC/SS)
3	4	5	6 Gatineau Park (XC) Calabogie (DH MnS)	7	8 Pinegrove Forest (SS)	9
10 Gatineau Park (XC)	11	12	13	14	15	16 Gatineau Park (XC)
17	18 Tremblant Bus Trip (DH/XC/SS)	19	20 Greenbelt (XC)	21 Camp Fortune (DH MnS)	22	23
24 Gatineau Park (XC)	25 Cascades (DH MnS)	26	27	28	29 Mont Ste-Marie (DH MnS)	30 Gatineau Park (XC)
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2019						
	1 Vorlage (DH MnS)	2	3	4 Camp Fortune (DH MnS)	5 Theatre	6 Gatineau Park (XC)
7	8	9 Mont Ste-Marie (DH MnS)	10	11	12	13 Pot Luck Dinner
14 Gatineau Park (XC)	15 Edelweiss (DH MnS)	16	17 RA Ski AGM	18	19	20
21	22	23	24	25 Pub Night	26	27
28	29	30				