

# RASki & Outdoor Club



**More Than Just A Ski Club!**

**Winter Program 2019-2020**



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



RACentreOttawa

# RA Ski & Outdoor Activities

## MESSAGE FROM THE EXECUTIVE

We welcome new members and returning friends to our 2019-2020 season! Our Club is more than just a ski (and snowshoe) club – it's actually a four-season hive of activity - autumn hikes and SkiFit have been underway this autumn and we're gearing up for winter! We look forward to your participation to make it a great season. Bring a friend!

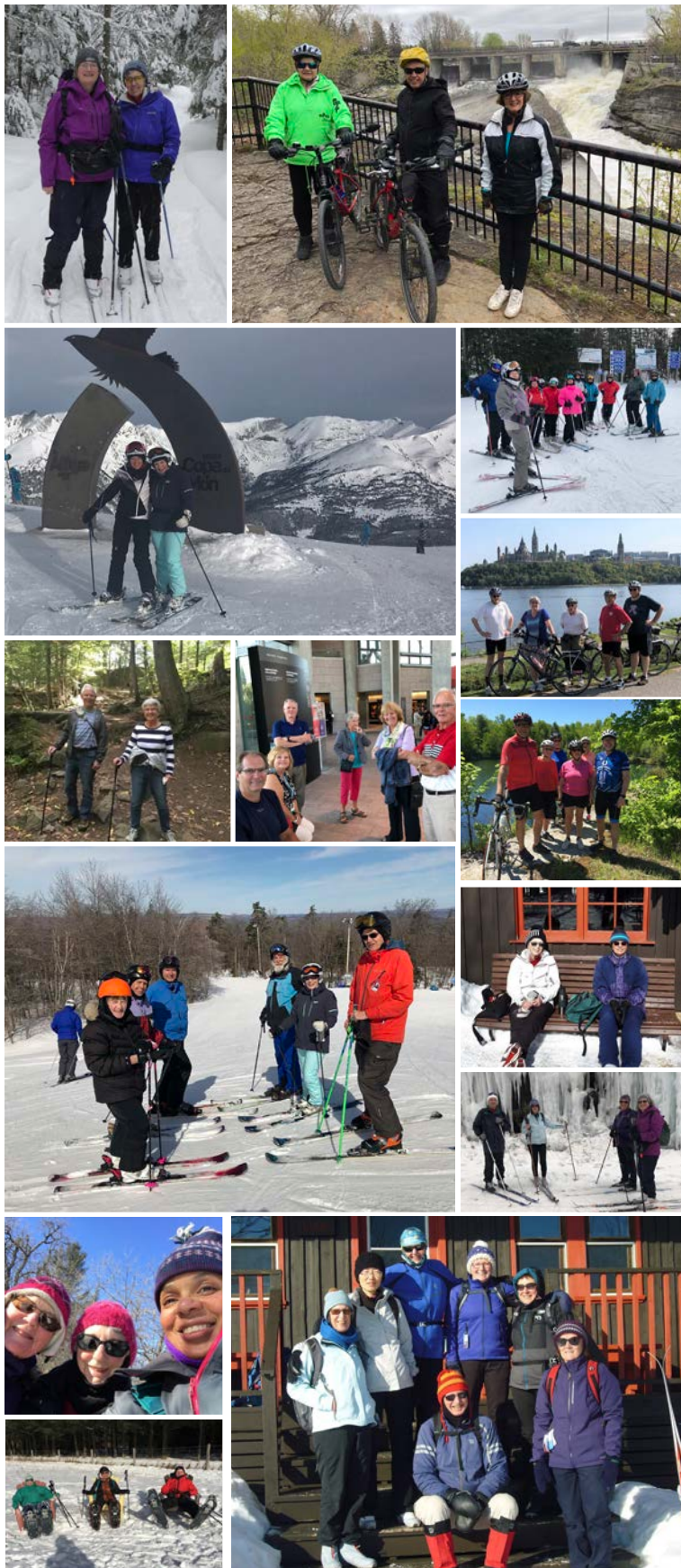
There are additional benefits to being a member of the Club. Your membership offers you discounts at ski hills, sports shops, and other places, too. Always carry your card and ask if a discount will apply. Check our website for any updates added after the deadline for this newsletter.

Our 2020 weeklong trip is a Club first – an all-inclusive ski resort. The Club Med Roi Soleil in St-Moritz Switzerland has certainly piqued the members' interest, selling out very quickly. For those of you looking for other multi-day trips, our Downhill and Cross-Country chairs have put together appealing choices as well.

The chairs for Snowshoeing, Cross Country and Downhill day trips have planned full calendars of outings, and our former Hiking & Cycling chair set up Fall hikes on the calendar and thought ahead to spring bike and hike outings. See the schedules within these pages or on our website. (If you'd like to step into the Hiking & Cycling role and oversee the smooth running of the calendar, or act as a hike or cycling leader, please contact an Executive member for more information.)

Please read through this newsletter and visit our 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 Ski-mails with the latest information about our activities, changes or additions. You can also check our Facebook page and SnowPhone, 613-736-6235 regularly for updates.

*Jaime Impey weeklong-2020@raski.ca*  
*Vice Chair On behalf of the Club Executive*





## WESTMONT HOSPITALITY GROUP

DISCOVER OUR WORLD OF HOSPITALITY



Go to [www.racentre.com/MemberBenefits](http://www.racentre.com/MemberBenefits)  
 and click on the Westmont logo for **Discounted Rates.**

## RASKi EXECUTIVE 2019-2020



**Bill Buck**  
Past Chair  
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**Jaime Impey**  
Weeklong Chair & Vice-Chair  
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**Bob Cavan**  
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Publicity Chair & Webmaster  
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# 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 <sup>(1)</sup> - superannuate:	\$27.00	Family <sup>(1)</sup> :	\$57.00

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

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

<sup>(1)</sup> 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 up to 35% 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.

## SMITH PETRIE CARR & SCOTT

*Let us do the insurance stuff*

*so you have more time to play!*

Among the many benefits of being an RA Member is the ability to join the RA's Group Home and Automobile Insurance Plan. Members can save up to 35% for their home and auto combined. 2,600 policies sold to RA Members and growing!



Call SMITH PETRIE CARR & SCOTT INSURANCE BROKERS LTD. for a no-obligation quote today!

**613-237-2871**  
quote@spcs-ins.com  
www.spcs-ins.com



# WEEKLONG Excursion

# ST-MORITZ, SWITZERLAND

## January 25 to February 2, 2020

**COST** (incl. taxes)

**Double Occupancy:** \$3,317

**Single Occupancy:** \$3,918

**SOLD OUT!**



### HOTEL

RASkiers and friends will enjoy 7 nights of 4-Trident accommodation, nestled at the foot of the snow-covered mountains. Located in a quiet spot 15 minute walk from the Signal and Corviglia ski areas, Club Med Roi Soleil stands at an altitude of 1,750 metres (5740 feet), near the lake that lies by the town. Tucked away in this cosmopolitan and very select resort - the birthplace of alpine skiing - the Resort effortlessly combines luxury and tradition, and offers a wide range of unique non-ski pursuits including horse and greyhound racing, polo, or the famous "Cresta Run" on the nearby frozen lake.

The all-inclusive resort offers non-smoking restaurants to cater to every palate (including one on-mountain restaurant at Corviglia) and unlimited drinks and snacks throughout the day. We will have a reserved area in the main restaurant for dinner each evening and entertainment to follow in the bar or night club.

Amenities include a fitness room, aquadynamics, steam room and/or sauna, indoor swimming pools, restaurants, bar/lounge(s). There is a free valley shuttle bus to both the Corvatsch and Diavolezza ski areas departing 50 m from hotel.



### ACTIVITIES

For winter sports devotees, there are 350 km of ski pistes, with the best class foundation in the encompassing territory, to explore with the 6-day lift pass (including 5 days of guided group lessons). For winter trekkers, there are 150 km of winter strolling trails and cross-country skiers will enjoy a track system of around 170 km. Off the trails, the resort offers a number of sporting activities for beginners to advanced.

### TRAVEL ARRANGEMENTS

RASKI will be travelling between Ottawa and Zurich on Air Canada, and via coach transfers to and from Switzerland. Our airline is currently not charging a fee to check in a ski/boot bag combo as a 2nd piece of check-in luggage on overseas flights.

### TRIP RENDEZ-VOUS NIGHT

When: Wednesday, January 15, 2020  
at 7:00 PM  
Where: Outaouais Room,  
East Wing-RA Centre  
Trip leader: Jaime Impey,  
weeklong-2020@raski.ca



### CA Paradis

RA Members get 5% off in store and on-line.

Go to [www.racentre.com/](http://www.racentre.com/) MemberBenefits to learn more!

# BROMONT & SUTTON

**Sunday, February 23 to Wednesday, February 26, 2020**

## REGISTRATION OPENS

Wednesday, November 15, 2019

## REGISTRATION DEADLINE

Monday, December 22, 2019

## PRICE (INCLUDING TAXES)

- \$630 single, \$360 pp/double, \$275 pp/triple
- Non-members add 10%

## CAR POOL - 2 H 55 MINUTE DRIVE

## PACKAGE INCLUDES

- 3 nights' accommodation (2 beds per room & fridge)
- Daily American breakfast
- Welcome cocktail

## NOT INCLUDED

- Transportation (This is a self drive)
- Downhill, Cross country or Snowshoe passes

*(NOTE: Purchase your 3 downhill pass online at [www.lestgo.ca](http://www.lestgo.ca).*

*Can be used at 4 mountains in the Eastern Townships.*

*Discounts apply until December 9, 2019)*

## ACCOMMODATION

**Hôtel Château-Bromont** is located at the base to the Ski Bromont. The upscale 166-room hotel features a restaurant and a seasonal bistro. Amenities include a spa and a gym, along with indoor and outdoor pools, and a terrace with 4 hot tubs.



## DOWNHILL

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

**Mont Sutton** – If glade skiing is your thing, you will love Sutton which boasts that 45% of its 60 slopes are glades.

## CROSS-COUNTRY & SNOWSHOEING

**Parc National de la Yamaska** - This provincial park and ecological reserve has a lovely network of cross-country skiing and snowshoeing trails.

**Parc du Mont Orford** – With its 58 kms of cross-country skiing and snowshoeing trails, the park is an outdoor winter wonderland.

## TRIP RENDEZ-VOUS NIGHT

There will be an information session on **Wednesday, February 12, 2020 at 7:00pm** in **Courtside B (RA Centre, East Wing)** to review the details of the trip.



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**CBO Travel**

**Helping you get away!**

RA members receive special offers or incentives in booking their Car, Hotel, Vacations and Domestic/International Flights.

Go to [www.racentre.com/MemberBenefits](http://www.racentre.com/MemberBenefits) to learn more!



# 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 2019–2020 season and until December 11, 2020
- 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 24, 2019	\$71.75	\$74.75	\$124.35	42%
From October 25 to December 5, 2019	\$75.50	\$78.50	\$124.35	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

## Freezing, Frigid, and Frosty"....Yikes !!!

The Farmers' Almanac prediction of a "polar coaster" of a winter with heavy snowfalls and extreme temperature swings may not be everyone's idea of a great winter, but we plan on taking advantage of the days that are in between those extremes and head out to the hills.

It will be hard to beat last year's extended ski season that had some members skiing from November to May, but this year's downhill day program has just as many outings planned – weekday, weekend, and day bus trips that we hope satisfies everyone's wish list.

We hope to see more members out on the slopes this coming season and we'll even help you get there with our carpools from the RA for all our Meet n' Ski outings.

Don't forget our ski hill and sports store discounts will get you out on the slopes with some \$\$ savings, and so check them out before you head out.

Keep an eye on our Facebook postings at "RA Ski & Outdoor Club of Ottawa" and our Snowphone at 613-736-6235 for updates on our schedule, and subscribe to our "SkiMail" weekly email service for events week-to-week.

Looking forward to a great season!

*Bob Cavan - Downhill Day Chair, downhill-2020@raski.ca*

## DAY BUS TRIPS

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

### MONDAY, JANUARY 13: 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: \$98 for bus and lift ticket, or \$57 for bus only.

### FRIDAY MARCH 13: 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: \$57 for bus only. Buy your ski ticket at the hill or trailhead, or use your Tremblant SkiMax ticket.

## MEET N' SKI SCHEDULE

### DECEMBER 2019

Saturday, December 14 - Edelweiss  
Friday, December 20 - Camp Fortune

### JANUARY 2020

Sunday, January 5 - Calabogie  
Thursday, January 9 - Mont Cascades  
Monday, January 13 - day bus trip to St-Sauveur  
Friday, January 17 - Camp Fortune  
Tuesday, January 21 - Edelweiss  
Monday, January 27 - Vorlage

### FEBRUARY 2020

Saturday, February 1 - Calabogie  
Thursday, February 6 - Camp Fortune  
Wednesday February 12 - Edelweiss  
Tuesday, February 18 - Mont Ste Marie  
Monday, February 24 - Mont Cascades

### MARCH 2020

Wednesday, March 4 - Calabogie  
Friday, March 13 - day bus trip to  
Mont Tremblant/Mont Blanc  
Saturday, March 14 - Mont Ste Marie  
Thursday, March 19 - Camp Fortune  
Monday, March 23 - Mont Cascades  
Tuesday, March 31 - Edelweiss

### APRIL 2020

Saturday, April 4 - Vorlage  
Wednesday, April 8 - Calabogie  
Tuesday, April 14 - Camp Fortune  
Friday, April 17 - Edelweiss

Meet at the west door of the RA Centre at 8:45 AM 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 a.m. 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 both Larose Forest and 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 from 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: Nakkertok, the Greenbelt and the city. In addition, we have scheduled a moonlight ski outing in the Greenbelt.

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

- **Monday, January 13, 2020**  
Day bus trip to St. Sauveur with XC skiing at Morin Heights
- **Friday, March 13, 2020**  
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

As much as possible, we try to 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.** 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 and 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 7 to 9, 2020

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, St-Sauveur, or one of the local hills. Transportation is by car pool.



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

**Molson**  
A proud partner of the RA.



# CROSS-COUNTRY Schedule 2019 - 2020

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, RA Ski & Outdoor Club website or our Facebook page for the latest update. For complete details on any outing, see the website.

Date	Departure	Destination	Details
Sunday, December 1	12:00 AM	Gatineau Park	Beginner's Ski. Check SnowPhone or web site.
Wednesday, December 4	9:30 AM	Gatineau Park	P10 to Huron (B, 11 km).
Sunday, December 8	12:00 PM	Gatineau Park	P19 Lac Philippe to Renaud Cabin (B, 6 km).
Saturday, December 14	9:00 AM	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Sunday, December 22	12:00 PM	Gatineau Park	P1 Asticou around Pink Lake (I, 12km). No cabin.
Tuesday, December 17	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.
Sunday, December 22	12:00 PM	Gatineau Park	P1 Asticou around Pink Lake (I, 12km). No cabin.
Thursday, December 26	11:00 AM	Gatineau Park	Note late start. "Leader's Choice" destination.
Wednesday, January 1	11:00 AM	Gatineau Park	Note late start. "Leader's Choice" destination.
Saturday, January 4	9:00 AM	Gatineau Park	P7 (or P5) to Huron (B with short I, 12 km).
Tuesday, January 7	9:30 AM	Gatineau Park	P16 (Pine Road) to Herridge/Healey (B, 9 km).
Sunday, January 12	12:00 PM	Gatineau Park	P9 to Huron with various route options (I/B, max 16 km).
Monday, January 13	7:00 AM	Laurentians	DH/XC St. Sauveur Bus trip. XC skiing at Morin Heights.
Wednesday, January 15	10:00 AM	City, Mud Lake	Meet at Ron Kolbus Centre. Joint activity with snowshoers. Easy.
Saturday, January 18	9:00 AM	Gatineau Park	P19 Lac Philippe to Herridge (I, 21 km).
Sunday, January 19	12:00 AM	Greenbelt	P18 Leitrim Rd. Easy.
Thursday, January 23	9:30 AM	Gatineau Park	Camp Fortune to Western (I, 14km)
Sunday, January 26	12:00 PM	Gatineau Park	P6 to Pink Lake (B, 7 km). No cabin.
Wednesday, January 29	9:30 AM	Gatineau Park	P19 Lac Philippe to Renaud/Lusk Cabin (B,6/10km).
Saturday, February 1	9:00 AM	Gatineau Park	P12 to Huron (I, 14 km). Option to do some easy BC at leader's discretion.
Tuesday, February 4	7:00 PM	Greenbelt	Moonlight ski. Destination TBD. Joint activity with snowshoers. Easy.
<b>Friday, February 7 to Sunday, February 9</b>			<b>Laurentians - XC/SS/DH Weekend. Val David. Auberge du Vieux Foyer</b>
Sunday, February 9	12:00 PM	Gatineau Park	P19 Lac Philippe to Lusk Cabin (B, 10km)
Tues. 11 February	10:00	City	Stony Swamp – meet at P11 on Hunt Club West. Easy.
Thursday, 13 February	9:30 AM	Nakkertok	Nakkertok Nordic Ski Centre. We'll ski at Nakkertok South. Admission is \$15 (adult), \$12 (65+) (exact change) per person. Bring a lunch. Note: date may change due to races at Nakkertok.
Saturday, February 15	9:00 AM	Greenbelt	Avoid the crowds at the Gatineau Loppett and try some skiing in the Greenbelt from P9 on Moodie Drive. Jack Pine trail. Easy.
Thursday, February 20	9:30 AM	Gatineau Park	P10 to Huron/Western via #3. (I, 16+ km). (option B: 11km)
Saturday, 22 February	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)
<b>Sunday, February 23 to Wednesday, February 26</b>			<b>Bromont &amp; Sutton - DH/XC/SS</b>
Thursday, February 27	9:30 AM	Gatineau Park	P12 to Huron (I, 14 km).
Sunday, March 1	10:00 AM	Bourget	Larose Forest Trails. Easy and flat. Joint activity with snowshoers.
Tuesday, March 3	9:30 AM	Gatineau Park	P6 to Pink L. via #15 (I, 11 km). No cabin.
Saturday, March 7	9:00 AM	Montebello	Enjoy the lovely trails and setting of the Chateau Montebello. Joint activity with snowshoers, walkers, swimmers. Trail fees apply.
Monday, March 13	TBD	Mont Tremblant	DH/XC Bus trip. XC skiing at Domaine St. Bernard.
Sunday, March 15	12:00 PM	Gatineau Park	P7 to Huron (I, 12 km). Optional back country at leader's discretion.
Thursday, March 19	10:00AM	Greenbelt	Celebrate the first day of spring. Trail TBD. Easy.
Sunday, March 22	12:00 PM	Gatineau Park	P6 to King Mountain (B, 7 km). No cabin. Note: Spring weather may result in an earlier start. Trail TBD.
Saturday, March 28	9:00 PM	Gatineau Park	Note: Spring weather may result in a later start. Trail TBD.
Saturday, April 4	9:00 AM	Gatineau Park	From P6. Note: Spring weather may result in a later start. Sixth annual RASki Biathlon (easy ski & hike).
Sunday, April 12	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/>

### XCZONE LESSONS

To improve your XC skiing, check out a free e-book about cross-country skiing techniques produced by XCZONE.TV (a locally-based organization): <http://www.xczone.com/skitechniquephilosophy.pdf>

## 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 ages 60 plus) 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 15 to November 15, 2019:** \$172 (\$108 for ages 60 plus)

**After November 15, 2019:** \$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 of \$152 (\$95 for ages 60 plus) 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-2020@raski.ca](mailto:xc-2020@raski.ca). This discount expires on November 15, 2019.

### 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. Visit the same NCC link, above, for more information.



## 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](http://www.racentre.com/benefits).



# SNOWSHOEING Program

Want to get great exercise on a winter's day? Then snowshoeing is for you. It's easy, slip on the snowshoes and start walking! And snowshoeing with RA Ski Club is also a good way to see your friends and meet new people. It's a win-win situation and you'll feel good for having come out in nature and fresh air. We aren't heavy-duty snowshoers, we take time to enjoy the scenery, the animals (usually little ones, sometimes deer) and the birds who will sometimes eat seeds out of our hands. We do about 4 to 5 kilometers, mostly on fairly flat terrain but sometimes venture to hillier places because the views can be spectacular and it's a bit more challenging. Do come and join us. The schedule is subject to change depending on weather and conditions, and it's best to check the Snowphone at 613-736-6235 before leaving home. If anyone wants to lead (I really need leaders this year) or if you'd like to add one to a favourite destination, please let me know and I'll be happy to advertise it. I may add some earlier in the season, as last year the snow came early and we were out on the 22nd of November. Keep up to date on the website, the Snowphone and publicity emails.

Doris Dallaire, Snowshoe Chair, snowshoe-2020@raski.ca

## NOVEMBER & DECEMBER

Maybe, depends on snow conditions. Stay tuned!

## JANUARY

### Thursday, January 2 - Bruce Pit – Greenbelt

10:00 a.m. - Meet at parking Lot 12 on Cedarview – an easy one.

### Sunday, January 5 - Calabogie Carpool with DH skiers – Meet 8:30 a.m. at RA or 8:45 a.m.

Loblaws Kanata Centrum – intermediate level

### Monday January 13 - Bus trip to St-Sauveur Meet at RA at 6:45 for 7:00 a.m. sharp departure – details in Downhill Day Section. Easy to intermediate level – snowshoe at Morin Heights area.

### Wednesday, January 15 – Mud Lake with XC Skiers

Meet at Roy Kolbus Centre in Britannia at 10:00 a.m. - another easy one.

### Sunday, January 19 – Wakefield to behind Vorlage

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

### Wednesday, January 22 – Jack Pine Trail – Greenbelt

10:00 a.m. - Meet at parking lot P9 on Moodie Drive – lots of chickadees and wildlife.

### January 25 to February 2 – Weeklong to St.Moritz, Switzerland – snowshoe in the Alps!

## FEBRUARY

### Saturday, February 1 – Gatineau Park

Meet at the RA at 10:00 a.m. to carpool to Asticou and do trail 65 and 66

### Tuesday February 4 – Moonlight Ski – Greenbelt With XC skiers – destination TBD

### Thursday, February 6 – South March Conservation Area

Meet at 10:00 a.m. Loblaws, Kanata Centrum to carpool – easy to intermediate trail

### Friday, February 7 to Sunday, February 9 – Val David weekend Carpool to be arranged See details in XC section of newsletter – lovely trails, different levels to chose, spectacular scenery.

### Wednesday, February 12 – Pinegrove Forest Meet at 10:00 at RA to carpool or at parking lot P18 on Davidson Road at 10:20 – another easy one.

### Monday, February 17 – Mont Cascades Meet at 10:00 at RA to carpool – intermediate to advanced, depending on trail we chose – very scenic

### February 22 to 26 – 3 day trip with downhillers, destination TBD

## MARCH

### Sunday, March 1 – LaRose Forest with XC skiers. A very scenic one, easy trail.

Meet at 10:00 at RA to carpool

### Saturday, March 7 – Montebello Joint activity with XC skiers, swimmers, walkers, etc. Enjoy lovely settings of the Chateau as well as lunch (at your cost) – trail fees apply – Meet at RA to carpool, time TBD

### Friday, March 13 – Domaine St-Bernard – bus trip Meet at RA at 6:45 for 7:00 a.m. sharp departure – details in Downhill Day Section – intermediate level, beautiful trails, lots of wildlife – a great way to end the season.

# HIKING & CYCLING Program

## CYCLING

We have an average of about 10-12 bike rides each summer, starting with the "Roddle" from Burritt's Rapids to Merrickville and the Tulip Tour, and ending with the popular Ice Cream Crawl. Most are on bike paths in Ottawa or Gatineau. We also have a few remote starts, such as the Long Sault Parkway, and a tour around Perth; and sometimes weekend trips, such as the Petit Train du Nord, and the Thousand Island Parkway. We usually stop for coffee, ice cream or lunch along the way.

## HIKING

We start the year with an easy urban or Gatineau Park hike in April, but most of our many hikes are in the fall in the Greenbelt, such as Mud Lake and Morris Island, or in the Gatineaus, such as the McCloskey Trail, Wolf Trail and Skyline. Hikes are great for getting in shape for skiing, and are followed by coffee or a casual lunch.

Maureen Adamache, Hiking and Biking Chair, hikes-2020@raski.ca

# SOCIAL Program

We have some activities planned for your social enjoyment and will be adding some through the fall and winter months. Remember, we do socialize after our activities as well at a nearby restaurant, coffee shop or bar. But those are the icing on the cake so to speak. So join us for some of these other events!

**PUB NIGHTS** - On-going after the SkiFIT classes on Thursdays usually around 7:30 p.m. at the RA Fieldhouse until the end of the SkiFIT program on December 19, 2019.

### Wednesday, November 20 – RA Ski Open House

Come to our Open House at 7:00 pm and learn all about our activities for the coming season. Great prizes to be won. We'll go to the Fieldhouse for refreshments afterwards.

### Wednesday, November 27 - Phoenix Players Theatre

Wrong for Each Other at the Gladstone Theatre at 7:30. We can meet for dinner at Trattoria Italia at 5:30 for those wishing.

### Wednesday, December 11 - Pizza Night

At Colonnade Restaurant, 280 Metcalfe at Gilmore. Let me know if you plan to come so I can reserve you a seat.

### Wednesday, January 15 - Pub Night

RA Fieldhouse. 8:30 p.m. after the weeklong pre-trip information night.

### February - Skating at Rink of Dreams - Ottawa City Hall

Followed by refreshments at a nearby pub - Date & time TBD

### March/April - Phoenix Players Theatre

Becky's New Car at the Gladstone Theatre at 7:30. Meet at the theatre or come for dinner at Trattoria Italia at 5:30 if you wish

### Saturday in April - Year End Potluck

Date and place TBD

In the spring and summer, we will have evenings in the park watching theatre performances by Company of Fools and Odyssey Theatre, as well as other social opportunities. If you have any suggestions for a social event, please inform me and I will help you promote it. Check our website, snowphone and publicity email for events as they are added.

Doris Dallaire, Social Chair, social-2020@raski.ca

# 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.
- White Nights Adult Lessons \$189 including tax: 2-hour group lesson for 7 weeks

**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](http://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.

Mont Blanc is offering 25% discount Sundays to Fridays, & 10% on Saturdays.

Discount vouchers can be printed at <https://www.skimontblanc.com/en/ski/groups/group-vip/>

In menu, "Choose your group", select "Raski", fill in and print.

**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)



1-800-567-1256

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

**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.



south toward Montreal. In 8 km, Mont Blanc is at exit 107.

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	\$24	\$32	\$32	\$24
Youth (13-17)	\$33	\$32	\$24	\$30	\$29	\$24

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

\*Special Friday Nights - January 3, February 7, March 6, 2020  
\$12.00 Night Lift Ticket Only 4 pm to 9 pm

## LESSONS

- Night Owl (8 week program): Thursday nights 7pm to 8 pm, starting January 17 \$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](http://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.*

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 30, 2019, so make sure to act quickly.**

1. RA Ski will receive a promo code that they will share with their members.  
Contact membership-2020@raski.ca for the code.
2. Access Vorlage's website at  
[http://www.skivorlage.com/e/buy\\_online\\_e.shtml](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 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.  
Shop labour is not included.

### Fresh Air Experience

[www.freshairexp.ca](http://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](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, on winter items only.

### Great Escape Outfitters

[www.greatescapeoutfitters.com](http://www.greatescapeoutfitters.com)  
369 Richmond Road, Ottawa 613-729-7777  
10% discount on all regularly-priced merchandise.

### Le Nordik

[www.lenordik.com](http://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 Club members, upon showing their membership card. Discount offer from Monday to Thursday only.

Offer not valid from December 26th to January 4th, 2020. Valid until Oct. 1, 2021.

### Rebec & Kroes Cycle & Sport

[www.rebecandkroes.com](http://www.rebecandkroes.com) 613-521-3791  
15-B 2679 Alta Vista Drive at Bank St., Ottawa

10% off regular priced ski merchandise but not on services or bicycles.

### Trailhead Paddleshack

[www.ottawapaddleshack.ca](http://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](http://www.raski.ca), and click on "e-Maillist".

### OTHER WAYS TO KEEP INFORMED

#### Website

Check out our amazing website:  
[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

Visit us on Facebook to learn about upcoming events, read members' comments, and much more! Go to RA Ski and Outdoor Club of Ottawa and ask to join in.

## 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](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."



# SkiFIT

## Fitness Class for Skiers

Thursdays from 6:45pm to 7:30pm  
until December 19, 2019

**It's not to late to get involved!**

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.

**FEES:** Full Session Rates (10 weeks). (plus HST)

\$71 RA Ski & Outdoor Club members

\$96 non-members

Drop-in Rate

\$8 one-time drop in for a trial workout

*Prorated November 20: Prorated depending on the number of classes left in the session.*

### 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](http://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 "SkiFIT".

## 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](http://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 the meeting point, which is often the RA west wing lobby.

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

No registration required. Skiers meet in the RA Centre's West Wing lobby 15 minutes before the start time and form carpools, but sometimes we will meet at the trailhead. Trail fees, where applicable, are paid at the destination. For cycling we meet at the RA, or more often do remote starts. We meet for hikes at the RA, the Supreme Court or the trailhead. The meeting place will be shown on the web calendar.

### 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, St-Moritz, Switzerland

TRIP IS SOLD OUT. Waiting list only. 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 – St-Moritz:**

Sold Out

### **XC/DH/SS 3-day trip – Bromont & Sutton:**

Monday, December 22, 2019

# CALENDAR OF EVENTS 2019-2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 2019</b>						
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 RA Ski Open House	21 SkiFIT & Pub Night	22	23
24	25	26	27 Phoenix Players Theatre	28 SkiFIT & Pub Night	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 2019</b>						
1 Gatineau Park (XC)	2	3	4 Gatineau Park (XC)	5 SkiFIT & Pub Night	6	7
8 Gatineau Park (XC)	9	10	11 Pizza Night	12 SkiFIT	13	14 Edelweiss (DH MnS) Gatineau Park (XC)
15	16	17 SJAM trail (XC)	18	19 SkiFIT & Pub Night	20 Camp Fortune (DH MnS)	21
22 DEADLINE: Bromont/Sutton 3-day trip Gatineau Park (XC)	23	24	25	26 Gatineau Park (XC)	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January 2020</b>						
			1 Gatineau Park (XC)	2 Bruce Pit (SS)	3	4 Gatineau Park (XC) DEADLINE: Val David Weekend
5 Calabogie (DH MnS/SS)	6	7 Gatineau Park (XC)	8	9 Cascades (DH MnS)	10	11
12 Gatineau Park (XC)	13 St. Sauveur bus trip (DH/XC/SS)	14 Weeklong Rendez-Vous Pub Night	15 Mud Lake (XC/SS)	16	17 Camp Fortune (DH MnS)	18 Gatineau Park (XC)
19 Greenbelt (XC) Vorlage (SS)	20	21 Edelweiss (DH MnS)	22 Jack Pine trail (SS)	23 Gatineau Park (XC)	24	25 St-Moritz weeklong depart
26 Gatineau Park (XC)	27 Vorlage (DH MnS)	28	29 Gatineau Park (XC)	30	31	

***This Holiday Season...  
Create a Memory, Give an Experience!***

Think outside the gift box, think RA Gift Experiences & Activities! Find the perfect gift for everyone on your list - Naughty or Nice!

Share the joy of being part of the RA community with those near and dear by gifting them an **RA Gift Card**, one of our **Holiday Specials** or a **gift from CaféRA**.

On sale until December 31, 2019. The Elves at the RA's East Member Services Desk will be pleased to help you out. Drop by in person or give them a jingle at 613-733-5100.

For more info:  
[www.racentre.com/HolidayGifts](http://www.racentre.com/HolidayGifts)



**RA Fieldhouse**  
Your Social HQ

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

**Open for Breakfast, Lunch & Dinner**

Food & Drink Specials  
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](http://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:

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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 2020</b>						
						1 Calabogie (MnS) Gatineau Park (XC/SS)
2 St-Motitz Weeklong Return	3	4 Greenbelt moonlight (XC/SS)	5 South March (SS)	6 Camp Fortune (DH MnS)	7 Val David Depart (XC/DH/SS)	8
9 Val David Return (XC/DH/SS) Gatineau Park (XC)	10	11 Stoney Swamp (XC)	12 Edelweiss (DH MnS) Pine Grove (SS) Bromont/Sutton Rendez-vous	13 Nakkertok (XC)	14	15 Greenbelt (XC)
16 Cascades (SS)	17	18 Mont Ste-Marie (DH MnS)	19	20 Gatineau Park (XC)	21	22 Gatineau Park (XC)
23 Bromont/Sutton depart (DH/ XC/SS)	24 Cascades (DH MnS)	25	26 Bromont/Sutton return (DH/ XC/SS)	27 Gatineau Park (XC)	28	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2020</b>						
1 Bourget (XC/SS)	2	3 Gatineau Park (XC)	4 Calabogie (DH MnS)	5	6	7 Montebello (XC/SS)
8	9	10	11	12	13 Tremblant Bus Trip (DH/XC/SS)	14 Mont Ste-Marie (DH MnS)
15 Gatineau Park (XC)	16	17	18	19 Greenbelt (XC) Camp Fortune (DH MnS)	20	21
22 Gatineau Park (XC)	23 Cascades (DH MnS)	24	25	26	27	28 Gatineau Park (XC)
29	30	31 Edelweiss (DH MnS)				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 2020</b>						
			1	2	3	4 Gatineau Park (XC) Vorlage (DH MnS)
5	6	7	8 Calabogie (DH MnS)	9	10	11
12 Gatineau Park (XC)	13	14 Camp Fortune (DH MnS)	15	16	17 Edelweiss (DH MnS)	18
19	20	21	22	23 Pub Night	24	25
26	27	28	29 <b>RA Ski &amp; Outdoor Club Annual Meeting</b>	30		