

Off Piste

President's Piece

The snow has finally arrived and training, tours and racing have moved into top gear.

So please renew your CCCSC membership to take advantage of all our member benefits and to keep the club operating. Renewals were due on 1 May but have been slow this year probably because of the late arrival of skiable snow.

While enjoying your skiing please give some thought to nominating for the CCCSC Committee at the AGM in September.

We will need a new President, Vice President, Secretary, Tour Coordinator and Meeting Coordinator or Training Coordinator.

I will have finished my three years as President and will be travelling overseas, Lachlan has other priorities next year,

Jenny is moving down the coast and Ian has been posted to India. Margaret, Alan, Jo-Anne, Gale, Ken and Deb are happy to continue but Deb may prefer to be Meeting Coordinator if someone else will be Training Coordinator.

I have gone skiing for a couple of weeks. See you on the snow.

*Bruce Porter,
President*

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Newsletter Contributions

- Photos of trips, lessons, snow country, meetings or social events.
- Reports on tours, lessons and races and CCCSC events.
- Letters to the editor.
- Articles about XC skiing, snow conditions or related topics.
- Items to buy or sell.
- Please send emails to ccsceditor@gmail.com
- Deadline for next newsletter: 2 September 2013.



Ian Turland at the Devil's Dolmen on Bob's Ridge, Sat 27 July. Photo: Alan Levy



Trip Report — Perisher to Charlotte Pass — Sunday 7 July

On Sunday 7 July I led a ski tour from Perisher to Charlotte Pass. I had postponed the trip from the previous day due to the bad weather and gale force winds, and the result was a good cover of new dry snow and improving weather, but still cloudy and windy.

Seven of us (Steve Warild, Adam Lilley, Paul Room, Greg Lawrence, Kim Hello, Anne Campbell and myself) met in Aldo's Café around 9:15am for coffee before heading out into the weather. We had a good ski on 30cm of dry snow up the Kosciuszko Road to Perisher Gap. Over the Gap it became windier and the snow on the road was more wind-swept and firmer, but we had a good run down to Betts Creek bridge.

As we continued towards Spencers Creek the sun came out for a while, but mostly it was cloudy and windy. From Spencers Creek we followed the road alongside Mt Guthrie, then descended into Charlotte Pass resort, arriving around 11:50am.

While our group had lunch (and hot chocolate) at the cafeteria inside The Chalet the weather started to deteriorate and it started to snow fairly solidly for a while.

After lunch Adam and Steve decided to climb to the top of



Outside The Chalet at Charlotte Pass, Sun 7 July. Photo: Alan Levy

the resort slopes and practice their telemarking, while the rest of us went for a ski on the forested slope behind the lodges. For the next half hour we skied amongst some old twisted snowgums. The snow was drier and softer here and Paul's skis started to ball up heavily, which slowed him down. Eventually we skied out of the trees and onto the downhill slopes, where we had a good run back to The Chalet. We regrouped, put some glide wax on the base of Paul's skis, then departed around 2pm for the ski back to Perisher.

We mostly had a tailwind on the return journey although we did get snowblasted by the usual crosswind at Betts Creek just before the climb back up to Perisher Gap.

Adam and Steve veered off to climb the slopes of The Paralyser on the way back, while the rest of us just skied along the road. We arrived at Perisher around 3:30pm and went back to Aldo's for another coffee, before heading home.

Most of the snow along this route disappeared in the following two weeks due to rain and warm temperatures, then subsequently returned with the strong cold front in late July. So far it has been a very up and down season, and who knows what the snow conditions will be like in August and September!

Wax of the Day

Fishscales, of course!

Alan Levy

"... went back to Aldo's for another coffee"



Paul Room, Anne Campbell & Greg Lawrence skiing near Spencers Creek, Sun 7 July. Photo: Alan Levy



Snowgum near Charlotte Pass. Photo: Alan Levy

Racing Roundup

Kosciuszko Tour 2013

Entries for the 2013 Kosciuszko Tour are now open. See this newsletter or logon to the Register Now website for online entry at:

<https://www.registemow.com.au/secure/Register.aspx?ID=8892>

The Kosciuszko Tour is a fun ski race/tour run by the club to celebrate the end of the winter racing season and welcome the spring touring season. This year the Kosciuszko Tour will be held on Sunday 1 September - the first day of spring. Club members are encouraged to participate, either as participants in the tour or as volunteers helping to run the event.

Citizen Racing

Lack of snow has seen the cancellation of a few citizen races in the NSW calendar, with not enough snow on the Perisher trails to run the Cooma Ski Club's 'Clean out the Cobwebs' race. Fingers crossed there will be enough snow falling in the next few weeks to run the remaining races.

If you haven't already checked it out, take a look at the new Perisher X-Country website at

<http://www.perisherxcountry.org/>

It has all the information you need about the facilities and events on offer at the Perisher Nordic trails, including a daily grooming report.

Cross Country Ski Week - 3 to 10 August 2013

XC Ski Week is a week for all XC enthusiasts whether you're a beginner or a seasoned racer. Be a part of a week-long celebration of this great sport.

Plenty for all - test yourself via a race, improve your skiing or simply have fun in the snow. The week caters for all levels of skiers whether you take part in the events or be a part of the cheering crowd. If you feel like racing, it is purely up to yourself as to how fast or slow you want to go. All participants are cheered on and skiers new to each event are especially welcome.

If you would like to participate in Cross Country Ski Week with other club members please contact me for more information.

Jo-Anne Clancy
Racing Coordinator

Fast and Female

ACT SnowSports is running a Fast and Female event at Perisher on Saturday August 3 starting at 10.30am. This event is aimed at fun and fitness for girls aged 9-19 years old.

The event details:

Where: Perisher Nordic Trails, NSW

When: Saturday 3rd August, 10.30am - 2:30pm

- Come and join us for a day of cross country ski fun.
- Meet our Ambassadors, all past and present great female skiers.
- Make new friends.
- Learn new skills through games and skill based stations, including biathlon!

For more information:

email: fastandfemaleaus@gmail.com

contact: Allison Stoddart 0416 627 747

2013 XC Ski Week Events

Mystery Coffee Tours – Tuesday the 6th & Friday the 9th

The Mystery Coffee Tours leave the Nordic Shelter at 9.45 am. A guide is provided to take you on a tour over some wonderful skiing terrain. As the name implies, it is a mystery as to where and when the coffee is supplied. It could be out on the plains or via a visit to a warm location within Perisher, Smiggins or Guthega. Tour to be approx 5 – 15 km in length, dependant on the numbers, the skiing proficiency of the group and the prevailing weather.

The following are some important points you need to know:

- Register your interest at the Nordic Shelter, e.g. for either Tuesday's or Friday's Coffee or both. Please print your name and contact number thank you. If you are not able to leave your name there, please either call or email, Wayne Pethybridge on 0431 285 566 or wpethybridge@fastmail.fm. We need to have numbers finalized by late Sunday / Wednesday. Can call after this date to check whether catering/ logistics allow for extra numbers.
- Best ski option is to use either light touring or touring skis. You can use racing skis but we take no liability for any breakages. Actually we take no liability for any breakages to any type of ski.
- Classical Technique is best for this tour.
- Bring a small pack with a warm layer of clothing inside e.g. over pants, top, spare hat & gloves.
- Bring \$10 to help cover our costs
- Will have short induction before leaving in search of coffee. There will be two groups, these being a medium/slow and slow. This is a social outing, not a race. Will have a leader and a tail-end-Charley to make sure no one gets lost.
- Be at the Nordic Shelter at no later than 9.20 am for a 9.45 am departure.
- Tea drinkers allowed. Bring your own tea bags, there are too many types of tea to cater for everybody's taste. Will have some hot chocolate available also.
- Along with the coffee we will be supplying some light snacks, e.g. biscuits/ cakes
- Expect to be back at the Nordic Shelter by approx 12.30 pm.

"NO TOUR LEADERS, NO SNOW" - MESSAGE FROM THE ALMIGHTY SNOW GOD

(note: to be read in a deep and august voice)

Oh, mortal and weak ski tourers -

I will not endow you with your beloved white crystals (no, *not* that stuff - I mean *snow*) until you have supplied me with willing and able tour leaders. This is my command.

You must bring forward tour leaders able to lead many tours during August, September and beyond.

Only then will I bless you with your snow.

Oh, and - by the way - thou shouldn't really have any other gods before me but I can go easy on that command, so long as you supply me with tour leaders lots of them.

ALMIGHTY SNOW GOD (aka CCCSC tour coordinator)

Please note that these tours are contingent on snow cover and other factors, including, where a leader is not already designated on the program, whether a suitable leader can be identified – the calendar is therefore subject to revision.

If you are interested in participating in a tour, please contact the tour leader where one is listed; where no tour leader is yet shown, you can indicate your wish to join the tour by emailing the tour coordinator on ccsctours@gmail.com. Please provide:

- your contact details (telephone numbers and address);
- transport situation (ie, whether you need a lift or can offer one – and, if the latter, how many passengers);
- and, if a leader is not already designated, whether you would be willing to assume a leadership role for the tour.

It is important that tour participants ensure that their abilities match the skill levels required by the tour – a description of the Terrain, Distance and Skill Level descriptors is provided under Tours/Tour Grading on the club's website.

Indications of a wish to join a tour should normally be made by 2.00pm on the Thursday before the tour, at the latest.

The Club's guidance on transport costs is contained on the Club's web site.

TOUR PROGRAM (as at 27 July 2013)

| DATE | DESCRIPTION | LEADER |
|---|--|--------|
| Saturday, 3 August | Farm Creek Area Basic-intermediate skills Medium distance Rolling terrain Start at Guthega and explore the valleys and ridges around Farm Creek. Might go up towards the Paralyser, depending on weather and the inclinations of the group. | |
| Saturday & Sunday, 3 & 4 August | The Grand Tour: Dead Horse Gap to Guthega Intermediate-advanced skills Long distance Hilly terrain Drive down to the national park on Friday evening, camping at Thredbo Diggings or Island Bend. Car shuffle first thing Saturday morning. Ascend from Dead Horse Gap onto the Ramsheads, ski towards Rawson's Pass and spend the night near Seaman's Hut. On Sunday, follow the Snowy River to Guthega. If the weather or snow cover is not promising, this tour will be shifted to a later weekend. | |
| Saturday, 10 August | Tantangara Mountain Basic-intermediate skills Medium distance Rolling & hilly terrain Starting from the Snowy Mountains Highway near Kiandra, we will have a long gradual climb up to Tantangara Mountain Hut, then up to the summit for views of the northern end of the park. Then a great long descent back to the cars. If no snow in this area, the tour will be relocated to the Perisher area. | |
| Saturday to Sunday, 12-19 August | Grey Mare Range Intermediate-advanced skills Hilly terrain Medium distance (7 days - driving down Monday 12 Aug; driving home afternoon Monday 19 Aug. This is a joint CCCSC / NSW Nordic Ski Club activity). Departing from Guthega Power Station, we will head towards the Grey Mare Range. The intention is to camp at or near Grey Mare Hut. Day trips based on group consensus and long telemark runs on a variety of hillsides will be our prime objectives. Limit of 6 participants (3 already confirmed). Maps: Jagungal and Geehi Dam 1:25:000. | |
| Saturday, 17 August or Sunday, 18 August | Mt Anton Area Intermediate skills Hilly terrain Medium distance Day tour on either the Saturday or Sunday, or weekend trip (snow-camping) to Mt Anton area. Specifics to be determined closer to the time. | |
| Saturday, 24 August | Perisher to Charlotte Pass Intermediate skills Rolling Terrain Long distance; Starting from the National Parks Shelter at Perisher carpark, the tour will head up the road via Perisher Gap and Spencer's Creek to the Chalet. The tour will return via the back-trails and the Porcupine. The tour is fairly long but quite gentle. For intermediates due to the distance of approx. 18 km | |
| Sunday, 25 August | Perisher to Dainers Gap Basic-intermediate skills Medium distance Rolling terrain Ski from Perisher to Dainers Gap via the Thompson's Plain Trail. Car shuffle required. | |
| Saturday, 31 August | Kiandra Country Basic-intermediate skills Medium distance Rolling terrain Given the right snow there are a legion of classic tours to be done in the Kiandra area. So snow permitting meet at the Adaminaby bakery at 8.30am and we'll take it from there. If the season is a bit of a wipe out the tour will resort to the core snow country but lets be optimistic. | |

TOUR PROGRAM (as at 27 July 2013)

| DATE | DESCRIPTION | LEADER |
|--|--|--------|
| Sunday, 1 August | Kosciuszko Tour Participate in, or volunteer to help in running, the Kosciuszko Tour ski race at Perisher. See page 3 of this newsletter for further details. | |
| Saturday & Sunday, 31 August to 1 September | Beginners Cross Country Weekend Staying at the Australian Ski Club Guthega. Free instruction from an ASPI X-C instructor. Accommodation costs at the ASC are \$140 for the weekend (Fri-Sat nights). | |
| Saturday, 7 September | Ramshead Plateau Basic-intermediate skills Medium distance Rolling & hilly terrain Will catch the chairlift to the top of Thredbo and ski around the Ramshead plateau, exploring the terrain around Ramshead and North Ramshead peaks. Mostly rolling terrain, a few big hills and good views of the southern end of the Main Range. | |
| Saturday & Sunday, 7 & 8 September | CCCSC Weekend at the Australian Ski Club (ASC) Lodge (Guthega) For all standards of skiers Trips with ASC cross-country skiers, so we should make a few different tours on both days. Accommodation costs at the ASC is \$140 for the weekend (Fri-Sat nights). | |

For Sale

1. GME Accusat MT410G Pocket Pro+ with integrated GPS Personal Locator Beacon (PLB) and neoprene carry case. Great back-country insurance for your ski-touring party. Brand new but excess to my requirements.

NEVER USED

Battery is guaranteed for 7 years, until 2020. All documentation including original receipt.

New price was \$409, will accept \$295.

2. Almost new Alfa light touring boots NNNBC, size 39.
Bought in Norway earlier this year, slightly used, new \$300, would like \$145.

Contact:
Michael

Telemarking at Charlotte Pass Sunday 11 August 2013

Spend a day with instructors from the [Paddy Pallin / Mountain Adventure Centre](#) learning to telemark at Charlotte Pass. The course will cover telemark downhill techniques.

Cost: \$97 over snow transport & lift ticket (lunch included) + \$73 for 1.5 hr lesson with Ann from Paddy Pallin.
Total cost \$170.

For more information contact Paul

October Lodge Weekend

I will be unavailable this year to organise or attend the October Lodge Weekend at Charlotte Pass, usually held around mid October. So far we don't have anyone organising this year's event. If anyone would like to help organise an end of season lodge weekend for this year could they contact myself or other members of the Committee.

PERISHER XC PHOTO COMPETITION

PHOTO COMPETITION INFO:

Perisher X-Country is in need of more great photos to put into this website. As further motivation to come up with some great shots we are offering an award of \$50 for the best photos in each of the three different categories as shown below, with these being decided in the first week of October, 2013. Your photos may even be put on the site earlier than October.

The three photo categories which we are looking for are as follows;

- Racing photos
- Touring photos
- People being taught to ski or kids having fun

If children are featured within the photo's we will need the consent of their parents before we can show them. By entering into the competition it is assumed that we have your consent for these photos to be displayed on this website.

Note: The photos which suit the Home page need to be high resolution. The shape of the photo is roughly length = twice the height, with plenty of free space in the top third of the photo, e.g. must leave room for the logo / KNOW NO BOUNDS area. All photos are gratefully accepted as if they are not the right size for the Home page they can be used throughout the website where the image can be cropped square.

Home page photos will have recognition of the photographer displayed as is presently the case.

Please send a maximum of 4 of your best photos to Wayne Pethybridge at wpethybridge@fastmail.fm.

So get those cameras clicking and let's see some great shots.

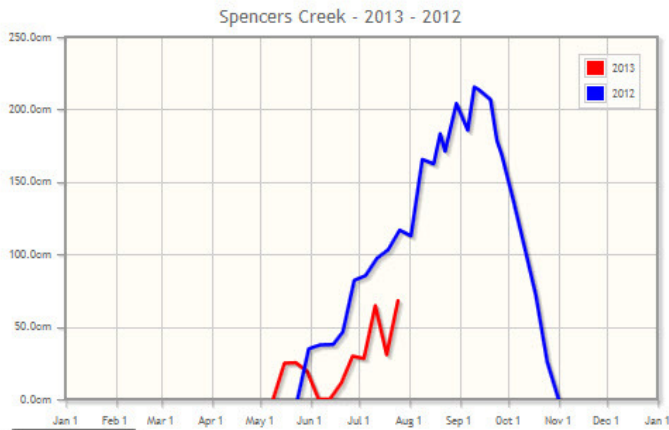


2013 Snow Depth Charts

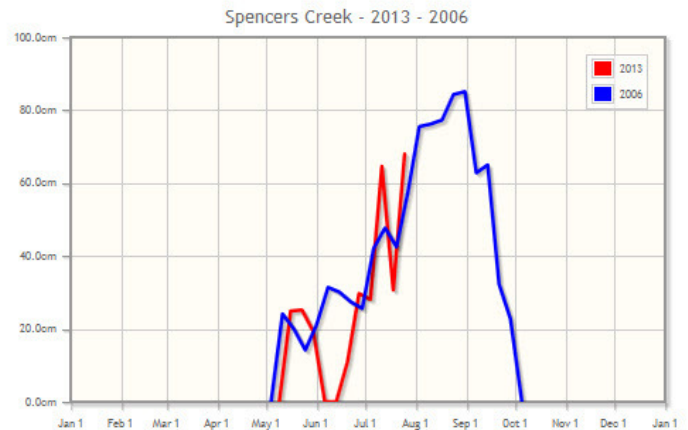
... from Weatherzone - 22 July

Last week was one that many ski stations in Victoria and NSW will like to forget. The same tropical airmass that brought record breaking warm temperatures to south-eastern Australia, stripped ski slopes of their snow down to the bare grass and rock.

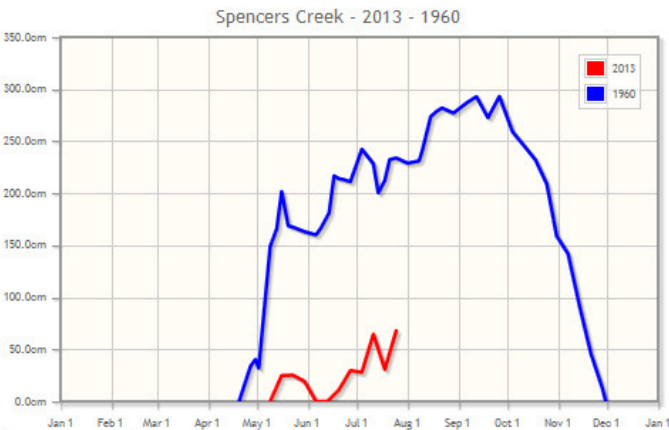
From Monday 15th to Sunday 21st, stations like Mt Hotham received 197mm of rain which fell mainly just as rain. However, a polar airmass moved in over the snowfields late on Friday turning rain to snow and bringing between 20 to 50 cm of fresh powder. The current blizzard conditions will improve across the Alpine resorts tomorrow with mostly sunny skies and cold enough for snow making throughout the week.



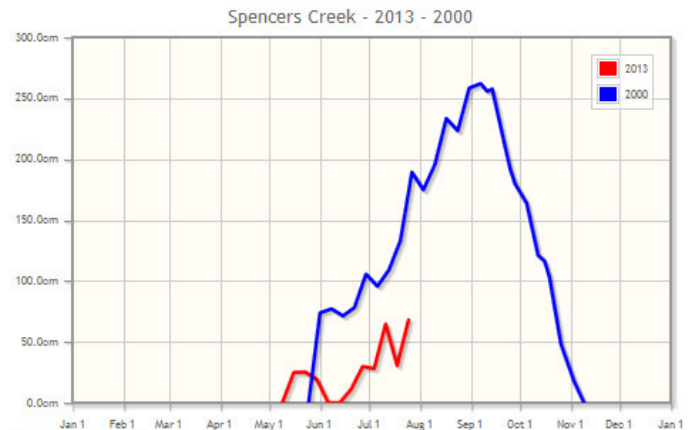
This year's snowdepth (in red) compared to last year.



This year compared to 2006, which was one of the worst ever snow years.



This year compared to 1960, which was one of the best ever snow years. The snow depth and length of season were much greater back then.



This year compared to 2000, which was one of the more recent better seasons.

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Sunday 1 September 2013

| | | | |
|-----------------------|------|------|--|
| Family Name | | | |
| First Name(s) | | | |
| Address | | | Postcode: |
| | | | |
| E-mail address | | | <input type="checkbox"/> Please keep me informed on the Kosciuszko Tour by email |
| Telephone | Work | Home | Mobile |

| | | | |
|-------------------|--|---------------|---|
| Birth year | 19 _____ (Entrants must be at least 14 years old) | Gender | Male <input type="checkbox"/> Female <input type="checkbox"/> |
|-------------------|--|---------------|---|

| | | |
|------------------|--------------------------------|---|
| Club name | CCCSC <input type="checkbox"/> | Other Club <input type="checkbox"/> Name of club: _____ |
|------------------|--------------------------------|---|

| | | | | |
|---|--------------------------------------|---------------------------------|-------------------------------|----------------------------------|
| Team Entry (Optional) (must have 3 people per team) | Fancy dress <input type="checkbox"/> | Family <input type="checkbox"/> | Club <input type="checkbox"/> | Service <input type="checkbox"/> |
| Team name | | | | |
| Names of other team members | 1. _____ | | 2. _____ | |

| | |
|--|---|
| Conditions of Entry The Entrant, by entering and starting agrees to: <ul style="list-style-type: none"> • be at least 14 years old, • be responsible for their fitness and ability to take part in the event, • have adequate clothing, food & drink before, during and after the event, • carry a small pack during the tour, containing warm/wet weather clothing, snacks and drink • report to the nearest official if withdrawing from the event, & • absolve the Canberra Cross Country Ski Club (CCCSC), Kosciuszko Tour Coordinator, organising committee, Technical Delegate, marshals, individuals, sponsors, or associated authorities from any liability for any injuries or loss that he/she may incur. | Canberra Cross-Country Ski Club (CCCSC) reserves the right to: <ul style="list-style-type: none"> • vary or cancel any race arrangements to suit weather or snow conditions, • post variation or cancellation notices on cccsc.asn.au and at race office, • refund the entry fee paid less expenses if the race is cancelled before 23 August, • make no refund if the race is varied or cancelled on or after 23 August, • make no refund, credit or exchange if the Entrant withdraws before starting, • close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results, • refuse entry or participation to any Entrant, |
|--|---|

| | |
|---|-------------|
| Early Bird Entry Fee (Received by Friday 5 July) | \$35 |
| Standard Entry Fee (Received by Friday 23 August) | \$40 |
| Late & Race Day Entry Fee (To 9:00 am Sunday 1 September) | \$50 |
| * Please send completed entry form and payment (cheque or money order) to: | |
| Pay Online (Visa/Mastercard) at Register Now https://www.registernow.com.au/secure/Register.aspx?ID=8892 | |

| | |
|------------------|--|
| Sign here | (Signature of Entrant or Parent/Guardian if Competitor is under 18 years of age) |
|------------------|--|

THE COURSE

Course - The Tour will, weather and snow conditions permitting, start at the Perisher Nordic Shelter and follow the road to a Drink Station near Charlotte Pass. It will then return across Johnnies Plain, and past the Porcupine to finish at the Perisher Nordic Shelter, a distance of some 18 km.

Changes - Changes to the course will be advised at Perisher Nordic Shelter and the Start.

Tracks - A classic track will be set and marked with flags where possible.

The Kosciuszko Tour is a classic race, but skaters are welcome to enter **if** the track is suitable. Skaters will not be eligible for age group prizes. Skaters will start 15 minutes after the classic skiers. Any skier who starts with the Classic group observed skating will be disqualified.

Entrants must carry at least one small pack of safety equipment including an all weather jacket, extra clothing, and drink and food.
Entrants not carrying a pack will be disqualified

RACE OFFICE - Perisher Nordic Shelter

TIME

| | |
|-----------------------|--------------------|
| Open for late entries | 8:00 am to 8:30 am |
| Pick up bibs | 9:30 am to 9:45 am |

START - Outside Perisher Nordic Shelter

TIME

| | |
|-------------------|-----------------------------|
| Pre-race briefing | 9:45 am |
| <i>Race Start</i> | <i>10:00 am to 10:15 am</i> |

RACING - This is a tour race so there is no calling of "track" – go around slower skiers.

FIRST AID/DRINK STATIONS – drink stations near Charlotte Pass, Porcupine and Perisher .

SAFETY - Sustain your fluid intake and clothing. The course will be patrolled by skidoo and swept by skiers. If the weather deteriorates ski together and help each other as much as possible. If you come across another entrant in difficulty or distress, assist and/or report to the nearest official on skidoo or at a first aid/drink station, giving a bib number, problem outline and location.

Bibs will be accounted for at the Finish and a missing bib may initiate a search at your expense

If you withdraw from the Tour report to the nearest official and hand in your bib.

FINISH

Outside Perisher Nordic Shelter

TIME

| | |
|--|---------------------|
| Each finisher will be timed and have their bib exchanged for a survey form | 10:30 am to 1:30 pm |
|--|---------------------|

PRESENTATION

The Man From Snowy River' – Perisher

TIME

| | |
|--|--------------------|
| Your Presentation ticket is valid for one drink and snacks | 2:00 pm to 4:00 pm |
| Individual, team and spot prizes will be awarded | |
| Results will be posted at the Presentation, on the web page and emailed | |
| Survey forms should be completed and placed in the box at the Presentation | |

Survey forms will be drawn to select spot prize winners.
You must be at the Presentation to win

Telemarking at Charlotte Pass

Sunday 11 August 2013

Spend a day with instructors from the [Paddy Pallin / Mountain Adventure Centre](#) learning to telemark at Charlotte Pass. The course will cover Telemark downhill techniques.

Registration & Information Form

Name:

Phone Number:

Address:

Cost: \$97 over snow transport & lift ticket (lunch included) + \$73 for 1.5 hrs lesson with Ann from Paddy Pallin. Total \$170.00.

Payment required by Wednesday 7th August 2012. No late entries please.

Payment by direct deposit or cheque:

Where to meet?

Meet at 8.00am sharp at Charlotte Pass desk at the tube station Perisher for oversnow transport.

What skis/boots to bring/hire?

It is better to have plastic telemark boots and Telemark skis if possible—as you will get more out of the lesson.

Hiring is available at [Paddy Pallin in Jindabyne](#) & [Wilderness Sports in Jindabyne](#) or [Rhythm Sports in Cooma](#).

Other gear to bring — Usual equipment for a day lesson on the snow.

Transport arrangements — Make your own.

For more information contact Paul

Trip Report — Bob's Ridge and the Devil's Dolmen — Saturday 27 July

On Saturday 27 July Mike Hinchey had a trip on the tour program from Dead Horse Gap to Cascade Hut. A week after the large dump of snow which helped resurrect the ski season, this tour still seemed feasible as the snow had fallen to low levels and it had remained cold during the week.

Greg Lawrence, Ian Turland, Robin Collins and myself met Mike at Nuggetts bakery in Jindabyne at 8:30am for coffee, then we headed up to Dead Horse Gap. It was a beautiful sunny day and the mountains looked to have a good covering of snow.

“Dolmen: a structure usually regarded as a tomb, consisting of two or more large, upright stones set with a space between and capped by a horizontal stone.”

Due to a landslide a few days earlier which had closed the Alpine Way, a barrier was set up across the road near the Cascade firetrail carpark preventing any cars from going up the road further. And a locked gate lower down the mountain near Thredbo village was due to be shut at 5pm, meaning we would have to move fast in order to get back from Cascade Hut before 5pm.

Sue Williams and John Ridley (trying out his new knee for the first time on skis) met us at the carpark, then we headed off along the Cascade firetrail around 10am. Some sections of the trail near the start were a bit thin but there was a good dry snow cover through the trees as we skied towards the bridge over the Thredbo River 2km away. We saw a few wild horses in the distance further up the valley.

Once across the bridge we began the climb along the firetrail up Bob's Ridge. Once we entered the trees and climbed higher the snow cover improved significantly. After about 30min of climbing we stopped for morning tea and let John and Sue catch up. A snowshoer passed us on his way towards Cascade Hut.

After a 30min rest sitting in the sunshine we continued along the trail to the top of Bob's Ridge. The skiing was



Mike Hinchey & Greg Lawrence skiing along the Thredbo River valley.
Photo: Alan Levy

very enjoyable, with the snow mostly dry and powdery, and with good views of the snow covered peaks to the south in Victoria. We reached the top of Bob's Ridge around 12:30pm and it was obvious we wouldn't make Cascade Hut. However Mike had an alternative destination for lunch. About half a kilometre from the top of the ridge, just before the large descent towards Cascade Hut, we veered off to the right for about 100m and skied down to a large rock formation known as the 'Devil's Kitchen', which Mike had renamed the 'Devil's Dolmen'.

The Devil's Dolmen consisted of a huge rock resting on top of two other rocks to form a rock shelter, under which we had lunch. While we were there three FA-18 jets flew

overhead but couldn't detect us as we were hidden by the rock above us! I think they were part of the Korean War 60th anniversary commemorations, and had done a slight detour.

After about one hour here all we had left to do was retrace our route back down Bob's Ridge and back along the valley to the cars. The first part of the descent on soft snow was great, but lower down the ridge in the tree shadows the snow was more crusty, and a few of us broke through the crust and had some large crashes. We eventually reached the river then headed back along the firetrail towards the cars. On this last section of the trail some of the bare patches had gotten larger and more

(Continued on page 13)



Ian Turland skiing on the top of Bob's Ridge, with Victoria in the background. Photo: Alan Levy



Group having lunch underneath the Devil's Dolmen.
Photo: Greg Lawrence



(Continued from page 12)

stones were visible in the snow than in the morning, but we completed the trip having been able to ski the entire way. We arrived back at the carpark at 3pm before heading home. Thanks Mike for leading an enjoyable ski tour to an interesting area.

Wax of the Day

Whatever Mike was using!

Alan Levy



John Ridley, Mike Hinchey, Robin Collins & Sue Williams at the Devil's Dolmen on Bob's Ridge. Photo: Alan Levy



Dolmen's in Ireland



Landslide and rockfall on the Alpine Way. (from RTA site)



Road blocked below Dead Horse Gap. Photo: Alan Levy

Trip Report — Tin Hut – The Classic Route — (26) 27 -28 July

It was not a good start to our weekend trip to Tin Hut. Just as we carefully eyed off the mob of skippies hopping across the road near Jindabyne Grammar School, we collided with Grand-daddy Roo. It happened in slow motion with a terrible thump. After no sign of the roo and a studied look at the damage, we soberly continued with our drive up to the Mungah Power Station imagining roos and wombats at every bend.

The car park was pretty full when we arrived. There was even a tent. Thinking that there must surely be at least 10 people at Disappointment Hut and another 10 at Tin Hut, Steve packed in a tent, forgetting that we were also carrying a bivy bag (and a stove) each! Perhaps the roo incident stopped us from thinking straight about our group gear.

“The hut appeared out of the gloomy moonlight”



Monika and Steve enroute to Disappointment Spur Hut on the Friday evening. Photo: Adam Lilley

We started off at 10.30 pm in the dark, skiing from the bridge up the Disappointment Spur aqueduct trail. It was a still, clear and starry sky. The moon eventually emerged like a bright street lamp. The Hut appeared out of the gloomy moonlight, empty of any sign of human life. It was midnight by the time we bundled into our sleeping bags.

The morning was clear and sunny, and after a bit of a quick pack and breakfast, Adam and I left Steve to address his emerging blisters to break a trail up to the ridge above the Hut. Despite the bushes poking through, the snow was not too bad – but skins made our work easier. Steve quickly caught up, benefiting from our tracks. At the top, we picked a medium-high route trying to avoid the thin cover lower down, although Steve had to restrain his urge to just head downhill. The wind picked up a little, but it was a beautiful day for skiing into Tin Hut. Despite pointing out to Adam the location of the hut (hidden in a clump of trees), he missed it skiing instead towards the saddle. It goes to show that even in fine weather the hut can be difficult to find if you do not know where to look. We arrived at 12.30pm, there was again no sign of human life.

At the hut we made a brew and had some lunch. There was an easy tiredness in the group. Steve was happy to

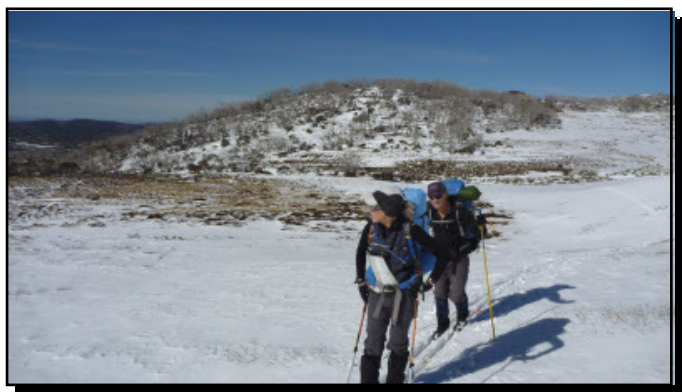
mooch around the hut a little. Adam and I went out, ostensibly in search of water, but really just to have a look at the Valentine River down to Mt Jagungal. From the saddle we could see the cover was definitely thin but still skiable. We also spied a very definite ski track. Or so we thought. An animal emerged at the top of it running in our direction. A pig! No. A dog! No. Definitely a pig, thankfully, with no tusks. As I brought up my stocks ready for a threatening manoeuvre, the pig eventually saw us and, after a couple of seconds of pig time decision making, turned around and ran away. After getting some water, we ventured up one of the Valentine River tributaries to saddle for a glance up towards Gungahlan Pass, which was to be our exit route tomorrow. Again the cover looked thin on the western faces, but pretty solid on the lee below the Kerries. Again we spied a track thinking it belonged to our pig, but as it turned out the following day, it was indeed human.

After a bit of snow play on the slopes, Adam and I returned to the Hut to Steve chopping wood. The rest of the afternoon was spent with more mooching around. Steve did a bit of a ski. Adam hung out in the hut. I investigated the hill behind the toilet. The evening in the hut was pleasant, with the fire burning (but a little smoky)

(Continued on page 15)



View towards the Finns River. Photo: Adam Lilley



Adam and Steve skiing towards Tin Hut. Photo: Adam Lilley



Steve Warild skiing
near Tin Hut.
Photo: Adam Lilley



(Continued from page 14)

and the candle giving a warm glow. The wind continued through the night, with the hut making it sound like a major blizzard.

We slept in till 8am the next morning and found that there had not been a blizzard in the night, but there was wind and high rainy looking cloud with some patches of blue showing through. Heading out at 10am, we tracked up to Gungartan Pass, found a few more slopes to play on, then met a lone skier heading off towards O'Keefes Hut. He said that a group of skiers he met

at Schlink Hut took advantage of the recent snow dump and were doing the K to K from the north. They were able to ski across the Happy Jacks plain.

Eventually, we picked our way down from the pass to the road. After a leisurely ski, we had our lunch in a bend protected a little from the wind and in the sun. We then continued to the car park. With the exception of a few spots, we were able to ski all the way back to Munyang Power Station. We heard a very competent lyrebird complete a solid

repertoire of bird calls - a raven, cockatoo, wattle bird and rosella among others. We then met the humans who belonged to the cars - they were having a Xmas in July at Horse Camp Hut. We definitely made the right hut choice. After the application of some trusty gaffa tape to the damage on the car we headed back home, stopping on for a cup of coffee in Jindabyne.

A great relaxed trip in good company. Thank you Steve for organising it.

Monika Binder

"... the cover was definitely thin but still skiable"



Monika Binder in the upper Valentine River valley. Photo: Adam Lilley



View towards Mt Jagungal. Photo: Adam Lilley



Tin Hut.
Photo: Adam Lilley



Skiing Destinations — Falls Creek



The Kangaroo Hoppet ski race start-finish area in the Nordic Bowl at Falls Creek.

Falls Creek Nordic Trails

The Windy Corner Nordic Shelter is situated at the top of Falls Creek resort where the road ends. From here it is a one kilometre ski to the Nordic Bowl, which is often used for lessons and for the start-finish of the Kangaroo Hoppet ski race.

From the Nordic Bowl the groomed XC ski trails fan out into Sun Valley, up the Mt McKay Road, though the trees and slopes above the Nordic Bowl, and around the edge of Rocky Valley Dam.

The trails are often groomed all the way to Mt McKay, and down into Pretty Valley to the west of Falls Creek.

During Hoppet week the trails are groomed further out onto the Bogong High Plains, allowing many skaters wearing lycra to practice for the long distance race. The Hoppet race usually goes around the edge of the dam, up to The Park, along Heathy Spur, around Sun Valley and to the south of the dam towards Cope and Wallaces Huts, and Langford Gap.



Wallaces Hut was built in 1889 and is one of the oldest huts in the Victorian Alps.

This article describes some day ski tours that can be done around Falls Creek.

Falls Creek is situated on the edge of the Bogong High Plains next to the Rocky Valley Dam, and can be reached from Mt Beauty during the winter.

There is a large network of groomed XC trails at Falls Creek, and the variety of terrain and numerous huts on the Bogong High Plains make this an interesting place to ski.

The groomed XC trails are close to the resort, but to reach most of the mountain huts out on the High Plains usually involves a long return ski tour. The 42km Kangaroo Hoppet ski race held in late August is the largest in Australia, and as XC trails are groomed over the surrounding plains and hills to support this race, this is a good time to visit.



Mt McKay Area

From the Nordic Bowl, there is a gradual climb up the Mt McKay Road to the plateau overlooking the downhill ski runs and the village below.

Once onto the plateau, a pole line can be followed north along Frying Pan Spur, which provides great views of Spion Kopje, Mt Bogong and the Kiewa Valley to the north.

Or one can follow pole lines west across the plateau past Ruined Castle to the base of Mt McKay, then ski up a road to the summit. The views from the summit shelter on Mt McKay are extensive, and include most of the Bogong High Plains, Mt Feathertop, Mt Fainter and Mt Bogong.

Kellys Hut is a cattlemen's hut on the south-eastern edge of the Bogong High Plains.



Mt McKay, a high peak above Falls Creek resort.



Bogong High Plains — East & South of Falls Creek

From the Nordic Bowl, ski over the dam wall then climb up onto Heathy Spur, or ski along the road around the edge of the lake to Watchbed Creek.

At Watchbed Creek a pole line continues south towards Langford Gap then further on to Wallaces Hut, Cope Hut and the Rover Chalet. An aqueduct track in this area contours around the southern edge of the Bogong High Plains and is usually more sheltered and holds more snow than following the pole line along the Bogong High Plains road.

At Watchbed Creek another pole line climbs east up a long hill known as The Paralyser onto a large open area called The Park. From The Park, Fitzgeralds and Kellys Huts are to the southeast, and Johnstons and Edmondsons Huts are to the north just below Mt Nelse.

A pole line climbs up the slopes of Mt Nelse and continues north past Mt Nelse North to Spion Kopje, the large spur prominent from Falls Creek Village. Further to the north are Ropers Hut and the descent to the Big River and the southern approaches to Mt Bogong. The Main Range in NSW is visible from a few vantage points in this area.



Looking west towards Mt Feathertop and The Niggerheads from the western edge of the Bogong High Plains above Tawonga Huts.

Bogong High Plains — West of Falls Creek

Just to the south of Mt McKay there is a long gradual descent along a road into Pretty Valley and the western section of the Bogong High Plains. The road is usually groomed to just beyond Pretty Valley Hut.

After passing Pretty Valley Hut, pole lines continue south across the plains to Cope Saddle Hut and the Ryders Huts, or west to Pretty Valley Dam.

After crossing the causeway at Pretty Valley Dam the pole line climbs west up to the top of a ridge which provides great views of Mt Feathertop and Mt Hotham to the west, and Mt Fainter to the north. Below this ridge further to the west, Tawonga Huts are located amongst trees in a small valley. From Tawonga Huts one can then climb up onto The Niggerheads then continue on to Mt Fainter.

Other destinations at the western edge of the Bogong High Plains include Westons Hut, Mt Jim and Youngs Hut. A pole line along the Alpine Walking Track also continues to Mt Hotham.



Rocky Valley Dam from Heathy Spur.

AUSTRALIAN CROSS COUNTRY SKIING

2013 RACE CALENDAR

| Day | Start | Race | Location | Contact | Contact No. |
|---------------|---------|---|-------------|-------------------------|-------------------------|
| August | | | | | |
| Sat 3 | 9:00am | Fast and Female | Perisher | Alison Stoddart | 0416 627 747 |
| Sat 3 | 10:00am | KCros Tour (C) 12km M | Smiggin Hde | Warren McCourt | 0404 208 085 |
| Sat 3 | 10:10am | KCros Tour Juniors (C) 4km | Smiggin Hde | Warren McCourt | 0404 208 085 |
| Sat 3 | 11:00am | Hotham to Dinner Plain (F) 12km @ | Hotham | Mick Sinclair | 0408 127 325 |
| Sun 4 | 11:00am | City Tatts Nottage Int. Boonoon Open (C/F) 5km M | Perisher | Carl Melvey | 02 9130 3309 |
| Sun 4 | 1:00pm | Laser Biathlon NSW Races | Perisher | Meg Neuhaus | 0412 112 754 |
| Sun 4 | 12:00pm | Vic Interschool XC Championships | Mt Buller | Bec Clarke | 0408 006 415 |
| Mon 5 | 11:00am | Charlotte Pass Open (C) 5km M | Charl Pass | Sue Clark | 02 941 1 5974 |
| Mon 5 | 6:00pm | NSW Night Relays (F) M | Perisher | Peter Ward | 0409 338 978 |
| Wed 7 | 10:45am | KAC X-C Classic (C/F) 8.5km M | Perisher | Sue Clark | 02 941 1 5974 |
| Thu 8 | 11:00am | Sundek H andicap Race (F) 7.5km M | Perisher | sundekho- tel.com.au | sundekho- tel.com.au |
| Sat 10 | 9:30am | ANC NZ Continental Cup 10/15km (C) CC/FIS | Waiorau NZ | | |
| Sat 10 | 9:30am | Aust Open 15/30 km Championships (F) | Perisher | P Cunningham | 0477 356 835 |
| Sat 10 | 9:30am | Snowy Mountains Classic (F) 2.5/7.5/15/30 km M | Perisher | P Cunningham | 0477 356 835 |
| Sat 10 | 11:00am | Justoyota Stirling Silver Hill Climb (F) 7.5 km @ | Mt Stirling | Helen Lee | 0411 815 415 |
| Sat 10 | 9:30am | Australian Biathlon Championships – Individual (F) | Hotham | Phil Colebourn | 0417 268 565 |
| Sun 11 | 9:30am | Australian Biathlon Championships – Sprint (F) | Hotham | Phil Colebourn | 0417 268 565 |
| Sun 11 | 9:30am | ANC NZ Continental Cup 5/10km (F) CC/FIS | Waiorau NZ | | |
| Sun 11 | 10:30am | Tullicoutty/ St Phillack Cup (F) 5/8km @ | Baw Baw | Warwick Davis | 03 9744 5987 |
| Thur 15 | 9:50am | ANC NZ Continental Cup Sprint (F) CC/FIS | Waiorau NZ | | |
| Sat 17 | 9:30am | Aust Sprint Champ's (C) Open/Jun */** CC/FIS | Perisher | P Cunningham | 0477 356 835 |
| Sun 18 | 10:00am | Aust Open/Jnr Champs 2.5/5/10/15 (F) */** CC/FIS | Perisher | Toni Hulme | 0406 420 380 |
| Sun 18 | 10:30am | Rocky Valley Rush/ Sun Vall Ramble (15/7.5km) (F) @ | Falls Creek | Race Secretary | 03 5754 1045 |
| Sun 18 | 12:00pm | Snowgum Wodonga Mini Series 3 (C) 0.5/1.5/2.5 km | Falls Creek | Bob Cranage | 0418 568 657 |
| Tues 20 | 9:00am | NSW Interschool Races | Perisher | Peter Ward | 0409 338 978 |
| Thur 22 | 6:00pm | Falls Creek Invitation Night Sprints | Falls Creek | Race Secretary | 03 5754 1045 |
| Sat 24 | 9:30am | Kangaroo Hoppet (F) 42km CC/FIS @ | Falls Creek | Race Secretary | 03 5754 1045 |
| Sat 24 | 9:40am | Australian Birkebeiner (F) 21km @ | Falls Creek | Race Secretary | 03 5754 1045 |
| Sat 24 | 9:50am | Joey Hoppet (F) 7km @ | Falls Creek | Race Secretary | 03 5754 1045 |

| Day | Start | Race | Location | Contact | Contact No. |
|---------------|---------|---|-------------|-----------------|--------------|
| September | | | | | |
| Sun 1 | 10:00am | Canberra X-C Ski Club Kosci us ko Tour (C) 18km M | Perisher | Jo-Anne Clancy | 0411 156 959 |
| Sun 1 | 11:00am | Snowgum Wodonga Mini Series 4 (F) 0.5/1.5/2.5 km | Falls Creek | Bob Cranage | 0418 568 657 |
| Tues 3 | 10:00am | Fast and Female | Mt Buller | Alison Stoddart | 0416 627 747 |
| Wed 4 | 8:00am | Subaru Australian Interscholar XC Champ | Perisher | Bec Clarke | 0408 006 415 |
| Sat 14/Sun 15 | | Perisher Cup | Perisher | Alan Davis | 0411 189 974 |

LEGEND

F Freestyle race
C Classic Race
* Senior Selection
** Junior Selection
CC Continental Cup
FIS FIS Race
M NSW Masters Series
@ Vic.Ski Chase

RACE SECRETARIES

National & ACT

Peter Cunningham
29 Redwood Ave
Jerrabomberra NSW 2619
peter.cunningham@actewagl.com.au

New South Wales

Toni Hulme
sangha@optushome.com.au

Victoria

Andrew Walker
munro.walker@bigpond.com.au

ABA Race Secretary

Phil Colebourn

Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. An updated calendar will be posted at <http://ausxc.com/> or <http://www.biathlon.asn.au>

Lessons update for August

PRE KAC RACE AND PRE KOSCI TOUR RACE CLINICS K7 Adventures

Tuesday 6 August – Perisher Nordic Trails: 9am–12pm (\$50pp min group size of 6 or price by negotiation). Prerequisites are Basic Skills Plus and/or Introduction to Skating (or equivalent). Hone your skills for these popular citizen races. Pre-Kosci Tour clinic is classic only.

TELEMARKING AT CHARLOTTE PASS

Mountain Adventure Centre

Full Day Package (includes instruction, lift pass & lunch). Caters for those with basic to intermediate skills on steep terrain. Enrolments for the full day Telemarking at Charlotte Pass course are managed by Paul. See the application form in this month's Off Piste (page 11) for more details.

For **more information** on all of the lessons on offer this winter have a look on-line at <http://www.cccsc.asn.au/CCCSC/Lessons.html>.

Questions? Contact Deb at cccctraining@gmail.com.



Club Committee Contacts

| | |
|--------------------------------------|------------------------------|
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| Vice President Lachlan Kennedy | cccscvicepresident@gmail.com |
| Secretary Jenny Manning | cccscsecretary@gmail.com |
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| | |
|--------------------------------------|---------------------------|
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| Meeting Coordinator Vacant | cccsc meetings@gmail.com |
| Newsletter Editor Alan Levy | cccsc editor@gmail.com |
| Webmaster Ken Moylan | cccsc webmaster@gmail.com |



Club Snow Camping Gear for hire

The following gear which is owned by the Club is available for hire to Club members. These prices are cheap. The commercial hire charge for a 2-person tent is \$45 per week-end.

Tent (Macpac 3-4 person) - \$20/weekend ; - \$30/week

Trangia stove - \$3/weekend; - \$5/week

Snow shovel - \$4/weekend; - \$6/week



Club Safety Gear for use by Tour Leaders

The Club has two Personal Locator Beacons (PLB), two GPS units and some first aid kits which are available free of charge to members leading Club ski tours.

PLB (GME MT410G)

Contact Alan & Steve

GPS (Garmin ETrexVista HcX)

Contact Alan & Ian





CANBERRA CROSS
COUNTRY SKI CLUB

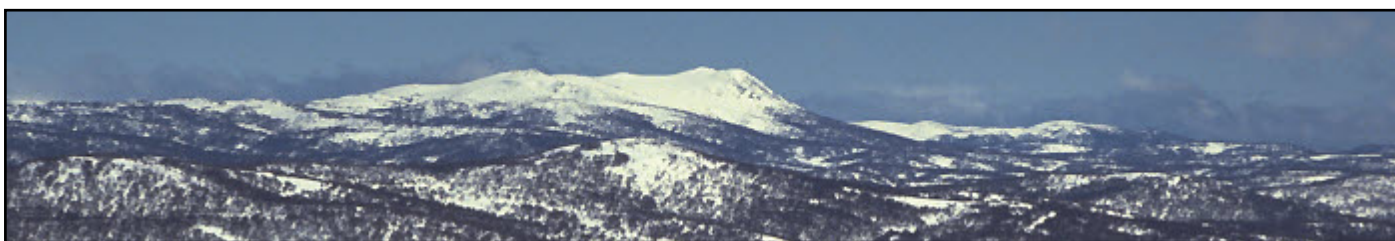
PO Box 6234
O'Connor ACT 2602

Email: info@cccsc.asn.au

Fun and fitness in the snow



We're on the web!
www.cccsc.asn.au



Social meetings — all welcome

Wednesday 14 August 2013

Arctic, Antarctic & Subantarctic

Dr Alan Cowen will take the armchair travellers amongst us to the earth's very high latitudes, north and south, where he has worked and travelled for many years.

Wednesday 28 August 2013

Skiing in Norway

Ms Kaja Glomm, from the Norwegian Embassy, will take us through the ins and outs of the exciting cross country skiing opportunities in Norway.

Wednesday 12 September 2013

Wragge's Observatory

Matthew Higgins, well known local historian, will talk about the history of Wragge's Observatory on Mt Kosciuszko early last century.

Meetings are held at the Turner Scout Hall, 5 Masson St, Turner, Canberra (adjacent to Haig Park) on the 2nd and 4th Wednesday of every month from mid May to October. Door opens at 7.30 pm for 7.45 pm start. Light refreshments will be provided.