

Off Piste

June Lodge Weekend — Penderlea Chalets

There will be an early season lodge weekend this year. All members are welcome.

Dates: Friday 21st June to Sunday 23rd June.

Place: Pender Lea Chalets 3 and 4, Alpine Way Thredbo.

Cost: (includes two nights accommodation) \$110 per person for a twin/double ensuite room, or \$80 per person for a shared loft.

Early birds, paid by 22 May, save at \$100 or \$70 per person respectively.

We will have the usual lodge weekend activities, including Saturday group dinner night,

refresher ski lesson and tours.

Please contact Bruce Porter for more information.

Booking form: see page 8.

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Skiing on thin ice! Ken Moylan testing a snowbridge on a late season snowcamp — 8 Oct 12.
Photo: Alan Levy

Membership Subscriptions for the 2013 season are now due

Register Now opens on 1 May 2013, via the Club website.

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 cccseditor@gmail.com
- Deadline for next newsletter: 1 June 2013.



President's Piece

Your Committee for 2013 is now complete except for a Meetings Coordinator, and has met three times since the AGM. In addition to planning for 2013 your Committee is reviewing our strategic environment.

Jenny Manning (Secretary), Margaret Mahoney (Treasurer), Deb Purss (Instruction Coordinator) Jo-Anne Clancy (Racing Coordinator), Ian Turland (Touring Coordinator), Alan Levy (Newsletter Editor) and Ken Moylan (Webmaster) were elected at the AGM to positions on the Committee. Gale Funston (Membership Coordinator), and Lachlan

Kennedy (Vice President) have been appointed to the Committee with Lachlan also filling in as Meetings Coordinator.

Welcome back to Social Meetings on Wednesday 22 May where we will reminisce about 2012 and plan for 2013. Wednesday 12 June is Open Night. Lachlan has a packed program of interesting speakers for other meetings.

The instruction program will commence on Sunday 5 May with Navigation Skills. There will be Tour Leadership Skills training on Saturday 18 May, recommended and

free to members intending to lead tours. Telemarking at Charlotte Pass is again scheduled. Deb has circulated the instruction program which is similar to last year and again uses K7.

The touring program will be full and will give potential leaders the opportunity to be mentored on a tour by experienced leaders.

See you at the first Social Meeting on Wednesday 22 May, or our first ski trip if the snow falls before then.

*Bruce Porter,
President*

ANNUAL MEMBERSHIPS EXPIRE MAY 1st

Ski fever is here!

But what's this....your annual membership has already expired or will expire as of May 1st!

To ensure that you continue to receive the many benefits associated with being in the Canberra Cross Country Ski Club, we recommend that you renew your membership as soon as possible. You may do this by:

- Paying via credit card on our website at <http://www.cccsc.asn.au>
- Sending a cheque to the address on the enclosed membership form, or
- Paying in cash at the club meetings on the second and fourth Wednesday of every month from May to September. The first meeting will be held on 22nd May at the Scout Hall, Haig Park, 5 Masson St, Turner. The doors open at 7:30pm — and the meeting starts at 7:45pm.

Membership of the Canberra Cross Country Ski Club offers many benefits, including:

- Discounted lodge weekends at the snow fields
- Discounted ski lessons with accredited coaches
- 10% club discount on ski and hire gear at select outlets
- Regular social events and information nights
- Access to car pooling
- Newsletter
- Google groups membership with rapid updates on impromptu ski trips
- Weekly club tours, and
- Sports insurance coverage

We're looking forward to catching up with you again!

SnowSports ACT Ski Sale & Expo

The annual ski and snowboard sale and expo will be held on Saturday May 11 at the Old Bus Depot, Kingston from 8.30am – 1.30pm.

Here is your chance to buy and / or sell new or pre-loved ski and snowboard equipment at bargain prices. All proceeds from the event go toward supporting our ACT snowsport

athletes and events.

Wish to sell your items? Drop them off to the Old Bus Depot, 12.00pm - 7.00pm on Friday May 10. They will then be labelled by our volunteers and put on display for the Sale on the Saturday. There is a charge of \$2 per item lodged into the sale. SnowSports ACT takes

a 25% commission if your goods are sold. You will receive a balance by cheque within 3 weeks of the sale.

Any unsold gear must be collected after the Sale on the Saturday between 2.30pm - 3.30pm. You can ring us between this time to check that you have goods to be collected.



Social Meetings

A great line up of speakers has been arranged for our social meetings this year.

Meetings start as usual at 7.30 pm every second and fourth Wednesday of the month at the Scout Hall in Haig Park, Masson Street, Turner.

To kick off the year, club member David Dumaresq is going to share his experiences of skiing in Alaska at the meeting on 22 May.

The next meeting on 12 June will be a new members night. More details of this will be released later. But please encourage any non-skiing friends or children to come along and they will understand what they are missing out on!!

On 26 June, John Morrell, who has several decades of experience of skiing in Japan, will explain what to do if you end up upside down in bottomless powder snow

in Japan, and how to get the most out of your summer skiing in the Japanese winter.

If anyone wants to contribute to meetings or make announcements please contact the meeting coordinator, Lachlan Kennedy at the beginning of the meeting, or better still, before the meeting.

Thredbo Historical Society Exhibition

The Thredbo Ski Museum will be holding an exhibition throughout the 2013 winter ski season with the theme: **"Skiing in the Brindabellas and ACT Clubs"**.

The exhibition will contain objects, articles, memorabilia, photos and printed items that depict the history of Brindabella skiing and the story of

Canberra's ski clubs involved in skiing in the Brindabellas and in the Snowy Mountains.

Some of the clubs involved in the exhibition include the Canberra Alpine Club, Brindabella Ski Club, Rascals and Canberra Cross Country Ski Club.

The Exhibition coincides with

Canberra's centenary. The official launch is to take place in the Thredbo Ski Museum on Saturday evening, June 15th, by ACT historian and author of the book "Skis on the Brindabellas", Mathew Higgins.

The CCCSC will be providing some photos and printed items to support the display.

Wanted to buy

E99 Crown skis - 195 or 200 pattern base

Does any one want to sell a pair of Fischer Crown E99s, length 195 or 200, with a pattern base and steel edges? They can be up to 10 years old ... just in reasonable nick. Please let me know.

Karen Cody

Tour Report — Two Day Snowcamp in the Charlotte Pass and Seaman's Hut Area — 7 & 8 October 2012

On Sunday, 7 October 2012, Alan Levy led Robin Collins, Adam Lilley, Ken Moylan, and Bruce Porter on a two day snowcamp out from Charlotte Pass.

Route

From Charlotte Pass we walked and skied up the Kosciuszko Road. We found an easy, continuous lead running down from the road which took us down to an unnamed tributary of the Snowy River (on my map it is the one second nearest Charlotte Pass, on the southern side of Snowy River), which had a good camping spot - about 20 - 50 m from the Snowy River, on snow, sheltered and flat. We set up camp, lunched and took off.

We crossed a slumping snow bridge over the Snowy River and headed upstream to go over Clarke Shoulder, traversed Mt Northcote and got through Albina Pass. Route selection was a little tricky as the snow was disappearing from some northwestern slopes, which made it difficult to keep my skis grass free and to find the most fun way from here to there.

We skied down Lady Northcote's Creek into Lake Albina, not that we could tell where it was (the snow was too thick). Adam, Alan, Bruce and Robin continued down Lady Northcote's Creek for a bit while Ken rested.

We returned back through

Albina Pass, down to the North Arm of the Snowy River and followed a meandering route back to our camp site.

On Monday, Adam and Robin visited Club Lake. Meanwhile, Alan, Bruce and Ken skied up the Snowy River until it disappeared under a thick layer of snow near the junction of the North Arm and the South Arm.

We continued up the North Arm, and, as we were close to Etheridge Ridge, paid a short visit to Seaman's Hut. From Seaman's, we carved turns straight down Etheridge Ridge, crossed the Summit Road, continued along Snowy River (South Arm) and back to our camp site. Along the way, we picked up our tracks from the day before and followed along them.

After lunching and packing up our tents, we returned by pretty much following our way in and skiing and walking back to Charlotte Pass.

Waxes of the Days

Purple klister was good enough for the start of the first day. At first it balled up a bit in the fresh snow but got better as the day warmed and the fresh snow transformed (softened and the crystals lost their sharpness).

After setting up camp, lunching, and losing half the weight in my pack, the day was warm enough and my skis unladen enough for yellow klister. This lasted the rest of

Sunday and should have been enough for all of Monday.

I had a bit of trouble with slipping skis on the climb up to Seaman's Hut, so I unwisely applied a layer of Universal klister.

This was unnecessary, as we pretty much had only a downhill run back to our campsite, and, after packing up my share of our camp and putting it onto my back, my skis were flattening enough to get lots of grip on the few uphill parts of the run back to Charlotte Pass.

Fishscale wax might soon be necessary, as the snow was getting very dirty and the klister was clogging up with the dirt.

Disasters Come in Threes (if you look hard enough)

Bruce Porter had a disastrous Monday. Firstly, he lost a contact lens while trying to insert it into his eye. A tiny piece of almost clear plastic is almost impossible to see when it is on small, round lumps of clear and white snow, and despite thoroughly searching he could not find it. This was a permanent lens, so it was quite expensive.

Secondly, the glasses he brought along for when he was not wearing his contact lenses broke, again. After some bush mechanic style jewellery work with a stove and screwdriver bit, the frame was repaired. A little later, with the help of duct tape, the lens stayed in and his glasses worked.

After Bruce's glasses broke, but before we got back to the cars, everyone speculated that he was going to hit a 'roo on the way home, because disasters 'always' come in threes.

Finally, when we all got back to the cars, we discovered that his car battery was flat. Yay! The third disaster. We wouldn't hit a 'roo.

Because Charlotte Pass is outside mobile phone service, Robin had to drive to Perisher

(Continued on page 5)

"After some bush mechanic style jewellery work"

Adam Lilley & Bruce Porter above Lady Northcotes Canyon. Photo: Alan Levy



(Continued from page 4)

Valley before anyone could call the NRMA to come and give us a jump start. Luckily, while we were waiting, a four wheel driver had a portable battery that was strong enough to turn Bruce's engine over and let us get on our way back to Canberra.

Best Bits

- The run down to Lake Albina on sun softened snow. It allowed smooth and controlled turns.
- Carving turns down Etheridge Ridge, downhill from Seaman's Hut. As well as renewing the feeling of getting low and powerful in my telemark turns, there was an audience of snowshoers coming up the Summit Road I could show off to.
- The feeling of being in amongst the big mountains and above the trees.
- Being where there was almost no-one around.
- Camping 'in the snow' after not having done it for a few years.

Worst Bits

- Bruce's 3 disasters.
- Trying to ski back on Saturday afternoon on thin breakable crust. Something about my skis, boots, ankles, knees or legs was stopping me getting even one turn in. The others got turns in, but all I could do was the ever reliable kick-turn + traverse.

Strange Bits

- The way my skis' character changed between skiing with and without a full overnight pack.
- Standing on a snow bridge with the Snowy River raging below, wondering how long before I drowned if the metres thick bridge did collapse.
- Seeing an eddy run left to right in the evening and run right to left the next morning. It was where our tributary joined the main river.

And that was my antepenultimate ski tour for 2012.

Thanks to Alan for leading us on a safe snowcamping trip and getting us all back to the cars.

Ken Moylan



Outback Jeweller. Robin Collins and Bruce Porter fixing Bruce's glasses frame by soldering it back together with a hot screwdriver tip. *Photo: Ken Moylan*



Adam Lilley about to ski over a cornice at Lake Albina. *Photo: Ken Moylan*



Campsite near the Snowy River. *Photo: Alan Levy*

Trip Report—Mt Townsend Visit - A Long Day on Snow — Saturday 3 November 2012

On Saturday, 3 November 2012, Ken Moylan led Alan Levy, Adam Lilley and Bruce Porter on a ski tour from Thredbo to Mt Townsend and back, a distance of about 20km.

Route

After catching the chairlift up to Thredbo's Eagle's Nest, we walked along the metal grid footpath until we came to the first decent sized drift of snow, about halfway between North Rams Head and Etheridge Gap.

We eagerly skied a few hundred metres before the snow ran out and we resumed walking. Another day on snow!

We walked and skied from Etheridge Gap to Rawson's Pass, where we had our first meal break (morning tea). From there, most of us skied down the North Arm of Snowy River for a while before regrouping again on top of Mueller's Peak. The run down the river's course is a rare treat at this time of year, these days.

From Mueller's Peak, it was mostly skiing to get to our day's goal, the summit of Mt Townsend. Here, we admired the views, had our second

meal break (lunch) and compared von Guérard's version of the view to reality.

From Mt Townsend, we let gravity take us southwards into Wilkinson's valley. We continued south, skirting Mt Kosciuszko and pausing on a grassy flat for our third meal break (afternoon tea).

We pushed past Kosciuszko South Ridge, before turning eastish and following Cootapatamba Creek upstream to get to Etheridge Gap.

From here, we followed the metal grid footpath back to Thredbo and caught the chairlift back down.

Wax of the Day

Fishscale wax. The snow was so filthy with dust and other debris blown in that any klisters would have clogged up within a few metres of skiing.

Best Bits

- Getting the chairlift down Thredbo. It normally closes at 16:30, but a big motor cycle rally is held yearly on this weekend, so the chairlift runs until about 19:00. Also getting an early start to the day helped a lot with getting back in time to catch it.

Worst Bits

- Below Kosciuszko South Ridge, on the swampy bit where we stopped for afternoon tea, there was horse manure everywhere. There were places where one could not lie down and make snow (grass) angels without touching manure.

Notable Bits

- It was a great contrast, seeing so much snow gone from Lake Albina as compared to a month previously. Then, we could hardly tell where the lake was. Now, there were mere drifts of snow around the lake shore.
- We were out so long that we needed an extra food stop. On most CCCSC tours, we are back in time for afternoon tea or a hot drink.
- From Mt Townsend, watching a glider slowly circle up one thermal, zooming many kilometres to another, and then slowly climbing the new thermal.

And that was my 29th and ultimate ski day for 2012.

Ken Moylan

"We were out so long that we needed an extra food stop"

Horse manure on snow. From the uncontrolled feral horses roaming the area. Below Kosciuszko South Ridge — 3 Nov 12. Photo: Ken Moylan



North-east view from the northern top of Mount Kosciuszko. Including a reproduction of Eugene von Guérard's famous painting — 3 Nov 12. Photo: Ken Moylan

Notes from the Tour Coordinator

"A leader is a dealer in hope" – Napoleon Bonaparte

We are all hoping, no doubt, for a great ski season in 2013 with great CCCSC tours. To provide the foundation for that I would greatly welcome your ideas for tours – please email me with any suggestion you have.

And, importantly too, we need people to lead our tours – "dealers in hope" for good skiing experiences, to pick up on Napoleon's description (okay, so most of his followers perished in the Russian snow on the way back home from Moscow, but we don't need to take the Napoleon quote too far, eh?!).

I would encourage, in particular, regular skiers with the club to seriously consider leading a tour. Pick an area you know – or would like to get to know better – and send a description of the tour to me. It might just be a tour around the Perisher environs. Or it might be striking out onto the Main Range. We need a good variety of tours, catering for different skill levels. Your fellow-club members will really appreciate your efforts.

And here's our first scheduled tour for the year – this is in a beautiful area and White Rivers Hut is a great place to stay:

WHITES RIVER HUT FOR THE JUNE LONG WEEKEND (8-10 June)

Suitable for: INTERMEDIATE; **Degree of Difficulty:** EASY; **Terrain:** HILLY

A leisurely tour stopping at Jindabyne for cappuccinos before heading out from Guthega Power Station and on to Whites River Hut, about 9km. We will spend the 2 nights at Whites River with day tours out towards Valentines Hut, Dicky Cooper Bogong, and the rolling Grounds, returning to the cars Monday afternoon.

Tour Leader: Stephen Warild



New Zealand, August/September 2013

Some of you would recall that I sought to make a ski trip to New Zealand happen last year. That trip didn't eventuate. But it did give us the chance to gather a good body of information on suitable good cross-country skiing locations there. We would focus our time on the Pisa Range (between Wanaka and Queenstown) and some of the ranges to the south of that area, as well as the Two Thumb Range near Lake Tekapo. The standard duration would be two weeks but individuals could elect to stay for a lesser or greater time. Timing would be some time in August or September – if you get in early you might be able to influence the timing, to your own benefit! Please send me an email if you think you might be interested.

Ian Turland
CCCSC Tour Coordinator
(email cccsc tours@gmail.com)

BOOKING FORM
Canberra Cross Country Ski Club
JUNE LODGE WEEKEND 2013
Pender Lea Chalets 3 and 4, Alpine Way Thredbo
FRIDAY 21 June to Sunday 23 June

Family Name:			
First Name:			
E-mail address:			
Telephone:	Work	Home	Mobile

Names of other members to be included in this booking:	Age (if under 18)
Name:	
Name:	
Name:	
Name:	
Name:	

Accommodation options (Note: All prices are per person and include two night's accommodation.)
 You will need to bring all your food and drink, toiletries, towels and linen for a single or king size bed.

DELUXE: 12 Twin or 6 Double (King) beds available with ensuite (maximum 2 people per room)

BUDGET: 8 Single beds available in shared loft or dining room (maximum 3 people per room)

	Number of people	Number Double	Number Twin	Early Bird paid by 22 May	Standard paid > 22 May	Amount endorsed
DELUXE				\$100	\$110	\$
BUDGET				\$70	\$80	\$

Saturday Evening Meal			
I/we will bring for the group (circle one)	Entrée	Main	Desert

Transport sharing: (tick one box)		
I will make my own transport arrangements.		
I can offer a lift	Contact phone/email _____	Number of people _____
I would like a lift	Contact phone/email _____	Number of people _____

Those seeking lifts should contact people offering lifts (contact numbers will be provided on the attendee list) and make their own arrangements.
 CCCSC does not guarantee that you will find a lift nor does it take any responsibility for any lift you find.
 If you can not find a lift you may wish to take a bus. Deane's Group (Transborder, Lever) and others run regular buses from Canberra to Jindabyne, Bullocks Flat and Thredbo.

Payment may be made:
In person at a CCCSC social meeting (cash or cheque/money order)
To mail to CCCSC GPO Box 6234 O'Connor ACT 2602 (Cash or cheque/money order)

Please Note:
Payment must be received to secure a booking. Bookings are non-refundable but may be transferred to another Club member – please notify the Lodge Weekend Coordinator
The Coordinator will endeavour to provide the accommodation option that you have requested, but if this is not possible you will be contacted and offered an alternative. Book early to avoid disappointment.
For all enquiries please contact the Coordinator, Bruce Porter.

Club Committee Contacts

President Bruce Porter	cccscpresident@gmail.com
Vice President Lachlan Kennedy	cccscvicepresident@gmail.com
Secretary Jenny Manning	cccscsecretary@gmail.com
Treasurer Margaret Mahoney	cccsc treasurer@gmail.com
Membership Secretary Gale Funston	cccscinfo@gmail.com
Tour Coordinator Ian Turland	cccsc tours@gmail.com
Instruction Coordinator Deb Purss	cccsc training@gmail.com
Kosciusko Tour Coordinator Jo-Anne Clancy	cccsc racing@gmail.com
Meeting Coordinator Vacant	cccsc meetings@gmail.com
New sletter 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 Levy & Steve Wariid

GPS (Garmin ETrexVista HcX)

Contact Alan Levy & Ian Turland





Skiing Destinations — Mt Buffalo



Skiing on the groomed trails below The Horn.

Cresta Valley & Giants Playground

A small network of marked and groomed cross country ski trails start at the cross-country notice board adjacent to the Cresta Valley carpark.

A 1km loop trail provides an easy ski around Kowan Plain. A 4km ski trail follows Bogong Plain around to the Giants Playground, returning via Wir-bill Plain and joining back into the 1km loop. The Giants Playground is a valley below The Horn, containing some gigantic rock formations. A 2km extension of marked, ungroomed trail near the Giants Playground forms the 6km trail.

A detour can be made off-track to reach Dickson Falls on the edge of the plateau, which has views east towards Bright and the Victorian Alps.



Rocks and giant boulders are a feature of the terrain at Mt Buffalo.



Skiing up The Horn Road, with The Hump and Cathedral behind.

This article describes some ski tours that can be done at Mt Buffalo.

Mt Buffalo is a high plateau situated close to Bright in north-eastern Victoria. This plateau does not always get good snow, but when it does the cross country skiing is good. The giant boulders, small valleys, snowy plains and distant views of the Victorian Alps make this an interesting place to ski.

Most cross country skiing is done at the southern end of the plateau on the marked and groomed trails near Cresta Valley and The Horn, but when conditions allow, skiing can also be done further north near Lake Catani and Mt Buffalo Chalet and in the plateau's backcountry.

Mt Buffalo is one of the oldest ski resorts in Australia, but a fire in December 2006 which destroyed the Cresta Valley lodge has impacted the downhill skiing at Cresta Valley.

The Horn

The Horn is the highest point on Mt Buffalo (1723m), situated at the southern edge of the plateau. From the locked gate near Cresta valley, there is a 3km gradual climb up the Horn Road to the Horn picnic area. The road is groomed in winter and provides easy skiing, with the views improving as one climbs higher. From the picnic area at the top, one can climb up a track to the summit of The Horn, which has 360 degree views of the Buffalo plateau and beyond. From the top there is a great 3km descent down the road back to Cresta Valley.

Lyrebird Plain located to the west of The Horn Road also provides skiable terrain.



Mt Buffalo Chalet, built in 1910, after a snowfall.

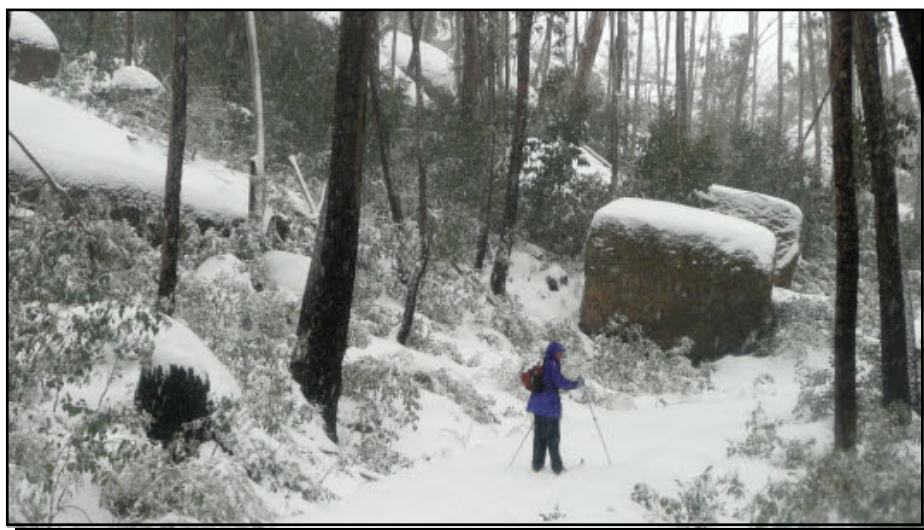


Lake Catani Trail

After very good snowfalls on the plateau, the lower areas further north around Mt Buffalo Chalet are sometimes skiable. The Lake Catani Ski Trail is a 5km return trail linking Lake Catani with the Gorge Day Visitor Area at Mt Buffalo Chalet.

From the lower Gorge carpark near the Chalet, the Lake Catani trail provides an excellent ski tour through tall forest, giant boulders, over a bridge, past the dam wall and around shores of Lake Catani to the campground. This trail is mostly flat, sheltered, and provides a lot of variety.

Lake Catani is a man made lake built in 1910 and was popular for ice skating earlier last century, but these days the lake seldom freezes over enough to support people safely. Snow camping is possible at the Lake Catani campground via a permit.



Skiing past giant boulders on the Lake Catani trail near Mt Buffalo Chalet.



Skiing along the Reservoir Road trail.

Reservoir Road Ski Trail

From the Reservoir Road gate near the Snow Clearing Depot, a 7 km return trail follows the closed road to the Reservoir Picnic Area, and accesses the advanced cross-country ski trails and remote backcountry areas beyond.

From the Reservoir Picnic Area one can head south along the Rocky Creek Track to access Wild Dog Plains and Saltlick Plain, or north along the more demanding Mount McLeod Track on a 16km return ski to the North Buffalo Plateau, where winter camping can be done, which requires a permit.



Lessons update

What's coming up in May and June

NAVIGATION SKILLS with Bob Chittenden

Sunday 5 May: 8.45am-4pm (cost \$10pp - max 20 people). A one-day introductory course on navigation skills (mapcraft, compass reading, GPS use etc). Book your spot at <https://www.registernow.com.au/secure/Register.aspx?ID=6114>.

TOUR LEADERSHIP SKILLS - with club members

Saturday 18 May: 9.30am – 12.30pm (no cost). Learn from other club members: how to be a tour leader or tail-end Charlie; club paperwork; route planning; trip ideas; map/compass and GPS navigation. Meet in Turner, ACT for an informal session with morning tea. Register your interest with an email to Deb at ccscctraining@gmail.com.

JUNE LODGE WEEKEND EARLY SEASON REFRESHER with K7 Adventures

Saturday 22 June: 9am-12pm (\$50pp – min group size of 6 or price by negotiation). This caters for absolute beginner to advanced. Book your spot at <https://www.registernow.com.au/secure/Register.aspx?E=8503>.

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

Questions? Contact Deb at ccscctraining@gmail.com.

Lessons at a glance

Date		Instruction
May	Sunday 5	Navigation Skills – Full Day (\$10pp) (see note 1)
	Saturday 18	Tour Leadership Skills (no cost) (see note 1)
June	Saturday 22	June Lodge Weekend Early Season Refresher - Half Day AM (\$50pp)
	Saturday 29	Basic Skills - Half Day AM (\$50pp)
	Saturday 29	Basic Skill Downhill - Half Day PM (\$50pp)
July	Wed17 – Fri 19	3 day development course (\$210) (see note 1)
	Saturday 6	Basic Skills Plus - Full Day (\$70 pp)
	Saturday 6	Race Training Refresher inc. waxing clinic (classic and skate) Half Day (\$50pp) or Full Day (\$70pp)
	Saturday 13	Basic Skills - Half Day AM (\$50 pp)
	Saturday 13	Basic Skills Downhill - Half Day PM (\$50 pp)
	Saturday 13	Intermediate Skills - Full Day (\$70 pp)
	Sunday 14	Telemarking for beginners - Full Day (\$70pp)
	Saturday 20	Introduction to Skating - Half Day AM (\$50pp)
	Saturday 20	Basic Skills Plus - Full Day (\$70 pp)
	Sunday 21	Race Training Skills Improvement (classic and skate) - Half Day AM (\$50pp)
	Saturday 27	Intermediate Skills - Full Day (\$70 pp)
	Saturday 27	Snowcraft and survival skills - Full Day (\$70pp – possible extra costs for overnight snow camping - contact K7 for price)
	Sunday 28	Steeper ski skills - Full Day (\$70pp)
	Mon 29 – Wed 31	3 day development course (\$210) (see note 1)
Aug	Tuesday 6	Pre-KAC race and Pre Kosci tour Race Clinics - Half Day (\$50pp) or Full Day (\$70pp)
	Date to be advised	Telemarking at Charlotte Pass – Full Day (cost tba) (see note 2)

Note 1: Contact Deb (dpurss@gmail.com) for more information and/or enrolments on this program. Use this link to register for this course <https://www.registernow.com.au/secure/Register.aspx?ID=6114>.

Note 2: Enrolments for the full day Telemarking at Charlotte Pass course are managed by Paul Krebs. Contact Paul on for more information on this popular day of instruction with the Mountain Adventure Centre.

Cross Country Citizen Races

The 2013 Race Calendar is not yet available but some of the known races dates are as follows:

Saturday 3 August	KCross Tour	Perisher
Sunday 4 August	Boonoona Open	Perisher
Monday 5 August	Charlotte Pass Open	Charlotte Pass
Monday 5 August	Night Relays	Perisher
Wednesday 7 August	KAC	Perisher
Thursday 8 August	Sundeck Handicap	Perisher
Saturday 10 August	Snowy Mountains Classic	Perisher
Saturday 24 August	Kangaroo Hoppet	Falls Creek
Sunday 1 September	Kosciuszko Tour	Perisher



Torsby Ski Tunnel — Sweden

In the Valberget recreational area, 1.5 km north of the centre of Torsby in the north of the Värmland region, you will find Sweden's first indoor cross country ski tunnel.

Rain or sunshine, summer heat or winter cold... None of it matters here. In Sweden's first ski tunnel you can always enjoy perfect skiing conditions in a safe, comfortable and controlled environment.

Since the tunnel opened in June 2006, many visitors have had the wonderful experience and enjoyed the perks of skiing indoors in a controlled environment.

The ski tunnel is 8 m wide, with a height of 4 m. It has two classic cross country tracks, one on each side of the tunnel heading in different directions to add to the diversity of the track. In between the classic tracks we also have a skate track. These 1.3 km long tracks follow the natural topography of the landscape and, inside the tunnel, we keep the temperature constant between 0°C and - 3°C.

The arena has the only indoor biathlon arena in the world. The shooting range has 6 individual ranges and offers a unique possibility of shooting practice under perfect and constant conditions.

.... from www.skittunnel.se





CANBERRA CROSS
COUNTRY SKI CLUB

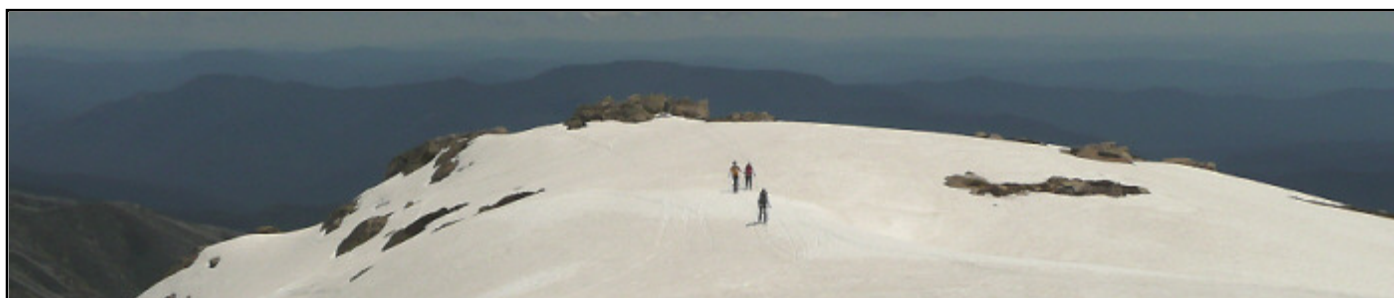
PO Box 6234
O'Connor ACT 2602

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 22 May 2013

Skiing in Alaska

The first social meeting of the season. Club member David Dumaesq will share his experiences of skiing in Alaska.

Wednesday 12 June 2013

Canberra Cross-Country Ski Club Open Night

The club will open its doors to the public. Several club members will provide advice on the range of activities and other benefits the club offers. A range of equipment will be displayed. All club members are encouraged to attend to help promote our club.

Wednesday 26 June 2013

Skiing in Japan

John Morrell, who has several decades of experience of skiing in Japan, will explain what to do if you end up upside down in bottomless powder snow in Japan, and how to get the most out of your summer skiing in the Japanese winter.

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.