

SPECIAL POINTS
OF INTEREST:

- Trip Reports & Photos
- Ski Tour Program

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2022, ISSUE 2

16 JUNE 2022



Club members at Three Mile Dam - 13 Jun 22. Photo: Sharon Roberts

2022 Membership Subscriptions

Membership Subscriptions for the 2022 season are now due, and can be paid on Register Now via the Club website, or by using the pdf form also available on the website.

[Register Now](#) is the preferred and easiest method.

Next Newsletter

The next newsletter will be produced in early July. Deadline for contributions is 5 July. Please send any articles or photos to cccseditor@gmail.com

President's Piece

At the time of writing this, I am about to fly to Kununurra to do some bushwalking in the Kimberley region of Western Australia, as part of a group that includes two other CCCSC members, Bruce Barnett and Monika Binder. Should be a great trip and I am really looking forward to it but with a caveat: I'll be a long way from the snowfields and it looks like a great start to the ski season! On the flip side, it looks like I'll have some great skiing to look forward to when I return.

With the snow coming in, we are ramping up our tour program. You can keep track of these and other club activities through our website. As well, email notices are sent out to members regularly to alert them to new items on our calendar.

Again, I want to reiterate that it would be great to see more people leading tours – tours can't take place unless we have people willing to initiate and organise them.

We have started the season with the first two of our social evenings (2nd and 4th Wednesdays of the month). Alan Laird gave us an excellent account of his experience of skiing in Sweden and, to induce you to leave the comfort of your homes on cold winter evenings, we will be lining up further great speakers. On 22 June, we have Seve de Campo, a member of Australia's Olympic team, speaking of his experiences as an elite skier. I am sure that will be a fascinating and inspiring presentation.

Hope to see you on the snow this year.

Ian Turland
CCCSC President



Arnold D'Bras shovelling snow off the roof of the Perisher Nordic Shelter after the recent snowfalls - 10 Jun 22.
Photo: Perisher XC facebook page (Wayne Pethybridge)

Accessing the Members Page

When logging in via the 'Member Login' page, you need to use the "Username" and "Password" provided to members via the email "member login" on 3 June 2022 or via subsequent email when joining the club.

Please do not log in with your email address as this will not work.

Membership for 2022

The 2022 Membership year commenced on 1 May 2022. Membership fees can be paid via this [Register Now](#) link or by completing the pdf form available on the website, on the Forms page.

Fees for 2022:

- \$50 for a single membership
- \$75 for a household membership

Social Meetings

Some of the COVID restrictions that were in place for the Social Meetings last year are no longer required, however members should exercise common sense and not attend if experiencing COVID like symptoms. Hand Sanitiser will be provided for use at the meetings.

Mt Selwyn update

On 10 June the Mt Selwyn Resort sent out a media release advising that due to delays caused by the recent big snowfalls, plus other challenges caused by material supply shortages, record summer rainfall and COVID lockdowns, they will not be in a position to open on 2 July as previously planned, and will probably not open at all this season. Not sure if this will impact access to the carpark from where many ski tours in the area commence.

Guidance for New Members on Club Ski Tours

- Details of the club ski tours are available on the [tours](#) page and [members](#) page on the club web site.
- Contact the tour leader at least two days before a tour (ie – by Thur pm for a weekend tour) to enable the tour leader to finalise arrangements.
- Car pooling for ski tour participants will be arranged by the tour leader.
- Passengers should provide a contribution to the driver to cover fuel costs, park entry etc. This cost can vary, but is usually \$40 to \$50, based on 3 passengers in a vehicle. If going by ski tube from Bullocks Flat then the cost for the driver will not include KNP park entry and will be less, closer to \$30. Ski tube costs are additional.
- If hiring ski gear, pre-book any ski hire and let the driver know in advance, as this helps with the timing of the transport and the tour on the day.
- Participants should review the [checklist](#) on gear and clothing.
- Further advice for ski tour participants is available [here](#)

SnowSafe

The Snowsafe website www.snowsafety.org.au, produced by Snow Safety Inc, Australian Ski Patrol Association and the Australian Ski Areas Association, provides useful information on how to enjoy the alpine environment in safety and comfort.

SnowSafe provides all essential alpine trip planning & preparation guides & tips to enable a safe, comfy & fun trip!

SnowSafe is a 'go-to' guide when getting ready for any type of alpine/snow trip, providing all the essential planning and preparation information and checklists needed to best help people enjoy the alps, in safety & comfort!

The website provides a vast array of information, including first-timers guides, school trip guides, and tips on food, equipment, alpine driving & car checks, the alpine environment and weather and tips on winter sports.

There is a section on Backcountry Ski Touring www.snowsafety.org.au/backcountry which includes guides and videos relating to safety in the backcountry.

Spencers Creek

CURRENT LEVEL 118.3cm AS OF 15 JUN 2022

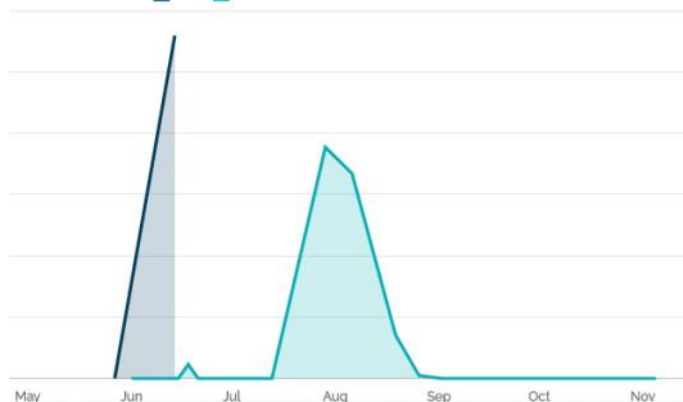
2022 2021



Three Mile Dam

CURRENT LEVEL 55.9cm AS OF 14 JUN 2022

2022 2021



The latest snow depth measurements taken by Snowy Hydro in mid June at Spencers Creek and Three Mile Dam, and a comparison with last year.

Racing News

2022 Kosciuszko Tour

The CCCSC 2022 Kosciuszko Tour will be held on Saturday 30th August 2022.

The Tour will start at the Perisher Nordic Centre and follow an interesting course around the Perisher Range for about 15-18 km (weather and snow conditions permitting).

All skiers were welcome to participate – from serious lycra clad racers to backcountry tourers, with separate categories for classic and freestyle techniques.

Volunteers are essential to the successful running of the Kosciuszko Tour! There are a wide variety of tasks on the day. Typical tasks include:

- Setting up the start and finish areas (7.30 - 9.00am)*
- Handing out race bibs and accepting late entries (8.00 - 9.30am)*
- Race marshalling and drink stations (9.30am - 1pm)
- Timing assistants (9.50am - 1.30pm)
- Sweep skier(s) (10.00am - 1.30pm)
- Finish line bib collection (11.00am - 1.30pm)
- Presentation venue set-up/pack down (1.50 - 3.15pm)*

You can still volunteer even if you want to participate in the Tour – just look for the tasks marked with

*. Non-skiing family members of racers are also welcome to assist.

Discounted accommodation at Kalkite is available for volunteers over the weekend, so you can help with the race on Saturday and then enjoy a ski tour on Sunday. If you would like to be involved, please contact Jo-Anne Clancy at cccscracing@gmail.com or phone/text

You can enter the Kosciuszko Tour online at Snow Racer or print the [Entry Form](#) (on page 22 or on the club website).

Technique training for racing

Want to improve your classical or freestyle (skate) technique in preparation for the Kosci Tour and XC Ski Week? K7 Ski School are offering their Faster Masters programs again this season. Held once a week for 5 weeks, these are small group classes that work on a different skill each week. For more information see [K7 Ski School](#)

Perisher XC Ski Week: 6 - 13 August 2022

XC Ski Week is a week for all XC enthusiasts whether you're a beginner, a seasoned racer, or a recreational skier. 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 on the famous coffee tours. One thing to note is that the KAC race has been moved to the Monday whilst the Charlotte Pass Open and Twilight Relays are now on the Wednesday. The club can provide discount accommodation and car pooling for members who wish to take part in this fun week. For more information contact Jo-Anne Clancy on or cccscanberra@gmail.com

Activities & Dates – 2022

Future CCCSC Social Meetings for 2022 *(further details on page xx)*

June - Wed 22 June

July - Wed 13 July, Wed 27 July

August - Wed 17 August, Wed 31 August

September - Wed 14 September, Wed 28 September

Fri & Sat nights, 8 & 9 July - **July Lodge Weekend (Kalkite)**

Sat 9 July - Come & Try Skiing Open Day

Sun 10 July – ACT Ski de Femme

Fri & Sat nights, 22 & 23 July - **July Lodge Weekend (Kalkite)**

Sat 23 July – Come & Try Open Day

Fri & Sat nights, 29 & 30 July - **July Lodge Weekend (Kalkite)**

Sat 30 July – Kosciuszko Tour

Sat 6 to Sat 13 August - **XC Ski Week (Perisher)**

Sat 6 August - PXC Cup

Sun 7 August – Boonoona Open

Mon 8 August – KAC XC Classic *(moved from Wed to Mon)*

Tues 9 August – Coffee Tour

Wed 10 August – Charlotte Pass Open & NSW Twilight Relays *(moved from Mon to Wed)*

Thur 11 August – Sundeck Handicap

Fri 12 August – Coffee Tour

Sat 13 August- Snowy Mountains Classic

Tues 23 to Sun 28 August - **Victoria Skiing (Falls Creek)**

Sat 27 August – Kangaroo Hoppet

Touring News

The Tour Program, containing tour leaders contact details, will be available in the Members Only section of the web site, in the Members version of the Off-Piste newsletter, and also on tour sheets put out at club social meetings where members can put down their names for tours or propose new tours. Between each monthly newsletter, additional tours will be advertised on the web site and/or by separate emails to members. Non-members will also have access to the Tour Program (*without tour leaders details*) in the 'Tours' page on the web site and on the Club Facebook page.

The Club Facebook page has been popular for trip reports and photos and is a good way of seeing what the skiing conditions are like throughout the season. New tours proposed on Facebook will not be designated as formal club trips but people are welcome to propose tours here, and should be aware of the Club guidelines below.

On the Club web site, the 'Info / Club Forms' page contains the following forms and guidance that should assist tour leaders and participants:

- *Advice for Tour Participants*
- *Advice for Tour Leaders*
- *Guide to Transport Costs*
- *Tour Intention Form – Tour Details & Acknowledgement of Risks and Obligations*
- *Emergency Procedures*
- *Incident Report*
- *Medical Information & Emergency Contact*
- *Ski Tour Grading*

If anyone is interested in leading tours feel free to contact myself at cccsctours@gmail.com

Ralph Gailis, Tour Coordinator

Ski Tour Gradings

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 below and under Ski Tour Grading on the club's web-site.

TERRAIN

Rolling — Flat to gently rolling hills, no big hills to climb or descend. There may be some steep sections but these will be short and easy to negotiate.

Hilly — Large rounded hills requiring several turns to descend but not technically difficult. There may be some steep sections but these will be short and easy to negotiate.

Steep — Steep skiable hills including black runs at resorts, cornices and chutes. Technically difficult slopes to descend.

DISTANCE

Short — Under 8km/day and < 200m vertical climb. A moderate level of fitness is required.

Medium — 8km to 15km/day or 200m to 600m vertical climb. A moderate level of fitness is required.

Long — Over 15km/day or > 600m vertical climb. A high level of fitness is required.

SKILL LEVELS

Basic — Can maintain control and perform the following skills on gentle terrain: kick turns, snow plough, side step, herring-bone, traverse and diagonal stride.

Intermediate — Can maintain control and perform the following skills on hilly terrain: kick turns, snow plough turns, step turns, side slip, side step, herringbone, traverse, diagonal stride and self arrest.

Advanced — Can maintain pace over long distances. Has intermediate skills plus able to link stem, parallel or telemark turns.

Date	Event Description	Leader
	Ski tours will be advertised in Off-Piste, at the Social Meetings, on the Club web site and via email to members. The web site will be updated with any new tours as soon as they are advised.	
Saturday & Sunday, 18 & 19 June	Weekend Trip to Witzes Hut - Overnight Camp Intermediate Skills, Rolling Terrain, Medium Distance Our first overnight snow camping trip for the season. Ski about 10km each day on the rolling Kiandra country into Witzes Hut. Medium length and grade. There's supposed to be 60cm of snow at the new Sawyers Hut and it should be packed down by the 18th. Meet at the Adaminaby bakery / coffee shop at 8.30am on the Saturday.	
Sunday, 19 June	Tantangara Mountain Beginner-Intermediate Skills, Rolling Terrain, Medium Distance Tantangara Mountain is located to the east of Kiandra and can be reached via a fire trail heading off from the Snowy Mountains Highway close to the Eucumbene River. The route is a non-stop climb of around 5km up a valley, through forest and across open areas. Tantangara Mountain (Harvey's) Hut is located amongst a grove of trees just below the summit. From the top there is a 360 degree view of the northern end of the park, with Mt Jagungal, the Brindabellas, Bogong Peaks and the open plains around Kiandra all visible. There is a great non-stop descent back to the cars. Starting from the Snowy Mountains Highway, follow a fire trail up to the top of Tantangara Mountain. We should get to Harvey's Hut for lunch. Maybe get to the top. It is a guaranteed long, easy run down back to the cars after we turn around.	
Monday, 20 June	Perisher Trails Beginner-Intermediate Skills, Rolling-Hilly Terrain, Medium Distance Expecting the XC trail network to be packed and groomed by this date. We'll meet at the Nordic Shelter at 9am to tour the XC trails. This would be a good tour for advancing beginners who have already built up some XC skills and now want to further develop them. The distance and time on the snow will depend on those attending. Bring along snacks, lunch, water. The Nordic Shelter has hot water if you want to fill up thermoses, and if the weather is good, we will lunch out on the trails. Please contact me if you have any questions. I am staying in Jindabyne so people would need to organise their own travel to/from Perisher, but I am happy to put people in contact with others that RSVP to organise transport.	
Sunday, 26 June	Gooandra Homestead Beginner-Intermediate Skills, Rolling Terrain, Medium Distance Will start from the Snowy Mountains Highway north of Kiandra and ski along the fire trail into Gooandra Homestead. Fairly easy skiing across flat and rolling terrain through one of the remaining unburnt areas of the park. About 5.5km each way.	
Wednesday, 29 June	Perisher Trails – mid-week Aim is to go to Perisher mid-week and go around the Perisher XC trails on track skis. Will leave the packs at the Nordic Shelter and travel light, returning to the shelter for morning tea and lunch before heading out again. Anyone who wants to ski the trails either by themselves or with the group is welcome to come along or meet at the shelter. Want to do this trip in sunny weather, so the date could change depending on the forecast.	
Saturday, 2 July	Mt Twynam and Blue Lake Intermediate-Advanced skills, Hilly & Steep terrain, Long distance From Guthega, head up the Snowy River valley and cross the swing bridge towards Little Twynam. Climb over Little Twynam and onto the main Mt Twynam summit if the weather permits. We may do some ski runs in the region, and eventually head down to Blue Lake and back down the Snowy River Valley to Guthega. I will take Alpine Touring gear, and recommend something similar or good tele turning skis and skins.	

Date	Event Description	Leader
Friday to Sunday, 8 to 10 July	<p>Kalkite Lodge Weekend</p> <p>All Standards</p> <p>This weekend is a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills, go on tours appropriate to their skiing level and meet other members, while staying in comfortable accommodation close to the mountains. Held in the July school holidays, so is great for families with kids. It includes two nights' accommodation in Kalkite, lessons, tours, group dinner. Held in conjunction with the Snowsports 'Come and Try' day on the Saturday.</p> <p><u>Friday</u> – Arrive at lodge accommodation in evening. <u>Saturday</u> – 'Come and Try open day' lessons and tours for all levels of skiers, and social night dinner back at lodge. <u>Sunday</u> – Tours for all levels of skiers led by experienced club members.</p> <p>There is some accommodation available in Kalkite, which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. For those attending, please bring your own food and linen.</p> <p>Please email cccscanberra@gmail.com if you are interested and would like accommodation.</p>	
Saturday, 9 July	<p>Come & Try Day</p> <p>This event is run jointly by NSW & ACT Snowsports and Perisher X-Country. Open to everyone who is new to Cross Country Skiing! Cost per person is \$25 for the day. The day involves a two hour lesson from 9.00am to 11.00am by professional ski instructors, a BBQ lunch and tour of the trails in the afternoon. Please arrive at the Perisher Nordic Shelter by 8.30am to be graded into groups. Participants will need to bring their own cross country equipment. For any enquiries on the Come & Try Day, contact wolsen@snow.org.au or 0422 240 483.</p>	Register Here
Saturday, 9 July	<p>Ski Tour after Come & Try Lesson - Perisher Trails</p> <p>Basic-Intermediate Skills, Fairly Flat Terrain, Short Distance</p> <p>Following the Come-and-Try lesson on Saturday 9 July, we will have some beginner and intermediate ski tours around the Perisher XC trails from 12pm to 2pm.. Meet at the Perisher Cross Country Ski Centre.</p>	
Sunday, 10 July	<p>Ski de Femme</p> <p>Fitness, fun and Female is the order of the day for the annual SnowSports ACT "Ski de Femme" held at the Perisher Cross Country Centre. Girls and women of all ages and abilities are tutored by a variety of expert coaches in both the skating and classical disciplines. The day is not confined to beginners, and instructors will be able to take intermediate and advance classes in Classic or Skate.</p> <p>A morning tea and a BBQ lunch is included in the registration fee. Please arrive at the Nordic Shelter by 8.30am. \$35 registration fee. Registration will be available on the day from 8.30am. Participants will need to bring their own cross country equipment.</p> <p>For any enquiries about the Ski de Femme day, contact: Rhonda Cunningham on 0400 718 047 or rjcunningham119@gmail.com</p>	
Sunday, 10 July	<p>Ski Tour during Ski de Femme - Perisher Trails</p> <p>Basic-Intermediate Skills, Fairly Flat Terrain, Medium Distance</p> <p>We will run a Ski De Masc while the women are on the Ski De Femme. Honing ski skills for beginners and intermediate tour.</p>	

Date	Event Description	Leader
Saturday, 16 July	Kings Cross Road Beginner-Intermediate, Rolling, Medium An easy ski tour starting at Mt Selwyn resort and heading along the Kings Cross Road towards Cabramurra. This trip has fairly easy skiing terrain, good views of the northern part of the park, and plenty of burnt trees! .	
Sunday, 17 July	Porcupine Rocks & Trapyard Creek Intermediate Skills, Hilly Terrain, Medium Distance Meet at the Perisher Nordic Shelter at 9.00 am. Ski along Rock Creek to Porcupine Rocks and on to Trapyard Creek. Return to Perisher along the Kosciuszko Road.	
Friday to Sunday, 22 to 24 July	Kalkite Lodge Weekend All Standards This weekend is a great opportunity for all members, especially beginners or new members, to learn to ski or develop new skills, go on tours appropriate to their skiing level and meet other members, while staying in comfortable accommodation close to the mountains. Held in the July school holidays, so is great for families with kids. It includes two nights' accommodation in Kalkite, lessons, tours, group dinner. Held in conjunction with the Snowsports 'Come and Try' day on the Saturday. <u>Friday</u> – Arrive at lodge accommodation in evening. <u>Saturday</u> – 'Come and Try open day' lessons and tours for all levels of skiers, and social night dinner back at lodge. <u>Sunday</u> – Tours for all levels of skiers led by experienced club members. There is some accommodation available in Kalkite, which is approximately 45 minutes from Perisher and 15 minutes from Jindabyne town centre. For those attending, please bring your own food and linen. Please email cccscanberra@gmail.com if you are interested and would like accommodation.	
Saturday, 23 July	Come & Try Day This event is run jointly by NSW & ACT Snowsports and Perisher X-Country. Open to everyone who is new to Cross Country Skiing! Cost per person is \$25 for the day. The day involves a two hour lesson from 9.00am to 11.00am by professional ski instructors, a BBQ lunch and tour of the trails in the afternoon. Please arrive at the Nordic Shelter by 8.30am to be graded into groups. Participants will need to bring their own cross country equipment. For any enquiries on the Come & Try Day, contact wolsen@snow.org.au or 0422 240 483.	Register Here
Saturday, 23 July	Ski Tour after Come & Try Lesson - Perisher Trails Basic-Intermediate skills, Fairly Flat terrain, Short distance 12.30 pm – 3.00 pm: Following the morning's Come and Try lesson, we will have some beginner and intermediate ski tours around the Perisher XC trails. Meet at the Perisher XC Ski Centre at 12.30pm.	
Saturday, 23 July	Elaine Mine Intermediate Skills, Rolling-Hilly Terrain, Medium-Long Distance Will start at Mt Selwyn resort and ski across the plateau to the Tabletop Fire Trail, before continuing south past the burnt remains of Four Mile Hut to the site of Elaine Mine, which contains an old steam engine and other gold mining artefacts.	

Date	Event Description	Leader
Sunday, 24 July	<p>Perisher to Dainer's Gap (and Rainbow Lake, or Plains of Heaven)</p> <p>Intermediate skills, Hilly terrain, Medium distance</p> <p>Meet at Perisher XC Ski Centre at 9.00 am. (A car will be left at the Rainbow Lake carpark). Follow the Dainer's ski trail from Perisher to Dainer's Gap. If time permits, we can explore Rainbow Lake or the Plains of Heaven before the drivers get a lift back to Perisher to collect cars.</p>	
Saturday, 30 July	<p>Race - Kosciuszko Tour</p> <p>Our Club is running this ski race, which will start at Perisher and likely be held on the Perisher trails, starting at 10am. This will be a good warm up for the races being held during Perisher XC Week in early August. Participate in the Kosciuszko Tour ski race either as a racer or volunteer helper. Further details are included on the Club website. Let Jo-Anne know if you can help out as a volunteer on the day.</p>	
Sunday, 31 August	<p>Smiggins Area</p> <p>Basic-Intermediate, Rolling-Hilly terrain, Short-Medium distance</p> <p>An easy tour starting at Smiggins and exploring the surrounding area, which could include along the Link Road, the plateau containing the old XC trails, the slopes of Mt Piper, or down to Pipers Creek Hut.</p>	
August	<p>Kalkite Accommodation</p> <p>Accommodation at Kalkite will be available to Club members from Sunday, 7 August until the first week of September. Email ccsccanberra@gmail.com to express interest.</p>	
Saturday 6 to Saturday 13 August	<p>Perisher XC Ski Week</p> <p>XC Ski Week is a week for all XC enthusiasts whether you're a beginner, a seasoned racer or a recreational skier. Lots of races and fun events (see below). For more Information visit the Perisher X Country web site.</p>	
Sunday, 7 August	<p>Race – Boonoona Open</p> <p><i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i></p>	
Monday, 8 August	<p>Race – KAC XC Classic (50th Anniversary Race)</p> <p><i>This is the biggest race of the week and has a long history of almost 50 years. It is the only point to point race of the week, starting in Perisher Valley at 10:30am and finishing in Charlotte Pass. Classic and Freestyle. Many Club members participate in this event, then have lunch at the Chalet, followed by a leisurely ski back to Perisher.</i></p>	
Tuesday, 9 August	<p>Mystery Coffee Tour #1</p> <p><i>The Mystery Coffee Tour leaves the Nordic Shelter at 9.45 am. A guide is provided which will take you on a tour over some wonderful skiing terrain. As the name implies, it's 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 - 10 km in length, dependent on the numbers and the prevailing weather. Bring \$10 to cover the cost of having great coffee and food.</i></p>	

Date	Event Description	Leader
Wednesday, 10 August	Race – Charlotte Pass Open <i>A 2-3km Classic sprint race held at Charlotte Pass. Skiers leave the gate at 30-second intervals which are different to all races during XC Ski Week. This race has traditionally been a club race for Kosciusko Alpine Club (KAC) members but it is open to all. An excellent lunch is provided after the race at the KAC lodge at Charlotte Pass.</i>	
Wednesday, 10 August	Cheer squad at the Charlotte Pass Open Intermediate, Rolling-Hilly terrain, Long distance Intermediate skills necessary and important for you to contact me if you have any questions on your ability to do this tour etc. Ski from Perisher to Charlotte's Pass to cheer on those participating in the Charlotte Pass Open. We will meet inside the NPWS building for a 9am start to allow enough time for us to arrive for the 11am event. Please be on time as we will get away at 9am sharp. We will ski up the road to CP and if conditions allow, return via Johnny's Plain/Bett's creek/Porcupine trail back to the carpark. Bring snacks, lunch and drinks, and dress or pack clothing for all mountain conditions. We will have lunch at CP after the race event. Lunch/drinks can be purchased at the Chalet Hotel café.	
Thursday, 11 August	Race – Sundeck Handicap Race <i>A 7.5km handicap race around the Perisher trails, stating at 11am. After the event as part of the entry fee, the Sundeck Hotel puts on a great lunch and drinks. This is also a fundraising event where all monies go towards XC Skiing.</i>	
Thursday, 11 August	Full Moon Ski on the Perisher Trails Intermediate Skills, Gentle Terrain, Short Distance Here is a tour with a difference! Happily all will not be dark, as this is the night before the full moon. Moon rise is at 4.15 pm so the moon will be high by the time it gets dark. The tour will start, weather permitting, at 6.30 pm from the Nordic Shelter and go around the 5 km loop. A head lamp is essential, and of course people should dress for the weather, and expect the trails to be frost hardened. If the weather is unfavourable, there is a possibility of running the trip on Friday night instead.	
Friday, 12 August	Mystery Coffee Tour #2 <i>As per the Tuesday event, the Mystery Coffee Tour leaves the Nordic Shelter at 9.45 am. The same format will apply as per Tuesday event, it's a mystery.</i>	
Saturday, 13 August	Race – Snowy Mountains Classic <i>2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	
Saturday 10 & Sunday 11 September	Main Range Spring Skiing Intermediate Skills, Hilly Terrain, Medium Length I will be staying in the Jindabyne / Kalkite area and probably have a trip rendezvous in Jindabyne each morning. The idea is to cover some countryside and practice downhill technique on slopes along the way. Because it will be late in the season, what we do will be dependent on where the snow is as well as weather conditions. The trips are likely to be the main range area, perhaps out from Charlotte's Pass or from Guthega. The trips would be suitable for Intermediate or advanced level cross-country skiers, or people with mostly downhill skiing experience who are fit and have at least some cross-country experience. Contact me if you have any questions.	

Perisher Cross Country Centre

The Perisher Cross Country (PXC) Centre is located in Perisher Valley. The PXC Centre consists of the Sverre Kaaten Nordic Shelter and the cross country groomed and un-groomed ski trail network. The trail-head is located next to the Nordic Shelter.

The Perisher Cross Country Centre features:

- A choice of ski areas. The extensive, well developed and popular [Perisher trails](#) or the smaller, quieter but no less picturesque Smiggin Holes loops.
- Up to 50 kilometres of trails that are groomed for skate and classic skiing (at least 20km on any given day depending on weather and snow conditions) and about 30 kilometres of touring ski trails. 50% of the trails are classified beginner to intermediate.
- Elevation of groomed trails range from 1738m to 1840m.
- A variety of terrain ranging from the gentle valley trails to those that are hilly but not steep. All ski trails are on natural rolling terrain as opposed to fire trails or formed roads.
- A modern, warm and well-appointed public day centre to provide shelter and other facilities for all users of the cross country area. [Click here for more information about the Nordic Shelter](#)
- A welcome separation from the busy downhill ski areas but within easy access of the Ski Tube, medical and shopping facilities ([Perisher Village Map](#)).
- Access to on snow ski hire and instruction.
- An eclectic range of events throughout the winter season (racing, citizen and for-fun) which cater for kids/ adults, recreational/competition skiers.
- Cross Country Ski Week which is held in the first full week in August, ([see XC Ski Week page for details](#)) which includes events like the highly popular Night Relays and the KAC race from Perisher Valley to Charlotte's Pass (7 events (maybe more) in 8 days).
- 2 Internationally recognised FIS races a year (sprint and distance), National and State Championship events.

For this season at the Nordic Shelter (2022):

- We supply tea, coffee, sugar, milk, dishcloths, tea towels.
- The microwave, jug, sink and sandwich press will be available.
- Please bring own plates, mugs, cups.
- Officially we are open from 7am to 5 pm.
- No sign in or mask requirements, no capacity limits.





Canberra Cross Country Ski Club

Web: www.cccsc.asn.au

Email: cccscanberra@gmail.com

**Fun and fitness
in the snow**

Club Committee Contacts

Position	Name	Email	Phone
President			
Vice President			
Secretary			
Treasurer			
Membership Secretary			
Tour Coordinator			
Kosciuszko Tour Coordinator			
Meeting Coordinator			
Newsletter Editor			
Webmaster			



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 weekend.

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

Trangia stove - \$3/weekend; - \$5/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 or Ken.



Trip Report — Skiing at Tidbinbilla — Wed 8 Jun 22

After some good snowfalls on the Brindabellas and Tidbinbilla Ranges in late May and early June I thought that it might be possible to do some skiing on the higher elevation fire trails at Tidbinbilla Nature Reserve, in particular the Camelback Fire Trail which heads up to the peak of the Camel's Hump. John Giacon contacted me about maybe doing some skiing in the ACT around Piccadilly Circus but when I mentioned my proposal to try and ski at Tidbinbilla he thought that was a good idea, so we arranged to attempt this after the next good dump of snow on the local ranges.

On Wed 8 June we left my house in southern Canberra at 8am and 30 minutes later we arrived at the Tidbinbilla Valley with an amazing vista of snow-covered peaks in the early morning sunshine. We parked at the Mountain Creek carpark (at 900m elevation) and headed off just before 9am to walk up the Camelback Fire Trail carrying our skis. The climb to the Camel's Hump on this fire trail covers 6km in distance and gains 400m in elevation, with the steepest sections being in the first few kilometres lower down. For the first half hour we climbed up the fire trail through beautiful forest but with no snow. Higher up there was a dusting of snow on the track which gradually thickened the higher we went, but it wasn't skiable.

The uphill climb was relentless but at least we were gaining altitude and heading towards the better snow higher up. From the track we had glimpses of the Tidbinbilla Space Tracking Station and Canberra to the east. Many of the trees in the shaded areas had a thick covering of snow. The snow cover on the fire trail started to improve and after about 4km of walking, and at around 1200m elevation, we decided to put our skis on to continue the climb towards the Camel's Hump. The snow

(Continued on page 15)

We were able to ski on a thin cover of snow higher up.



The snow covered Mt Domain, part of the Tidbinbilla Range.



Walking the lower section of the Camelback Fire Trail.



(Continued from page 14)

was nice and powdery but there were many stones and rocks just under the surface so we had to be careful when gliding along. Higher up both our skis started to ball up badly. We passed the junction with the John's Peak trail and shortly after we arrived on the ridge leading to the Camel's Hump. There were a few other people there that had walked up along the trail but we were the only ones with skis.

The forested slopes of the Camel's Hump were covered by thick powdery snow. We went for a short walk part way up the peak before returning to the fire trail to have lunch and enjoy the vistas. The higher peaks of the Brindabella Range to the west were clouded in but we were mostly in sunshine. To the east we could see Black Mountain Tower, Lake Burley Griffin and fountain, the buildings at Woden, and Mt Taylor. We also had good views of the snow-covered John's Peak and Tidbinbilla Peak, and could see some snow-covered peaks far to the south in Namadgi National Park. Snow was now dropping from the trees and melting quickly. After lunch we packed up and began our descent back down the mountain around 12:15pm. Because of the thin and melting snow cover on the trail, and numerous stones lurking underneath, we decided to walk all the way back down the trail, and we noticed a significant loss of snow just in the time we had been there. We arrived back at the car at 2pm and were back at my house 40 minutes later!

This was more a bushwalk than a ski. We covered 12km but only skied for 1.5km and all of this involved climbing uphill, dodging rocks and balling up, but it still counts as a ski in the ACT, and less than 20km from my house as the crow flies. It was too dicey to ski back down the trail, but with an extra 20 or 30cm of snow depth the ski descent on the fire trail from Camel's Hump would be amazing. It was good to ski in this new location, but even without skiing this is a good place to experience snow close to Canberra.

Alan Levy



John skiing along the Camelback Fire Trail.



The fire trail at the base of the Camel's Hump (approx 1350m elevation), with John's Peak and Tidbinbilla Peak in the background.



Looking down on Woden and the Tidbinbilla Space Tracking Station.

Ski Photos - Three Mile Dam - Mon 13 Jun 22



Skiers at Three Mile Dam, 13 Jun 22. Photo: Greg Lawrence



Skiers horsing around on the Goldseeker's Trail, 13 Jun 22. Photo: Sonja Weinberg



Group stopped for morning tea on the shores of Three Mile Dam, 13 Jun 22. Photo: Greg Lawrence



Group having lunch on the ridge at the top of the Goldseeker's Trail, 13 Jun 22. Photo: Greg Lawrence



The remains of the stamper battery on the Goldseeker's Trail, burnt in the 2020 fire. Photo: Sonja Weinberg

17 people were on this ski tour, with perfect weather and snow conditions.



Penny and Bess Rossiter somewhere on the Great Dividing Range, 13 Jun 22. Photo: Sharon Roberts



Horses and skiers on the Goldseeker's Trail, 13 Jun 22. Photo: Alan Levy



Ralph Gailis. Our group lunching on a spur overlooking Mt Selwyn Resort - Monday 13 June 22. Photo: © K. Moylan.



Russell Turner, Bill Stanhope, Alan Levy, Sharon Roberts & Margaret Mahoney. Our group lunching on a spur overlooking Mt Selwyn Resort - Monday, 13 June 22. Photo: © K. Moylan.

Ski Photos - Gooandra Homestead - Mon 13 Jun 22



Gooandra Homestead, on the plains north of Kiandra - Mon 13 Jun 22. Photo: Mike Hinchey



Barry Mayfield on the verandah of Gooandra Homestead - Mon 13 Jun 22. Photo: Mike Hinchey

Social Meetings 2022 (All Welcome)

Wednesday 22 June 2022

An Olympic Skier's Experience

Speaker: Seve de Campo

Seve de Campo represented Australia in Cross Country skiing at the 2022 Beijing Winter Olympics, competing in 5 races. At 23 years old he has been cross country skiing for 12 years. Seve is originally from Melbourne and is now studying Engineering at ANU here in Canberra.

Wednesday 13 July 2022

Eucalypt dieback in the Australian Alps

Speaker: Dr Matthew Brookhouse

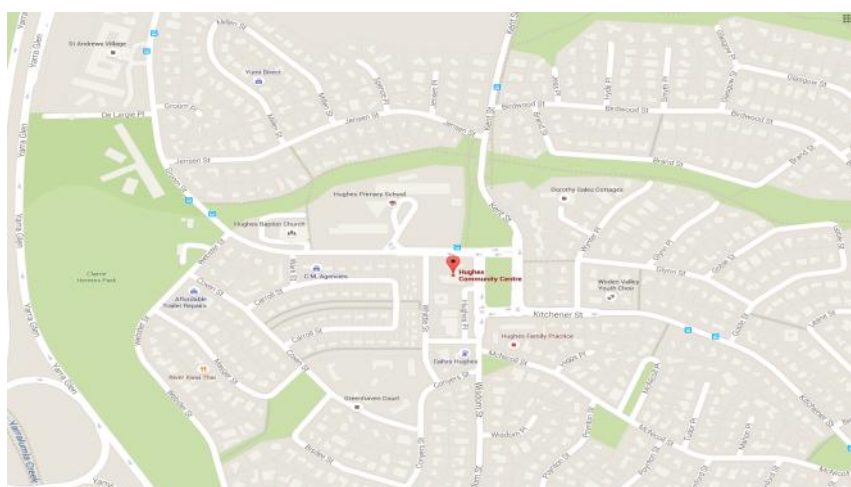
Dr Matthew Brookhouse will speak about his research on eucalypt dieback in the Australian Alps.

Wednesday 27 July 2022

Rambling in Yorkshire

Speaker: David Drohan

David will talk about some walks he did in Yorkshire in northern England late last year. The photos will also include some snow!



Meetings are held at the Hughes Community Centre, Hughes Place, Hughes, Canberra, Canberra 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.

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 30 July 2022

Family Name			
First Name(s)			
Address			Postcode:
E-mail address			
Telephone	Work	Home	Mobile

Birth year _____ <small>(Entrants must be at least 14 years old)</small>	Gender Male <input type="checkbox"/> Female <input type="checkbox"/>
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Club name	CCCSC <input type="checkbox"/>	Other Club <input type="checkbox"/> Name of club: _____
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Technique:	Classic <input type="checkbox"/>	Freestyle <input type="checkbox"/>
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Team Entry (Optional) <small>(must have 3 people per team)</small>	Fancy dress	<input type="checkbox"/>	Family	<input type="checkbox"/>	Club	<input type="checkbox"/>	ADF Service	<input type="checkbox"/>
Team name								
Names of other team members	1. _____				2. _____			

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, 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.
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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 the race office, refund the entry fee paid less expenses if the race is cancelled before 27 July, make no refund if the race is varied or cancelled on or after 27 July, 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,

Signature of Entrant (or parent/guardian if entrant under 18 years of age)

Standard Entry Fee (received by Friday 29 July)	\$30
Late Entry Fee (to 9.00 am Saturday 30 July)	\$40
Enter online (Visa/Mastercard) through https://www.cccsc.asn.au	Or send completed entry form and payment (cheque) to: CCCSC Race Secretary 303 Hindmarsh Drive Rivett ACT 2611

THE COURSE

Course - The Kosciuszko Tour will, weather and snow conditions permitting, start from Perisher and use the XC trail network to the Porcupine and return for 18km. This makes it a great warm-up event for Perisher XC week and the Kangaroo Hoppet.

Changes - The exact course on the day will be advised at Perisher Nordic Shelter and the Start.

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

The Kosciuszko Tour is open to both Classic and Freestyle (Skating) skiers. Freestyle skiers will start after the classic skiers. Any skier who starts with the Classic technique group and is observed skating will be disqualified.

There will be a drink station on the course, but it is recommended that entrants carry additional water and snacks.

RACE OFFICE - Perisher Cross Country Centre (Nordic Shelter)

	TIME
Open for late entries	7:45am to 9:00am
Pick up bibs and ankle transponders	9:15am to 9:45am

START

	TIME
Pre-race briefing	9:45 am
Race Start	10:00am to 10:15am

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

FIRST AID/DRINK STATIONS – drink station(s) on course and at Perisher Cross Country (Nordic) shelter after finish line.

SAFETY - Sustain your fluid intake and wear adequate clothing. The course will be patrolled by skidoo and swept by skiers. Please note that snow conditions can range from ice, deep snow or slush. Natural hazards include rocks, bare patches and vegetation. Other skiers also use these trails. Skiers must ensure that they ski in control at all times to minimise risk of collisions and injury. In sunny weather use sunscreen, sunglasses and carry sufficient water.

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/transponders will be accounted for at the Finish and a missing bib/transponder may initiate a search at your expense.

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

	TIME
FINISH: Outside Perisher Cross Country Ski Centre (Nordic Shelter)	
Each finisher will be timed and have their bib exchanged for a presentation ticket	10:30am to 2:00pm

	TIME
PRESENTATION: Altitude the Lodge, Smiggins	
Presentation (includes food, tea and coffee – drinks can be purchased at bar)	2:15pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the presentation and posted on the PXC events web page and emailed	



AUSTRALIAN CROSS COUNTRY SKIING 2022 RACE CALENDAR V1.4 28/03/2022



Day	Start	Race	Location	Contact	Contact No.
March/April/May					
Feb 27	9:00am	Snowy Mountains Nordic Come & Try Rollerski	Jindabyne	Kaz Forman	0425 675 555
Mar 27	9:00am	NSWACT XC Rollerski Challenge (F)	Canberra	Finn Marsland	0408 147 940
Mar 26-27	9:00am	North-East Victoria Challenge (F)	Barnawartha	Lynn Maree Cullen	0409 592 226
Apr 9/10	9:00am	AUS Rollerski Championship Sprint & 5/10km (F) FIS	Canberra	Finn Marsland	0408 147 940
Apr 30	TBC	Lake Mountain Hill Climb (C / F)	Lake Mountain		
May 28/29	TBC	FIS Melbourne Rollerski International (Teardrop) FIS	Melbourne	Finn Marsland	0408 147 940
June					
Sat 11	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 11	1:00pm	Snowy Mountains Nordic Rollerski Challenge	Jindabyne	Tim Greville	0428 159 336
Sun 26	10:00am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
July					
Sat 2	10:00am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 2	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336
Sun 3	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km	Perisher	Bolt	0447 642 270
Sun 3	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	0428 228 860
Sun 3	1:00pm	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 9	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sat 9	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 9	11:00am	Snow Trek & Travel High Plains Tour (F) 1/2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sun 10	8:30am	ACT Ski de Femme	Perisher	R Cunningham	0400 718 047
Sun 10	11:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F)	Perisher	Bolt	0447 642 270
Sun 10	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 16	9:30am	ACT Sprint Champ's (C)	Perisher	Kaz Forman	0425 675 555
Sat 16	9:30am	Vic Junior Sprint Champ's (F)	Falls Creek	Ben Derrick	0400 110 046
Sun 17	9:30am	NSW Distance Champ's (F)	Perisher	Kaz Forman	0425 675 555
Sun 17	10:00am	Vic Junior Distance Champ's (C)	Falls Creek	Ben Derrick	0400 110 046
Mon 18	8:30am	NSW/ACT Interschools	Perisher	www.interschools.com	
Fri 22	9:00am	South Australia / Regional NSW Interschools Races	Falls Creek	www.interschools.com	
Sat 23	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sun 24	10:30am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Ann Bellingham	0427 006 246
Sun 24	11:00am	Cooma Open (F) 10km	Perisher	Bolt	0447 642 270
Sun 24	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 30	9:30am	AUS Open Sprint Champ's (C) * / ** CC/FIS	Falls Creek	Ann Bellingham	0427 006 246
Sat 30	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C/F) 18km	Perisher	Jo-Anne Clancy	0411 156 959
Sun 31	10:00am	AUS Open Champ's 10/15 (F) * / ** CC/FIS	Falls Creek	Ann Bellingham	0427 006 246
Wed 3 - Fri 5		AUS Secondary Schools Ski Team Championship	Falls Creek	Ann Bellingham	0427 006 246
Sat 6	9:30am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566
Sat 6	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325
Sun 7	9:00am	Victorian Interschool XC Championships	Mt Buller	www.interschools.com.au	
Sun 7	10:00am	City Tatts Boonoon Open (C/F) 5km	Perisher	Michael Sterndale	0412 043 900
Sun 7	11:00am	Snow, Trek & Travel Mini Series #1 (C) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Mon 8	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Kathy Hatton	02 9411 5974
Wed 10	11:00am	Charlotte Pass Open (C) 5km	CharlPass	Kathy Hatton	02 9411 5974
Wed 10	5:00pm	NSW Twilight Relays (F)	Perisher	Peter Ward	0409 338 978
Thu 11	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au	
Sat 13	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835
Sat 13	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910
Sat 13	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sun 14	10:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 14	10:30am	Tullucouty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052
Sun 14	11:00am	Lake Mountain Challenge (F) 2/5/15km	Lake Mountain	Ray Malins	0428 228 860
Sat 20	9:30am	AUS Open Sprint Champ's (F) * / ** CC/FIS	Perisher	Kaz Forman	0425 675 555
Sun 21	9:30am	AUS Open Champ's 5/10 (C) * / ** CC/FIS	Perisher	Kaz Forman	0425 675 555
Sun 21	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F)	Falls Creek	Ann Bellingham	0427 006 246
Mon 22	1:00pm	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222
Wed 24	9:00am	NSW/ACT/QLD/SA Interschool Races	Perisher	www.interschools.com.au	
Thu 25	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 27	9:30am	Kangaroo Hoppet (F) 42km CC/FIS	Falls Creek	Race Secretary	03 5754 1045
Sat 27	9:40am	Australian Birkebeiner (F) 21km	Falls Creek	Race Secretary	03 5754 1045
Sat 27	9:50am	Joey Hoppet (F) 7km	Falls Creek	Race Secretary	03 5754 1045
September					
Sat 3	9:30am	AUS Junior Championships Sprint (F) ** FIS	Falls Creek	Ann Bellingham	0427 006 246
	pm	TBC Aus Junior XC-Cross event			
Sat 3	11:00am	NZ Merino Muster	Snow Farm	www.snowfarmnz.com	
Sun 4	10:00am	AUS Junior Championships Distance (C) ** FIS	Falls Creek	Ann Bellingham	0427 006 246
Fri 9	9:00am	Australian Interschool XC Championship	Perisher	www.interschools.com.au	
Sat 10	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336
Sat 10	11:00am	Snow, Trek & Travel Mini Series #2 (F) 0.5/1.5/2.5 k	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 10 / Sun 11		Perisher Cup	Perisher	Kim Easdale	0412851615

Online entries: <https://www.snow.org.au/events/list/>



RACE SECRETARIES

National
Peter Cunningham
0477 356 835
peter.petercunningham@gmail.com

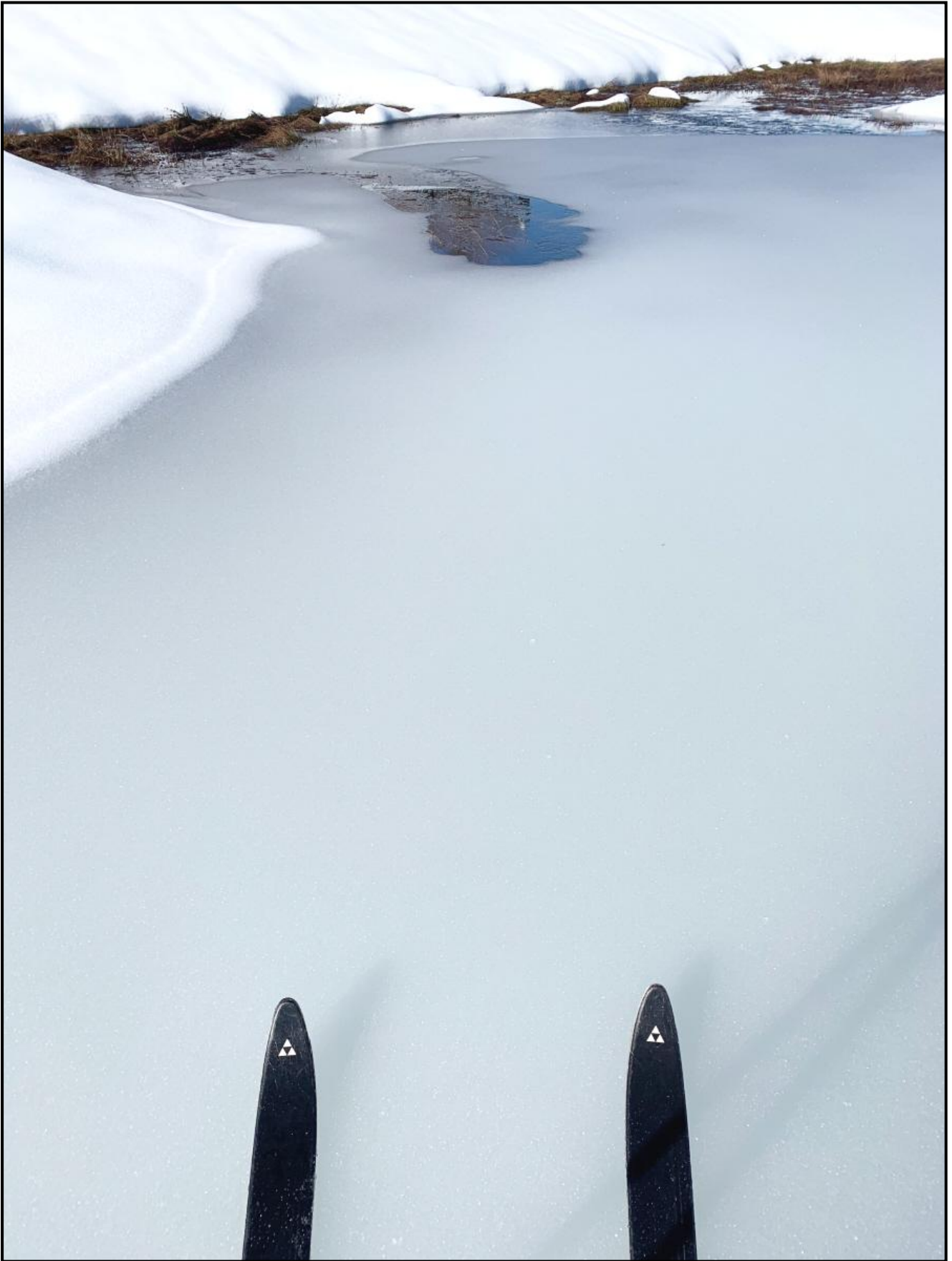
Northern
Kaz Forman
M 040
karenforman11@gmail.com
l.com

Victoria
Andrew Walker
0407 072 152
awalk347@gmail.com

LEGEND

F Freestyle Race
C Classic Race
* Senior Selection
** Junior Selection
CC Continental Cup
FIS FIS Race

Event details, times and dates may be subject to change without notice. Skiers should confirm details with race organisers. Updates will be posted at www.ausxc.com/



Ken Moylan's skis, standing on the frozen surface of 3 Mile Dam pondage. On a Club tour around 3 Mile Dam and the Goldseekers' Trail - Monday, 13 June 2022. Photo: © K. Moylan.