

SPECIAL POINTS
OF INTEREST:

- Trip Reports & Photos
- Ski Tour Program

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2022, ISSUE 3

13 JULY 2022



The Devil's Dolmen, on Bob's Ridge - 28 Jun 22. Photo: Sonja Weinberg

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 August. Deadline for contributions is 2 August. Please send any articles or photos to ccscseditor@gmail.com

President's Piece

We have had a good start to the ski season, with some early dumps of snow providing opportunities for some great June tours. Here's hoping for good snowfalls in July to provide further impetus to the season.

At the end of this month (30 July), we hold one of the key events in the club's annual calendar: the Kosciuszko Tour ski race, which is held on a course out from the Nordic ski shelter at Perisher. It's a fun day, whether you are a serious racer or just seeking to put in a good personal effort. We also need volunteers to help run the race on the day – if you can help with this, please send a text to Jo-Anne Clancy on (More details on the Kosciuszko Tour on page 4).

We continue to have an excellent program of social meetings. Seve de Campo gave us a fascinating account of elite skiing in our last meeting. In July, Dave Drohan will give us some vignettes of his wanders in northern England last year, when managed to escape the Covid lockdown back home (13 July), and Nic Bendeli, ever the intrepid adventurer, will be relating some of his early ski exploits in New Zealand (27 July).

Hope to see you – on a tour, on the racing trail or at a social meeting.

Ian Turland
CCCSC President



The 'Giraffe' tree on the 10km XC trail at Perisher, near pole 570. And a comparison with a real giraffe (above).
Photo: Margaret Mahoney

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 "login 13/7" on 13 July 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.

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. *(See box below for updated information concerning the Ski tube).*
- 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](#)

Transport options to the resorts from Jindabyne

To get a car parking spot at the major ski resorts, you now need to be driving through Jindabyne no later than 7.00am (even earlier on weekends in school holidays). What are your options if you don't fancy an early start or driving your car on ice- and snow-covered roads? Here are a couple to consider.

[Snowy Mountains Bus Service - Cooma Coaches](#)

This bus service runs between Jindabyne and Perisher or Thredbo every Friday, Saturday and Sunday during the ski season. The cost is \$20 (adult) or \$10 (child) for a return trip. One-way tickets are also available. Bookings must be made online through Cooma Coaches.

You will need to find a legal place to park in Jindabyne for the day, but it will save you the hassle of trying to get a parking spot at the resorts. It could also be very useful for those planning a tour from one resort to the other, saving a car shuffle.

The buses leave every half hour from 7.00 – 10.30 am and 2.00 – 6.30 pm, with an hourly service between 11:00 am to 2:00 pm.

[Skitube](#)

Drive to Bullocks Flat and catch the Skitube up to Perisher.

This used to be a viable (if somewhat expensive) option for getting up to Perisher and back in a day. However, this season Perisher have introduced a restriction on what they call 'Sightseeing' day return tickets (i.e., tickets not purchased in conjunction with a resort lift ticket). These tickets can now only be used **after 11 am**, which means a very late start for any ski tour! The cost is \$63 for a return trip. An unrestricted Skitube season pass is available for \$479 (adult) and may be a better option for regular users.

Racing News

2022 Kosciuszko Tour

The CCCSC 2022 Kosciuszko Tour will be held on Saturday 30th July 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 for \$25 per night 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 at www.snow.org.au/events/147143/ 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 cccscracing@gmail.com

Activities & Dates – 2022

Future CCCSC Social Meetings for 2022 *(further details on page 21)*

July - Wed 13 July, Wed 27 July

August - Wed 17 August, Wed 31 August

September - Wed 14 September, Wed 28 September

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

Sun 14 August - ACT & NSW Ski Orienteering Championship

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

Sat 27 August – Kangaroo Hoppet

Mountain Safety Collective

The club has again made a financial contribution to the Mountain Safety Collective (MSC), an initiative that commenced last year. MSC provides a daily online report on safety conditions in the backcountry, including avalanche danger, ice danger and visibility. If you are skiing in the backcountry, you should consider availing yourself of this resource. Go to: mountainsafetycollective.org

Trip Report — A Visit to Tantangara Mountain - 19 Jun 22

On Sunday, 19 June 2022, Ken Moylan led Gale Funston, Michelle Frost and Kathryn Dwan for a ski up Tantangara Mountain.

Route

We left the car at the Eucumbene River Chain Bay, which is not far from where the Snowy Mountains Highway crosses the Eucumbene River (surprise!). We started following Tantangara Mountain Walk (a firetrail by another name) but lost it not long after the first creek crossing. We continued up, roughly following Black Walter's Creek and, after a bit of making our way through moderately thick forest (easy enough to go up but diabolical to come down), we came to the nose of the ridge, where it opened up to glades. With a bit of concentrated map reading, we intersected with the fire trail, only showing itself as a pair of shallow furrows in the even snow cover. After losing the fire trail, again, we abandoned it and simply headed up to our ambition laying above us, blocking the horizon.

A trig tower marked the top of Tantangara, where we stopped for the views of Lake Eucumbene, Tabletop, Jagungal, the Eucumbene River in its valley, and the Brindabellas.

Coming down was navigationally easier, as we were better at seeing the faint mark of the fire trail and we could the highway we were aiming for. We considered dropping down to Harvey's Hut, but it was getting late, we were getting tired and it was too hard. As it turned out, we by the time we got back to the car, the snow wasn't as firm as feared, but the light was getting late in the day. The last major part of the fire trail was pretty steep and cut through the forest, making for a narrow path. Some of us slowly sidestepped down, but I thought that was too much hard work and made wide traverses and wide turns in the occasional clear patch. We came out, not far from the car, and near two wombat burrows.

(Continued on page 7)



*Gale Funston, Kathryn Dwan and Michelle Frost nearing the top. Sun 19 June 2022.
Photo: © K. Moylan*



*Snowy ridges and a wombat burrow. Almost back at the road. Sun 19 June 2022.
Photo: © K. Moylan*

(Continued from page 6)

Best Bits

- The great views from the top of Tantangara, from the ACT to Victoria, Monaro Plain to the West.
- Tree skiing. Skiing through the trees, from glade to glade, was lots of fun, although often difficult.
- Seeing wallaby and wombat tracks in the snow.

Worst Bits

- Feral horses. We saw a small herd of 5 well below us.
- Seeing rabbit and fox tracks in the snow.

Snow Report

The snow cover was deep enough to ski anywhere without fear of damaging ski bases and wide enough that we could have skied wherever we wanted, trees permitting. The exception was the first few hundred metres near the road, where we still needed to pick our way up to the better snow.

The day started firm and only slowly softened through the day. By the time we'd reached the top, the snow was nicely softened, which made for easy turning and control on the way down. I was surprised that it was still soft when we had returned to the car, around about 15:30.

Map of the Day

Tantangara Mountain is on the edge of two maps - Tantangara 1:25000 & Denison 1:25000.

The commercially published maps don't cover this area, so I had to use the NSW government maps.

Ken Moylan

Dead mouse. Note the very long tail, in proportion to its body size.
Sun 19 June 2022.
Photo: © K. Moylan



Gale Funston and Michelle Frost making their way up through the burnt snowgum forest. Sun 19 June 2022. Photo: © K. Moylan



Michelle Frost taking in the view. Kiandra area is in the background. Sun 19 June 2022. Photo: © K. Moylan



Trip Report — Witses Hut - well not quite - 18-19 Jun 22

It was just Alan Levy and I that set out on a brilliant sunny day on firm packed snow at Kiandra. We were surprised to see that Snowy 2.0 had cleared the road into Gooandra from their roadside depot but we headed straight to the bridge over the Eucumbene River before heading east towards Wild Horse Plain. We had not gone far before we were presented with the sight of 40-50 brumbies mobbed up and stampeding up the hill into the timber. They made quite a sight.

We then headed towards a low snowy saddle that we knew would take us down to the Tantangara Plain. This gave us a lovely run down to the valley without getting tossed despite our weekend packs. As we then made our way up the flank of the valley towards the Alpine Creek firetrail we were closely scrutinised by a silver brumby. We startled a samba deer sunning itself on the plain. Arriving at the bridge over Tantangara Creek we found the bridge OK but the associated floodplain under water. We didn't fancy two 100m wades through melt water after lunch and decided that Witse's Hut was not such an attractive destination on the day after all.

So we retraced our route back into the territory of the silver brumby. He and his mob had cleared a lovely spot under the Black Saltees conveniently located with firewood and water. We were just settling into our camp when we were disturbed by a low flying helicopter which was conducting aerial culling. There was a barrage of shots just up the hill from our camp and we contemplated the fate of the silver brumby. But he came back before nightfall with a mate to check us out so clearly is immortal. We had dinner accompanied by the howls of dingos in the twilight.

The next morning was foggy so we made a late start back to Kiandra. Before long we had another brilliant sunny day. We lunched on Wild Horse Plain and finished with a lovely run down to the Eucumbene river bridge.

Mike Hinchey



Mike skiing near the Eucumbene River. Photo: Alan Levy



Alan relaxing on the Riviera of the Kiandra snowfields. Photo: Mike Hinchey



Mike preparing the early morning fire. Photo: Alan Levy

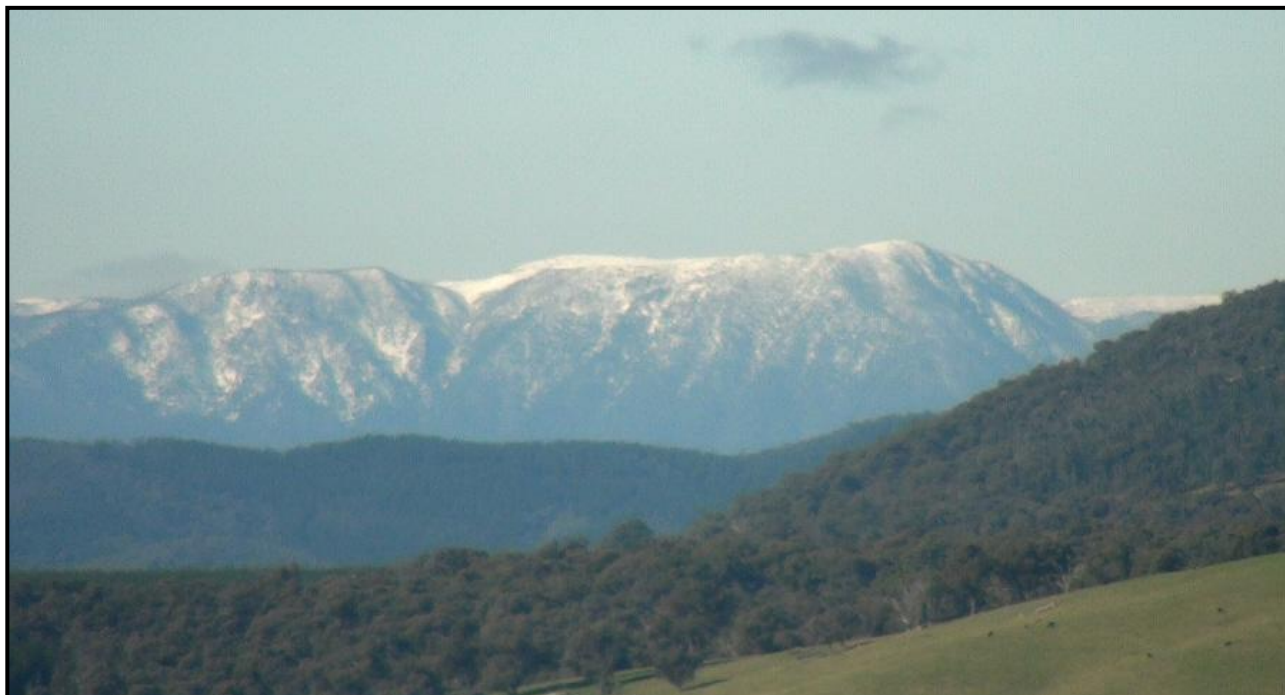


Camping on the edge of Tantangara Plain under the Black Saltees. Photo: Alan Levy



Not the fire trail we had expected. Photo: Mike Hinchey

Other Photos



The snow-covered Blackjack Mountain from near Tumbarumba, 18 Jun 22. Photo: Trevor Potts



Whites River Hut in the epic 1981 winter. Photo: Lachlan Kennedy



Eyeing each other off. Giraffe vs skier - 28 Jun 22. Photo: Greg Lawrence



*Alan Levy, Gale Funston, Ken Moylan & Nicole Havranek near Mt Selwyn, 3 Jul 22. Photo: Peter Atkins
There is a locked gate blocking the road about 1km before the Mt Selwyn resort.*



*The Question Mark Tree. 7.5km trail, Perisher Trails.
Tues 28 June 2022. Photo: © K. Moylan*



*The Scary Skull Tree. Perisher Trails. Tues 28 June 2022.
Photo: © K. Moylan*



John practicing ski running, with Mike Edmondson watching on and checking his form. Other Canberra XC Ski Club members are waiting their turn. At the PXC Come & Try XC Skiing event. Perisher Trails. Sat 9 July 2022.

Photo: © K. Moylan



Susie working on her snowplough, with Mike Edmondson watching on and checking her form. At the PXC Come & Try XC Skiing event. Perisher Trails. Sat 9 July 2022. Photo: © K. Moylan



Mike Edmondson demonstrating double poling, in front of a class of Canberra XC Ski Club members. At the PXC Come & Try XC Skiing event. Perisher Trails. Sat 9 July 2022. Photo: © K. Moylan

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 cccstours@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, 16 July	Mt Selwyn area Beginner-Intermediate, Rolling, Medium An easy ski tour starting at Mt Selwyn resort and heading either along the Kings Cross Road towards Cabramurra or on the plateau to the east of the resort, depending on the snow. This trip has fairly easy skiing terrain, good views of the northern part of the park, and plenty of burnt trees!	
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. The tour will most likely be moved to Perisher or Guthega if there is not enough snow in this area at the time.	

Date	Event Description	Leader
Sunday, 24 July	Perisher to Dainer's Gap (and Rainbow Lake, or Plains of Heaven) Intermediate skills, Hilly terrain, Medium distance 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.	
Sunday, 24 July (Moved from Sun 10 July)	Ski de Femme 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. 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. For any enquiries about the Ski de Femme day, contact: Rhonda Cunningham on 0400 718 047 or rjcunningham119@gmail.com	Register Here
Sunday, 24 July	Ski Tour after Ski de Femme Basic-Intermediate skills, Fairly Flat terrain, Short distance Following Ski de Femme on 24 July 12pm – 2pm, we will have some beginner and intermediate ski tours around the Perisher XC trails. Meet at the Perisher Cross Country Ski Centre.	
Saturday, 30 July	Race - Kosciuszko Tour 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.	Register Here
Sunday, 31 July	Smiggins Area Basic-Intermediate, Rolling-Hilly terrain, Short-Medium distance A 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.	
August	Kalkite Accommodation 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.	
Saturday 6 to Saturday 13 August	Perisher XC Ski Week 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.	
Sunday, 7 August	The Paralyser Intermediate skills, Hilly terrain, Medium distance Will ski up to the Paralyser plateau and trig, either from Perisher or Guthega Great views and slopes along the way.	

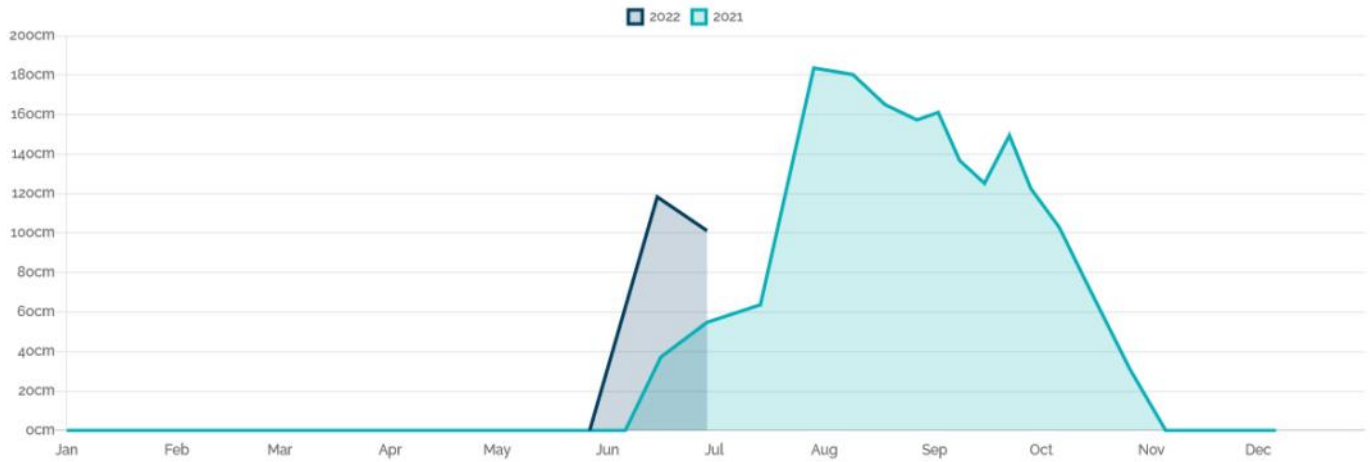
Date	Event Description	Leader
Sunday, 7 August	Race – Boonoona Open <i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i>	
Monday, 8 August	Race – KAC XC Classic (50th Anniversary Race) <i>This is the biggest race of the week and has a long history 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>	
Tuesday, 9 August	Mystery Coffee Tour #1 <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>	
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.	

Date	Event Description	Leader
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>	
Sunday, 14 August	ACT & NSW Ski-Orienteering <i>Non-orientees are welcome to register at Eventor too (the Orienteering entry website) or to send registration to the organiser. Entry fee is \$20 (for adults), \$15 (for under 21s).</i> <i>There are 20 control points out on the various Cross Country ski loops, marked on a map and marked physically out there. You have 2 hours to tour around on your skis and visit as many of the 20 that you can in the time. You choose your own course and direction around the various tracks/loops. Start between 10.00am - 11.30pm.</i> <i>Further details on page 24.</i>	Organiser: Marina Iskhakova marina.iskhakova@gmail.com Register Here
Saturday 10 & Sunday 11 September	Main Range Spring Skiing Intermediate Skills, Hilly Terrain, Medium Length <p>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.</p> <p>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.</p>	

Snow Depth Charts

Spencers Creek

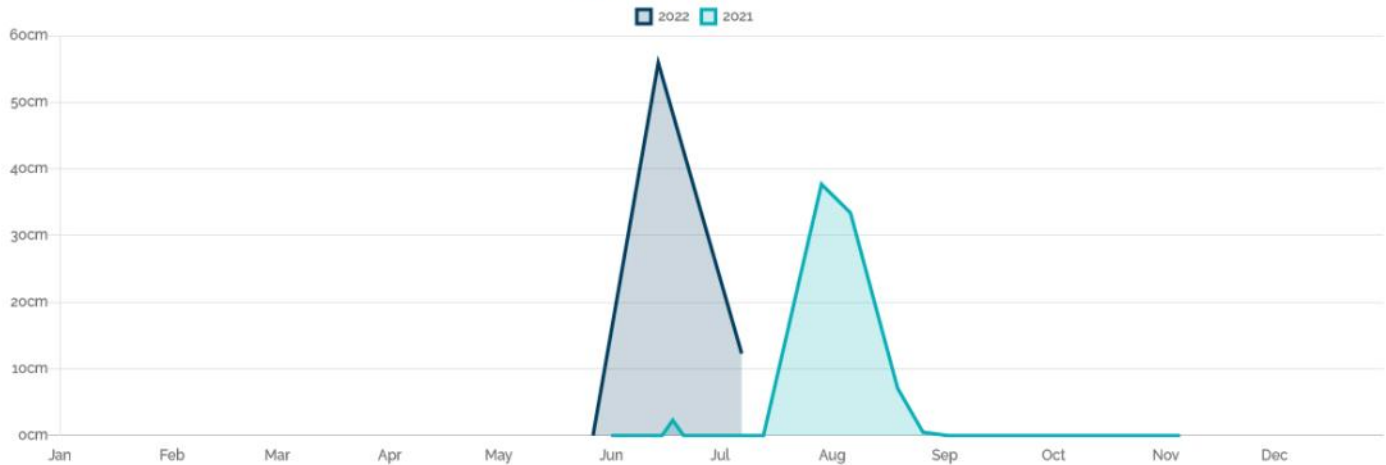
CURRENT LEVEL **101.2cm** AS OF 29 JUN 2022



The snow depth at Spencers Creek (as at 29 Jun) was just over 1 metre, which is good considering the absence of any decent snowfalls in the past month.

Three Mile Dam

CURRENT LEVEL **12.3cm** AS OF 07 JUL 2022



The fantastic snow cover at Three Mile Dam and around Kiandra in early June is now a distant memory. The lack of good snowfalls in recent weeks has meant the snow cover at Three Mile Dam has gone from over half a metre to now just over 10cm (as at 7 Jul).



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



Social Meetings 2022 (All Welcome)

Wednesday 13 July 2022

Rambling in Yorkshire

Speaker: David Drohan

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

Wednesday 27 July 2022

A Ski Traverse from Arthur's Pass to Mt Cook

Speaker: Nic Bendeli

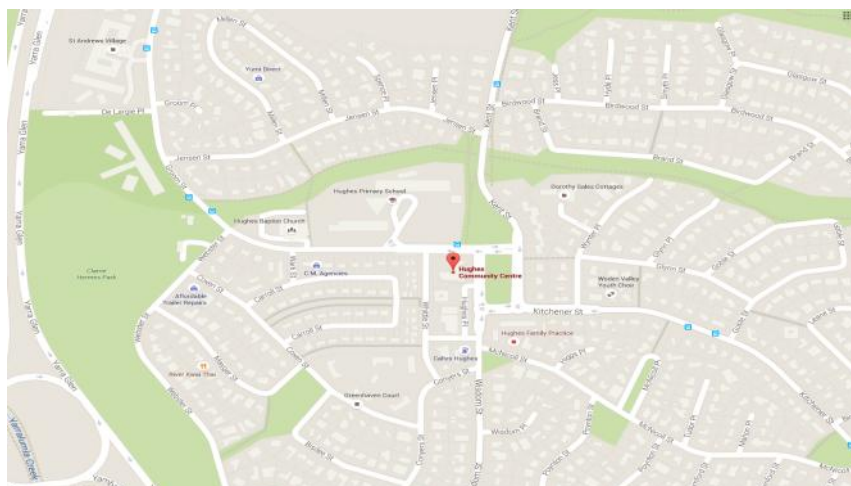
Nic Bendeli will talk about a ski traverse in the Winter 1982 in the NZ Alps, from Arthur's Pass to Mt Cook. A distance of about 180km in 18 days. Four participants, of which three are from Canberra: John Wanless, Dr Cliff Peady and Nic Bendeli. Nic summarises the trip as "Probably the hardest trip I have ever done. Totally exhausted with the very heavy packs, 50% foul weather and lost 5kg of body weight. Some great scenery."

Wednesday 17 August 2022

PLBs and Rescue

Speaker: Linda Berryman

Linda Berryman from AMSA (Australian Maritime Safety Authority) will talk about search and rescue and the latest developments involving distress beacons.



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

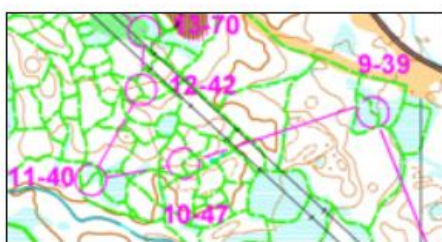
	TIME
PRESENTATION: Altitude the Lodge, Smiggins	
Presentation (includes food, tea and coffee – drinks can be purchased at bar)	2:15pm to 3:30pm
Individual, team and spot prizes will be awarded	
Results will be posted at the presentation and posted on the PXC events web page and emailed	



Invitation to 2022 ACT & NSW Ski-Orienteering Championship

Perisher Valley, Nordic Shelter

14th August 2022, Start between 10.00am – 11.30pm



The 2022 ACT & NSW Ski-Orienteering Championship will be held at Perisher Valley on Sunday 14th August, organised by Red Roos, Big Foot and Perisher X Country. This event forms part of XC Ski week (www.perisherxcountry.org) with the start in front of the beautiful, warm and special Nordic Shelter at Perisher.

Everyone who loves or dreams of trying Skiing or Orienteering, will be able to take an opportunity to combine both skills and to take part in our exciting Championship. It will be the 8th Championship, after Swedish ski-o expert Patrik Gunnarsson brought the concept back to Perisher in 2014. It was no events in 2020-2021 due to Covid. It is the only Ski-O event in Australia and among the only few in the Southern Hemisphere!

Courses: ROGAINE – 2 hours (kids – 1 hour)

Start: Start any time between 10:00am-11:30pm; Finish closes at 1:30pm

Classes: SOLO or TEAMS

It will be no line courses, it will be up to 20 CP, that have to be found in any order.

Entries:

Please register through Eventor <https://eventor.orienteering.asn.au/Events/Show/17256> starting April 2022. Non-orienteurs are welcome to register at Eventor too or to send registration on contact email below. Entry fee is \$20 (for adults), \$15 (for under 21s).

Hot chocolate, coffee and tea will be provided at the Finish☺!

Courses Planner: **Virpi Komulainen (BN NSW)**

Organisers: **Marina Iskhakova** Mob 0412 308 310

Email marina.iskhakova@gmail.com

<https://act.orienteering.asn.au/event-series/ski-orienteering/>

<https://www.bigfootorienteurs.com>



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 Boonoonoon 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



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/

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



The shadow of the Tantangara Mountain trig and glimpses of Lake Eucumbene. On a Club trip to Tantangara Mountain. Sunday, 19 June 2022. Photo: © K. Moylan