

CANBERRA
CROSS COUNTRY
SKI CLUB, INC

Off Piste



SPECIAL POINTS OF INTEREST:

- Trip Report
- Trip Photos
- New Committee

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2022, ISSUE 6

13 OCTOBER 2022



Rime ice on a dead snowgum tree. On a Club tour from Dead Horse Gap to Horse Flat and Cascades Fire Trail. Tuesday, 20 September 2022. Photo: © K. Moylan

Next Newsletter

The next newsletter will be produced in mid November and will include details of the Club XMAS Party, summer bushwalks and other activities over the coming off season. Deadline for contributions is 15 November. Please send any articles or photos to cccsceditor@gmail.com

New Committee and Spring Skiing

The club held its Annual General Meeting on 28 September. The President's Report, describing the club's activities this year and presented at that meeting, is on page 6 of this newsletter.

The following Committee positions were filled at the AGM:

Vice-President	Ian Turland
Treasurer	Cliff Henderson
Secretary	Ken Moylan
Tour Coordinator	Bill Stanhope
Racing Coordinator	Jo-Anne Clancy
Membership Secretary	Gale Funston
Newsletter editor	Alan Levy
Webmaster	Ken Moylan

The committee welcomes Bill as the new tour coordinator. And expresses its appreciation to Ralph Gailis for his work in this position during the past two years.

No nominations were received for the position of President.

It is important that this position be filled and members are **strongly urged to consider standing for this position**. If you are interested, please contact the Vice-President or one of the other committee members to discuss.

In the meantime, there is still plenty of snow on the Main Range, giving great opportunities for spring skiing. The club's "lodge weekend" will be held on the 14-16 October weekend, with day tours operating on those days. And there are a couple more snow camps planned – see details on the tour program. It would be great to have more tours on the program while the snow lasts. [Please provide details on any tours you can lead to Bill at cccstours@gmail.com]

Victoria Club Lodge Ski Week 2023

The club will organise a Lodge Week in Victoria next August for the week of the Kangaroo Hoppet. The week has ski tours at the surrounding cross country ski fields plus the Kangaroo Hoppet for those who are joining the participant event. The lodge week will be open to all club members.

We are organising accommodation and there will be shared meals on most nights. The length of the bookings depends on interest. We have accommodation booked from Tuesday 22 till Sunday 27 August. We could also stay longer on Sun 27 and Mon 28 as well depending on interest. The cost should be no more than \$100 per night and is expected to be less depending on the numbers.

The amount of interest will guide if we need more accommodation. Later in the year we will provide information on how to register your interest.

Gale Funston

Skiing at Falls Creek

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.

Vassaloppet Crashes

If you want some good entertainment you might want to watch the following Youtube video:

<https://www.youtube.com/watch?v=-TCE5cU-S14>

of crashes during the Vassaloppet ski race in Sweden. This is the largest Worldloppet cross-country ski race, 90km in length and with over 15000 participants. The combination of a fast icy downhill section with large numbers of participants in ski tracks with nowhere to go results in carnage.

CCCSC guidelines for insurance excess in the event of vehicle damage

A set of guidelines has been developed for reimbursement of the cost of the insurance excess where a car being driven on a club trip sustains damage, eg. from hitting a kangaroo or being sideswiped in the carpark. This document can be found under the "Forms" section of the club's website – see <http://cccsc.asn.au/home/info/forms/>.



End of Snow Prediction for 2022

I have been waiting for the start of the Spring decline in the Australian snowpack for the 2022 season. Up until the middle of September, it was looking that the peak in late August was the last peak.

Then it snowed and snowed and snowed. 50 cm of snow fell, to the joy of every snow frolicker. This both raised the depth and delayed the start of the Spring decline in the snowpack.

However, I feel confident that there will be no more significant snowfall events until next year and can now make my prediction.

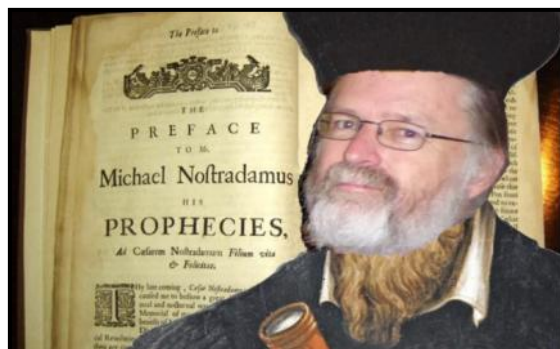
The year, based on a maximum Spring depth of 232 cm, on 20/9/2022, the snow at Spencer's Creek, as measured by Snowy Hydro, will last a further 53 days. i.e. ending on 12 November 2022.

One more week of skiing than last year.

Ski On!

Skistradamus

October 2022



The 2022 snow depth chart for Spencer's Creek as measured on 12 October, and a comparison with 2021. The 146cm snow depth is higher than at the same time last year.

Spencers Creek

CURRENT LEVEL **146.2cm** AS OF 12 OCT 2022

■ 2022 ■ 2021



David Russell near Charlotte Pass. Mounts Lee and Clarke are in the background. On a Thredbo to Perisher ski tour. During one of David Russell's tours during his Guthega lodge fortnight. Wednesday, 14 September 2022. Photo: © K. Moylan.

Trip Report - Horse Flat - Tuesday 20 September 2022

I planned to do a mid-week trip in late September, and following some recent good snowfalls and with a fine day predicted, I decided to head to the Dead Horse Gap area. I was keen to visit Horse Flat as this would be a new destination for me. Sonja Weinberg, Ken Moylan and myself met in Jindabyne at 8am then drove up the Alpine Way to the Cascade fire trail car park. The weather was perfect and there was a good cover of snow everywhere.

We headed off just after 9am and walked up the road to the top car park at Dead Horse Gap before venturing into the trees just to the south to climb up the ridge towards Horse Flat. Near the car park all the snow was completely covered by footprints and holes caused by snowplayers but once in the trees we soon left the footprints behind and the skiing became much easier. The climb up the ridge was through a heavily treed area but we were able to follow pink ribbons tied to the trees which indicated a trail or the easiest route. As we climbed higher the trees thinned out and we were able to get some good views of South Ramshead and the Ramshead Range to the north, and the Thredbo River valley and The Chimneys to the east.

Once we got to the top of the ridge we came across a fantastic open plateau which was Horse Flat. Most of the trees on the plateau were dead from the fires but many were covered in rime which looked spectacular. We stopped for morning tea in the sun with views south into Victoria. Mt Bogong and Mt Pinnibar looked to be heavily covered in snow from the recent falls. We then continued traversing around the southern slopes of the ridge to eventually meet up with the Cascade Fire Trail heading up to Bob's Ridge. The skiing along the traverse was fairly easy and there were good views south to The Pilot and Cobberas.

After reaching the Cascade Fire Trail we skied along it to the top of Bob's Ridge where we met a large school group who

(Continued on page 5)



View towards the Thredbo River valley and The Chimneys. Photo: Alan Levy



Horse Flat. Photo: Alan Levy



Ken and Sonja looking towards Mt Pinnabar. Photo: Alan Levy

(Continued from page 4)

had just started a multi-day snow shoeing trip from Dead Horse Gap across the mountains to finish at Marlo. They were all carrying huge packs and it looked like hard work for them.

We continued further south along Bob's Ridge and stopped for lunch at the Devil's Dolmen, a large balancing rock formation I had been to previously. We then left at 1:45pm and skied back down the fire trail to the Thredbo River and along the valley back to the Alpine Way, completing our anti-clockwise circuit and arriving at the carpark just after 3pm. We were able to ski all the way. After stopping for coffee in Jindabyne we then headed home.

Horse Flat is a great destination, close to the normal skiing routes in the area but hidden away on top of the ridge. I will definitely do another trip to this area in the future.

Alan Levy

Ken skiing amongst the dead trees at Horse Flat. Photo: Alan Levy

Rime covered tree at Horse Flat. Photo: Sonja Weinberg



At the Devil's Dolmen on Bob's Ridge. Photo: Ken Moylan



President's Report — 2022 Annual General Meeting

This is the report presented to the recent AGM by the past President, summarising the Club's activities over the last year.

The club has run a successful program of ski touring, racing and other activities during the 2022 snow season.

Early June this year featured heavy snowfalls, allowing a good start to the touring program. The first tour of the year saw a large group head to Three Mile Dam on the Queen's Birthday weekend. Quite a number of trips were held over winter in the northern part of Kosciuszko National Park, given the good snowfalls and heavy traffic around Jindabyne and Perisher. There were also many trips around the Perisher Trails and nearby, including beginner lessons and tours around the July lodge weekends.

A large contingent headed to Victoria this year for the Kangaroo Hoppet and for ski tours in the days leading up to the Hoppet. Spring has seen some warm and wet weather, but the snow has lasted, with some snow camps and tours based on extended lodge stays at Guthega. To date, there have been 31 advertised tours for club members, with some more promised over the coming month, including a lodge weekend in October.

The increased crowds accessing the Perisher resort area this year, especially at weekends, and the resulting parking issues, has impacted on how and when

tours were conducted. There might be some diminution in the pressure if the Mt Selwyn resort re-opens next year but this issue could continue to represent a challenge for our tour program.

In addition to ski tours, members of the club ran several bushwalks in the Snowy Mountains area during the late-2021/early-2022 period.

The club's Kosciuszko Tour ski race was held on 30 July in good weather and snow cover. Thirty-four skiers took part in the race. The presentation was held at Altitude Lodge Smiggins with prizes from Mont, Rhythm Sports, Wild Brumby and Rebel Sport. The race was supported by CCCSC volunteers, Perisher Cross Country and Perisher Ski Patrol. COVID had an impact on volunteer numbers, and we only received approval from the Technical Delegate to run the race because the Perisher Ski Patrol offered to act as course marshals. If the club runs the race in 2023, more volunteers will be needed.

The club has held eight social meetings during this season, featuring a range of internal and external speakers. We have commenced experimenting with providing a video conferencing facility for our meetings, which may provide an alternative avenue for participation by members unable to attend the physical meeting.

Other club activities have included: the organisation of three ski lesson weekends, with 29 participants in the lessons; participation in community cross-country ski races; and volunteer work, including

Perisher Cross Country Ski Centre working bees.

Five issues of the club's newsletter *Off-Piste* have been produced so far this season (monthly, from May to September), with two more editions planned (October and November). The newsletters have included trip reports and photographs to help show members what the conditions are like on club trips. The club's website and Facebook page, as well as regular group emails, have continued to provide crucial means of communicating with the membership body and others.

Club membership currently stands at 138, including ten honorary / life members. This is slightly up on the 127 members at this time last year. Annual membership fees were maintained at the level of \$50 for individuals and \$75 for families.

Finally, I wish to thank the other members of the committee for working constructively and effectively in managing the club's affairs during the past year. Their efforts are greatly appreciated. Ralph Gailis is relinquishing his position of tour co-ordinator; we are very grateful for the work he has done in this capacity during the past two years.

*Ian Turland
(Past) CCCSC President
28 September 2022*



Mt Townsend, 4 Oct 22. Photo: Monika Binder

The Best-Preserved Pair of Skis from Prehistory

Thanks to Lachlan Kennedy for forwarding this on.

A quick summary below of the full article at: <https://secretsoftheice.com/news/2021/10/05/the-best-preserved-pair-of-skis-from-prehistory/>

- In 2014 an exceptional pre-Viking ski, 1300 years old, was found at the Digervarden Ice patch in Norway. The ski was complete, including the binding – one of only two skis from prehistory in this condition.
- Ever since, the ice patch has been monitored, hoping and praying for the second ski of the pair to melt out. The second ski was found in Sept 2021. The new ski is even better preserved than the first one.
- The new ski is of the same type as the first ski found here. It is broad, with a raised foothold and with the binding still preserved, just like the one found in 2014. The new ski is 187 cm long and 17 cm wide. This is 17 cm longer and 2 cm wider than the first ski found here. The preservation of the new ski is much better, probably because it was 4-5 m further into the ice.
- Three twisted birch bindings, a leather strap and a wooden plug go through the hole in the foothold of the new ski. Both skis have a hole through the tip.
- The pair of skis from the Digervarden ice patch is the best-preserved prehistoric pair of skis in the world! There are other prehistoric ski pairs, but none of them have the binding preserved. The binding is crucial. Without the binding, it is much harder to tell how the skis were used.
- There are numerous finds from reindeer hunting at the Digervarden ice patch, both artifacts and ancient monuments. It would therefore be easy to link the skis to hunting activities. However, during the recovery of the ski, the team noted the presence of several cairns in the area. They may belong to an ancient mountain trail crossing the ice patch near the find spot of the skis. An 18th century sled was found in roughly the same area in 2016. This opens the possibility that the skis could be related to high mountain transport as well. So, the owner may have been a hunter or a traveller (or both).



Skiing Photos



The spectacular snowgum, not far below Paralyser Gap, on the Summit Road side. During one of David Russell's tours during his Guthega lodge fortnight. Sunday, 11 September 2022. Photo: © K. Moylan.



Perfect snow under a perfect sky. Following the pole line from Thredbo to the Summit Road, on a Thredbo to Perisher ski tour. During one of David Russell's tours during his Guthega lodge fortnight. Wednesday, 14 September 2022. Photo: © K. Moylan.



Victorian snow fields, from near Horse Flat. On a Club tour from Dead Horse Gap to Horse Flat and Cascades Fire Trail. Tuesday, 20 September 2022. Photo: © K. Moylan



View of Charlotte Pass Village nestled in its bowl. Also visible is the road to the pass and Etheridge Ridge and Mt Kosciuszko in the background. From the Southern trig point on The Paralyser. During one of David Russell's tours during his Guthega lodge fortnight. Tuesday, 13 September 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 the Tour Coordinator at ccsctours@gmail.com.

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.	
Friday to Sunday, 14 to 16 October	October Lodge Weekend tours The Club is holding an end of season lodge weekend at Charlotte Pass at Pygmy Possum Lodge. Tours will be conducted on the Main Range or around Charlotte Pass on the weekend for those staying at the lodge, and for anyone that wants to come down just for a day.	
Saturday & Sunday, 22 & 23 October	Main Range Snowcamp Basic-Intermediate skills, Rolling & Hilly terrain, Medium distance Will head out from Charlotte Pass and camp overnight near Snowy Bridge, below Seaman's Hut, which provides a good base to explore the surrounding area. A mostly flat ski in to the campsite but with plenty of large hills and slopes close by. May camp for longer if people are interested. If wet weather is predicted for the weekend then the trip will be moved to the following weekend.	
Saturday, 22 October	Main Range Sub-Circuit Intermediate skills, Rolling & Hilly terrain, Long distance From Charlotte Pass, via Foreman's Crossing, we will go up Carruther's Peak before heading over to Mt Lee, Northcote Pass, Moraine Pass and finish the funnest part by going down Mt Clarke. Return back over Foreman's Crossing to Charlotte Pass.	
Sunday, 23 October	Kangaroo Ridge and Beyond Basic-Intermediate skills, Fairly Flat terrain, Medium distance From Charlotte Pass, head towards Mt Stilwell. Maybe bag the summit. Continue along Kangaroo Ridge. If we are fast enough we can reach Snowy Bridge or even Seaman's Hut.	
Saturday & Sunday, 29 & 30 October	Snow Camp - Ramsheads and Leather Barrel Creek area Intermediate skills, Rolling & Hilly terrain, Medium distance We'll take the chairlift up from Thredbo and ski over the Rams Heads Range, including to the Rams Head itself (2190m). We'll camp in the Leather Barrel Creek / Peak 1977 area. Another day will be spent exploring the areas southwest of Mt Kosciuszko. The tempo will be "mellow" but participants should have intermediate-level skills, given the terrain. Dates could vary depending on weather conditions; and an optional extra day could be added if that suited participants. (An early indication of possible interest would be useful in that regard, even if individuals' commitment to participation is not yet firm.)	
Saturday, 5 November	Blue Lake area Basic-Intermediate skills, Rolling & Hilly terrain, Medium distance A late season trip on the last of the snow. Will start at Charlotte Pass, cross the Snowy River then head up towards Blue Lake and beyond. A mixture of walking and skiing. If wet weather is predicted then may go on the following day, otherwise mid-week.	



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	Vacant		
Vice President			
Secretary			
Treasurer			
Membership Secretary			
Tour Coordinator			
Kosciuszko Tour Coordinator			
Meeting Coordinator	Vacant		
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 .





The Spencer's Creek suspension bridge. On one of David Russell's tours during his Guthega lodge fortnight. Tuesday, 6 September 2022. Photo: © K. Moylan.