

**SPECIAL
POINTS OF
INTEREST:**

- Trip Photos
- Come & Try Days
- Activities & Dates for 2023

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2023, ISSUE 2

27 JUNE 2023



Mike Hinchey and Ken Moylan near North Perisher on a ski trip from Perisher up to Blue Cow on a perfect weather day, Wed 21 Jun 23. Photo: Alan Levy

2023 Membership Subscriptions

Membership Subscriptions for the 2023 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 and on page 21. [Register Now](#) is the preferred and easiest method.

Next Newsletter

The next newsletter will be produced in late July. Deadline for contributions is 24 July. Please send any articles or photos to cccsceditor@gmail.com

Welcome to the second edition of Off-Piste for this season. As the Club is without a President this year this replaces the President's Piece article.

Compared to last year it has been a slow start to the ski season (see snow chart below) with the early snow in May being washed away and no skiable snow on the ground on the June Long Weekend. But things are now looking up with regular cold fronts starting to bring snow and increase the snow cover.

Without the early snow it has been difficult to schedule ski tours but with the conditions improving tours will gradually be added to the Tour Program. As more snow falls there will likely be additional last minute tours scheduled which aren't listed in this newsletter, so best to check the Tour Program on the Club website for the most up to date list of tours. Regular emails will also be sent out to members with upcoming ski tours and activities. Anyone considering leading a tour should contact the Tour Coordinator who would welcome new tours for the program. The program is very light on at the moment. Tours only happen if members volunteer to lead them. There are many experienced skiers in the club who are quite capable of leading a tour, and it would be good to increase the pool of tour leaders to help add variety to the tour program and provide more choice for members.

The social meeting on 14 June was aimed at beginners and new members and covered the various Club activities, how we run our ski tours, and the best gear to use on Club trips. There was a good turnout of new people at this meeting. Some of the slides from this meeting presentation have been put onto the club website on the Members page. The next social meeting on 28 June will be about skiing in Canada, with a few club members showing photos from their trips in western and eastern Canada.

There are two Come and Try Days happening in July at Perisher, the first being on Sat 8 July and the following on Sat 22 July. This is a good opportunity for beginners and others to have a two hour lesson with a professional ski instructor, followed by a BBQ lunch and a tour of the trails in the afternoon. Some skill training and beginner tours will also be run on the Perisher trails on the Sunday of these weekends. Accommodation is available for Come & Try participants at Kalkite on these weekends.

The Club is running the Kosciuszko Tour ski race on Sat 19 August at Perisher. Jo-Anne Clancy is seeking volunteers to help run the race on the day (helping out at drink stations, helping with course marshalling, bib collection or assisting with the race timing) so if anyone is able to help out please contact Jo-Anne.

With the arrival of the snow the Club activities will ramp up from now on and hopefully people will be out skiing soon. People are welcome to send photos or write an article about their ski tours or other activities for the newsletter, as this is a good way of showing members what the skiing conditions are like and what other members are doing.

Alan Levy, Editor

Membership for 2023

Membership fees for 2023 can be paid via this [Register Now](#) link (preferred) or by completing the pdf form available on the website on the Forms page., or on page 18 of this newsletter.

Fees for 2023:

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

Spencers Creek

CURRENT LEVEL 57.7cm AS OF 21 JUN 2023

2023 2022



Activities & Dates – 2023

Future CCCSC Social Meetings for 2023 *(further details on page 20)*

June - Wed 28 June

July - Wed 12 July, Wed 26 July

August - Wed 16 August

September - Wed 13 September

Fri & Sat nights, 7 & 8 July - **July Lodge Weekend (Kalkite)**

Sat 8 July - Come & Try Skiing Open Day

Fri & Sat nights, 21 & 22 July - **July Lodge Weekend (Kalkite)**

Sat 22 July – Come & Try Skiing Open Day

Sat 5 to Sat 12 August - **XC Ski Week (Perisher)**

Sat 5 August - PXC Cup

Sun 6 August – Boonoona Open

Mon 7 August – KAC XC Classic

Tues 8 August – Coffee Tour

Wed 9 August – Charlotte Pass Open & NSW Twilight Relays

Thur 10 August – Sundeck Handicap

Fri 12 August – Coffee Tour

Sat 12 August - Snowy Mountains Classic

Fri & Sat nights, 18 & 19 August - **Kosciuszko Tour Weekend (Kalkite)**

Sat 19 August – Kosciuszko Tour

Sun 20 to Sun 27 August - **Victoria Skiing** *(see further details on page 14)*

Sat 26 August – Kangaroo Hoppet

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.
- Ski tours are graded according to difficulty, distance and terrain.
- Participants should select a ski tour according to their ability.
- 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](#)

Summer Snow Patches

This year, three snow patches in the Snowy Mountains have survived from winter to winter for the first time in 26 years – but climate change is apparently melting them earlier. Using satellite data from 1978, the average melt date of the last snow patch has moved two weeks earlier than they did 45 years ago, from late in the tenth, to late in the eighth week of the calendar year,

See article: <https://aboutregional.com.au/climate-change-affecting-snow-patches-in-snowy-mountains>



Racing News

The snow has arrived just in time for the first citizen xc ski race on the calendar. The *Clean out the Cobwebs* 5km freestyle event is on Sunday 2 July at Perisher. All skiers are welcome to enter this short race. The top skiers will be skating, but classic technique is fine if you just want to take part. See the full XC ski race calendar in this newsletter or through the link on our website.

XC Ski Week is on at Perisher from 5-13 August. The week is full of fun events, including races, coffee tours, night relays and prize giving. A bunch of us from the club will be there, and accommodation is available at Kalkite if you want to join us for the week (or just a few days). For more info and to enter events, follow the link on the [PXC website](#)

Our very own **Kosciuszko Tour** will be held on Saturday 19 August at Perisher. We hope to run our usual interesting and challenging course out away from the main trails (snow and weather permitting). Online entry is now up on the club website or through the XC race calendar.

Urgent call for volunteers: If you don't fancy racing 18 km but would like to be part of the event, we desperately need volunteers on the day. We need marshals out on the course to point racers in the right direction and help them with drinks, snacks or first aid. Other jobs include helping out with the timing at the finish line and bib collection. Accommodation is available at Kalkite. Please contact Jo-Anne Clancy on or cccscanberra@gmail.com if you are interested in volunteering or want more information.

Jo-Anne Clancy

Race Coordinator

Come & Try Days at Perisher

Saturday 8 and 22 July: Meet at Perisher Cross Country Ski Centre at 8:30am to be graded. The lessons run from 9am until 11am. Further information about the Come & Try Day on 8 July is contained on the Snow Australia website at this [link](#).

Register through Snow Australia. See <http://cccsc.asn.au/home/lessons/> on how to register.

CCCSC will also run ski tours and extra skill building sessions on these weekends as follows:

Saturday 8 & 22 July: afternoon ski tour 12.30pm to 3pm

Sunday 9 and 23 July: morning skill building session, afternoon ski tour

Accommodation:

The club organises accommodation throughout the ski season at Kalkite. Contact the club at cccscanberra@gmail.com for more information.



Tour leading — please consider!

Our club ski tours get us onto snow, out into places we'd not see alone, give us great company on snow and a safe, enjoyable experience to develop xc ski skills.

So — we need tour leaders to do this. It doesn't take special training - many of our club members already have experience with weather challenges and varying terrain — all it takes is a wish to share the mountains and to return the benefits we've had from trip leaders ourselves.

If you'd like to consider leading a tour this winter, I'd like to hear from you soon! A good tour program needs a wide variety of tours — from beginners around the Perisher trails to intermediate runs a bit further afield, to longer explorations in rolling and more challenging terrain.

- Tours for beginner and less experienced skiers as well as more challenging tours
- Tours in a variety of places across the high country (snow willing)
- Tours across the winter and spring
- Weekend and mid-week tours (now many of us are retired)
- Longer tours and snow-camps

Experienced tour leaders — please let me know what you'd like to do, and particularly if you're open to filling "gaps" in timing or places.

New leaders - if you're at all interested, we can discuss options and perhaps link up with a more experienced tour leader to give you confidence. Taking an easy tour over familiar ground is good way to start — and provides a great day for newer skiers.

We usually set out tours with these details:

- Name of Tour
- Description
- Terrain: Gentle / Hilly / Steep / Rough
- Length: Short (< 8km & < 200m climb) / Medium (8km - 15km or 200m - 600m climb) / Long (>15km or > 600m climb)
- Skill : Basic / Intermediate / Advanced / Telemark/XC Downhill
- Name of Tour Leader & Contact Details

Bill Stanhope, 2023 tour coordinator. 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.	
Sunday, 2 July	Mt Selwyn Area Basic-Intermediate Skills, Fairly Flat-Rolling Terrain, Medium Distance A tour starting at the Mt Selwyn Resort, and heading either along the Kings Cross Road or across the plateau to the east of the resort where there are great views of the northern end of the park.	
Friday to Sunday, 7 to 9 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> – Skill Building in the morning, and 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, 8 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 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.	Register Here
Saturday, 8 July	Ski Tour after Come & Try Lesson - Perisher Trails Basic-Intermediate Skills, Fairly Flat Terrain, Short Distance Following the Come-and-Try lesson on Saturday 8 July, we will have some beginner and intermediate ski tours around the Perisher XC trails from 12:30pm to 3pm to suit the skill levels of the participants. Meet at the Perisher Cross Country Ski Centre by 12:30pm.	cccscanberra@gmail.com
Sunday, 9 July	Skill Building and Afternoon Ski Tour - Perisher Trails Basic-Intermediate Skills, Fairly Flat Terrain, Short Distance The Club will run a skill building session on the Sunday morning from 9am followed by tours around the Perisher Trails from 12.30 to 2.30pm. Meet at the Perisher Cross Country Ski Centre for these activities.	cccscanberra@gmail.com

Date	Event Description	Leader
Friday to Sunday, 21 to 23 July	Kalkite Lodge Weekend Details as per previous page.	
Saturday, 22 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, 22 July	Ski Tour after Come & Try Lesson - Perisher Trails Basic-Intermediate skills, Fairly Flat terrain, Short distance Following the Come-and-Try lesson on Saturday 22 July, we will have some beginner and intermediate ski tours around the Perisher XC trails from 12:30pm to 3pm . to 3pm to suit the skill levels of the participants. Meet at the Perisher Cross Country Ski Centre by 12:30pm.	cccscanberra@gmail.com
Sunday, 23 July	Skill Building and Afternoon Ski Tour - Perisher Trails Basic-Intermediate Skills, Fairly Flat Terrain, Short Distance The Club will run a skill building session on Sunday morning from 9am followed by tours around the Perisher Trails from 12.30 to 2.30pm. Meet at the Perisher Cross Country Ski Centre for these activities.	cccscanberra@gmail.com
August	Kalkite Accommodation Accommodation at Kalkite will be available to Club members from the beginning of August until the first week of September. Email cccscanberra@gmail.com to express interest.	
Saturday 5 to Saturday 12 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, 6 August	Race – Boonoona Open <i>A 5km race for all standards around the Perisher Trails, starting at 10:30am. Classic and Freestyle.</i>	Register Here
Sunday, 6 August	Dainers Gap Area Basic-Intermediate Skills, Rolling-Hilly Terrain, Medium Distance Will start at Dainers Gap, and depending on the snow and weather conditions, will either explore the peaks and valleys near the Plains of Heaven, or climb up towards Thompson's Plain and out to the Pretty Point viewpoint overlooking Lake Jindabyne.	
Monday, 7 August	Race – KAC XC Classic <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>	

Date	Event Description	Leader
Tuesday, 8 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, 9 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>	
Thursday, 10 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>	Register Here
Friday, 11 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, 12 August	Race – Snowy Mountains Classic <i>2.5, 7.5, 15 & 30km Freestyle races held around the Perisher trails, starting at 9:30am.</i>	Register Here
Saturday, 19 August	Race - Kosciuszko Tour <i>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.</i>	Register Here

Trip Report — Three Mile Dam — Sat 24 June

The first Club tour of the 2023 season. Nine of us (Melinda Brouwer, Ken Moylan, Gale Funston, Greg Lawrence, Jordan Hartas, Caroline Archer, John Giacon, Mike Hinchey and myself) met up at Adaminaby at 8:30am then continued on to Kiandra where I was hoping to ski to Gooandra Hut or around Kiandra. However it looked like recent rain had depleted the cover and there was mostly grass around the plains of Kiandra, so we continued higher up the hill to Three Mile Dam where the snow cover was better.

We were able to ski around the lake and out onto the peninsula on a wet, thin cover of snow with grasses poking through most of the way. Not the greatest snow to ski on but we were able to have an enjoyable tour exploring the area. The weather was foggy and breezy for most of the morning then the cloud lifted around lunchtime. We stopped for lunch amongst the unburnt trees out on the peninsula before getting back to the cars around 2pm.



Skiing on soft snow around Three Mile Dam.

We then headed up to the Mt Selwyn Resort which was operating for the first time in over three years. The carpark was about half full with vehicles. We did a quick ski along the XC trail to the top of the downhill slopes and had an easy ski

back down the slope before stopping for a hot drink in the new resort building. We left about 3:30pm to head home.

Alan Levy





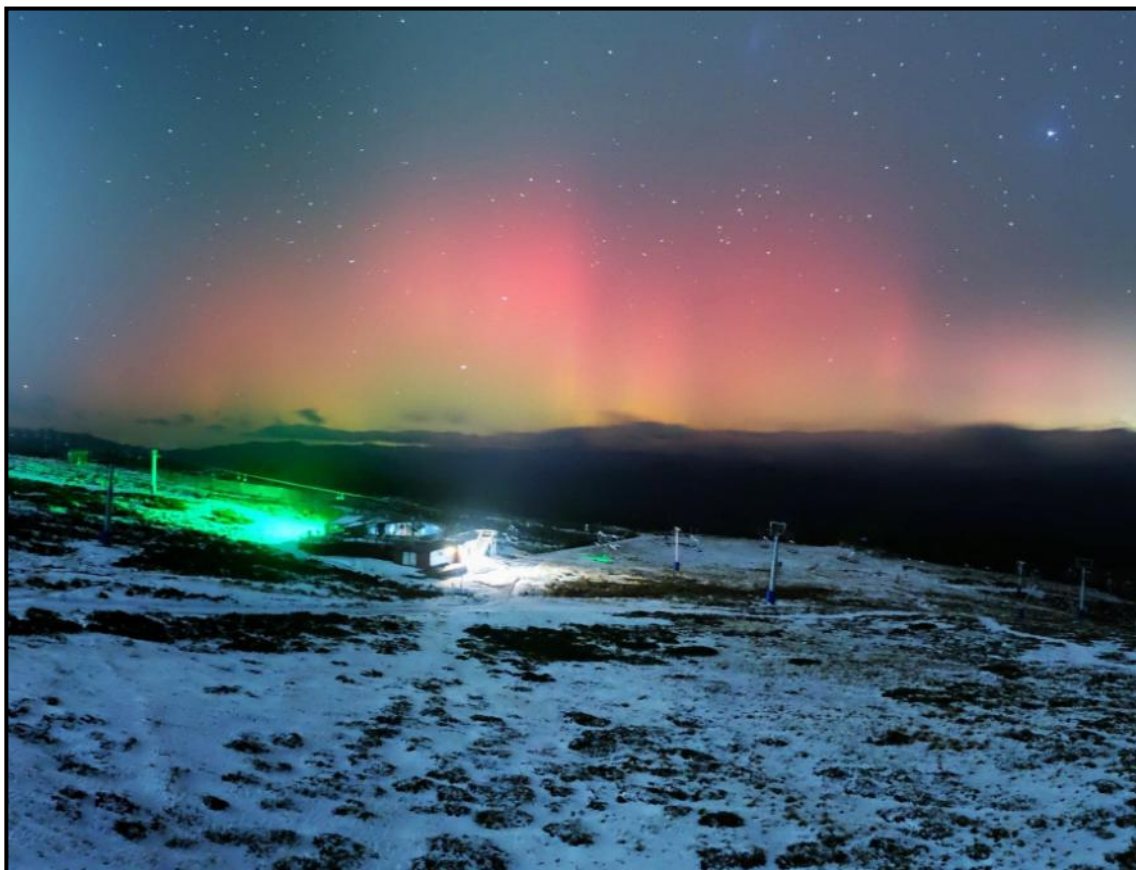
Ken, Caroline and Melinda.

Three Mile Dam reflection. This was the only ice on the lake.



Inside the new building at Mt Selwyn Resort.

Photos: Alan Levy



Snow cam photos don't get much better than this! Taken from the Pendergast Hut snowcam at Mt Buller in Victoria around 8:20pm on Fri 16 Jun 23, showing the southern lights (aurora australis) which have been quite prominent this year.



*Alan Levy and Ken Moylan skiing on soft snow close to Blue Cow Resort, Wed 21 Jun 23.
Photo: Mike Hinchey*

Stockyard Spur & Pryor's Hut - Sun 25 June

Some photos provided by Adam Lilley of a ski trip that he and Rachael did on Sunday 25 June from Corin Dam up Stockyard Spur and on to Pryor's Hut. They were able to start skiing just past the helipad. Quite good snow and no crowds!



Victoria Week - Kangaroo Hoppet

Sun 20 - Sun 27 August 2023 - changes to arrangements

Accommodation

There are accommodation moves through the stay.

Bright: Sunday 20 to Friday 25 August:

Sunday to Tuesday 20 to 22 Aug - accommodation available

Tuesday to Friday 22 to 25 Aug - 1 spot available

Howmans Gap: Friday to Sunday 25 to 27 Aug – 2 female and 3 male spots available.

Opened - to all club members. Non club members are welcome to register an interest. If you have not joined us previously you will need to be a member to take up a booking.

Skiing - Ski tours will be organised throughout the stay at the surrounding cross country ski fields. While in Bright it will be at Mount Buffalo and Hotham.

Most of our ski tours are intermediate skills. The Kangaroo Hoppet is on Saturday 26 August—register at <https://hoppet.com.au> for those who are joining the participant event.

Cost - It is expected to be not more than \$100 per night per person for Bright.

Howmans Gap: depending on numbers (e.g. 3 to a room \$150 per night, includes dinner and breakfast).

Meals in Bright may be shared or organise own meal. We will work it out closer to the time.

Howmans Gap provides Breakfast and Dinner, however you will need to organise your own lunch.

Contribute to household activities - everyone will need to contribute to keeping the kitchen and common areas clean.

Register Interest: Contact us before the 8 July 2023 for Bright, and 6 August 2023 for Howmans Gap, via email at cccscanberra@gmail.com

Gale Funston

*Skiing at Mt
Buffalo below
The Horn..*



Roller Skiing Term 2

NSWACT XC organised Term 2 roller skiing. For us it started with a Come & Try morning in April. From there it was held every Sunday from 9 to 10.30am. It cost \$90 for the term or \$20 for a single session (equipment could be hired for a very reasonable cost).

The training was held in Sydney, Jindabyne, and Canberra (at Stromlo or elsewhere when Stromlo was not available). The coaches trained the experienced athletes early in the morning and then stayed on to run the open roller ski training (open to all ages and ability).

What a hoot! The level of coaching was very high, supporting cross country ski skills at your own level. It was superb skill training, focussing in on technique from general to specific correction. The group were great people to spend time with and learn together.

There was also a June Long Weekend Camp program that had strength training, roller ski technical skills and challenges. The roller skiing was represented by skiers in the National team, XC Athletes and other xc skiers. The coaches included Alexei Sotskov (the National XC Teams Coach), and National team members. The group were fantastic and supported everyone who was participating.

Now we need to put the training into practice when we get on the snow for the winter.

If there is a masters winter training program we will let you know.

Gale Funston



A good reason to go cross-country skiing! Lift queues at Perisher on Sat 24 June when many lifts were on wind hold and everyone was confined to Front Valley. (..... from the web)

Peakfinder App

One very useful outdoors app for anyone with a mobile phone is '**Peakfinder**'. This app is used to identify all the mountains and peaks around you with a 360° panorama display.

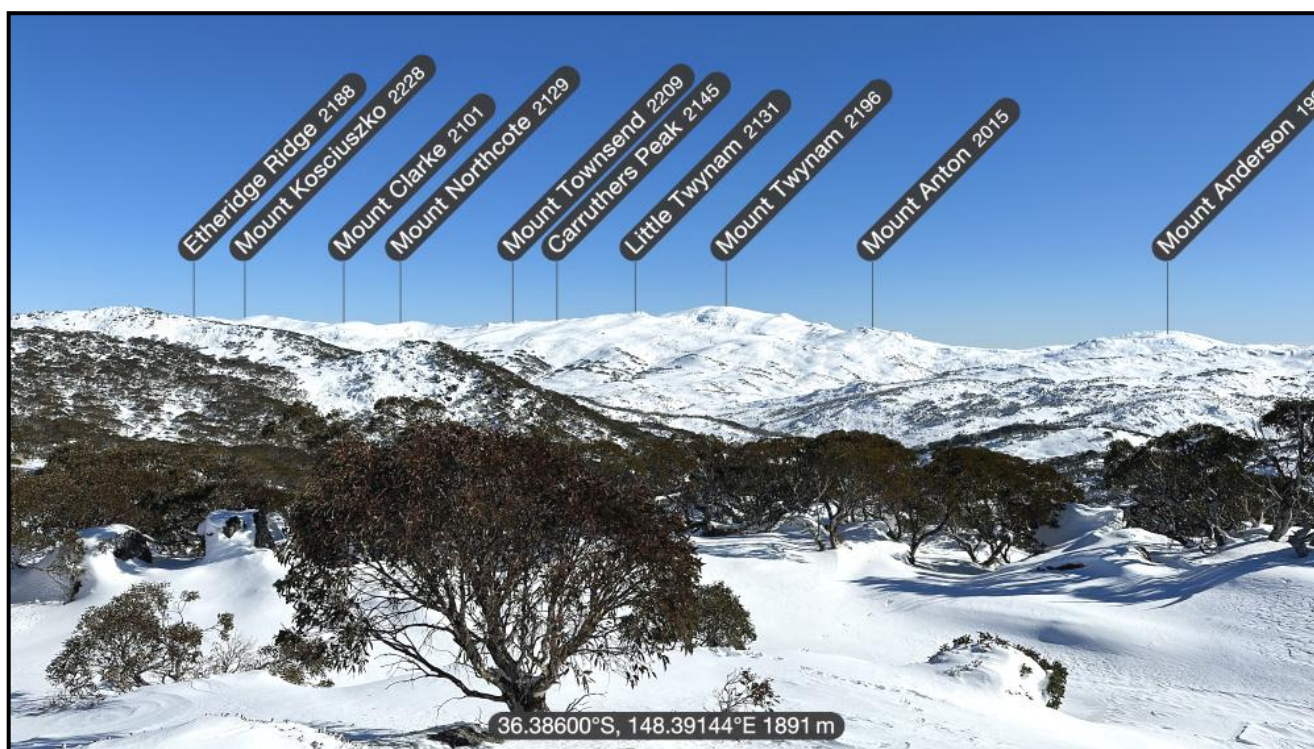
PeakFinder shows a 360° panoramic view from an arbitrary viewpoint of your choice. To render the panoramic views PeakFinder uses an elevation model that is integrated into the App. A database with a peak directory is included as well.

Peakfinder has a database of more than 1 million peaks around the world, and functions completely offline, and world-wide, using the phone's camera and GPS to identify your position.

To identify the peaks around you, just point the phone camera to the direction you are looking at, and an outline panorama drawing of the peaks along with the peaks names and elevations will appear on the screen in front of you. You can then zoom in or out or rotate the camera to see the details of the other peaks around you.

By pressing the camera button you can also take a photo of the scene and overlay this image with the panorama drawing and peak details, then save this to your Camera Roll. An example is below, with a photo taken of the Main Range from Blue Cow overlaid with the data from Peakfinder.

PeakFinder is available for both Android and Apple phones and currently costs \$7.99.



Snowy Mountains Bus Service

The Snowy Mountains Bus Service will run from Jindabyne to Perisher or Thredbo return every day during the ski season from 10 June to 1 October 2023. With pick up spots in key locations across both Jindabyne and East Jindabyne, the morning commute this winter should be a lot easier. It is an affordable and stress-free way to get to and from the ski resorts, with services running every 60 minutes Monday-Thursday, with the added convenience of every 30 minutes Friday to Sunday (Jindabyne service only).

The service allows Snowy Mountains visitors to avoid driving in poor weather conditions, icy roads or heavy traffic. Return fares include entry into Kosciuszko National Park and each bus has room for gear including skis or a board, and a day backpack[^].

Ticket type	Adult	Child/Concession
Return Journey	\$21	\$11
Single Journey (one way)	\$12	\$6
Weekly Pass	\$135	\$69
16-week Season Pass	\$400	\$200 - Child only
Weekly Family Pass	\$350	-
Return Family Pass	\$57	-
Single Family Pass	\$32	-
Return Jindabyne to Skitube*	\$15	\$7
Single Jindabyne to Skitube*	\$8	\$4

GST and NPWS entry fee into Kosciuszko National Park included in fare

*NPWS entry fee into Kosciuszko National Park not required

Customers can [book ahead](#) to secure their seat on the Snowy Mountains Bus Service or just turn up and go.†

* Traffic conditions may impact running times

† Subject to seat availability

^ Baggage is limited to 1 x 20kg per person

Further details are at: <https://transportnsw.info/news/2023/snowy-mountains-bus-service>



Day	Start	Race	Location	Contact	Contact No.
April / May					
Apr 2	9:00am	Come & Try Rollerskiing – equipment supplied	Canberra	Finn Marsland	0408 147 940
Apr 15/16	9:00am	AUS Rollerski Championship Sprint & 5/10km (F) FIS	Canberra	Finn Marsland	0408 147 940
Apr 29	1:00pm	FIS Melbourne Rollerski International (Teardrop) FIS	Melbourne	Finn Marsland	0408 147 940
Apr 30	9:30am	FIS Lake Mtn Rollerski & Skike Hill Climb (F) 4/10km	Lake Mountain	Andrew Paul	0488 642 782
June					
Sat 10	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 10	1:00pm	Snow Mountains Nordic Rollerski Challenge	Jindabyne	Tim Greville	0428 159 336
July					
Sat 1	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 1	11:00am	Paddy Pallin Junior (F) 0.5-2.5km	Perisher	Tim Greville	0428 159 336
Sun 2	11:00am	Cooma Clean Out the Cobwebs (F) 1/5km	Perisher	Bolt	0447 642 270
Sun 2	10:00am	Junior Sprint X	Lake Mountain	Ray Malins	0428 228 860
Sun 2	1:00pm	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 8	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sat 8	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 8	11:00am	Snow Trek & Travel High Plains Tour (F) 1/2.5/5/10	Falls Creek	Len Budge	0417 352 845
Sat 8	1:00pm	Wilderness Cup	Perisher		
Sun 9	10:00am	Cooma Clean Out the Waxbox (C) 5km 1km (F)	Perisher	Bolt	0447 642 270
Sun 9	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sat 15	9:30am	NSW Sprint Champ's (F)	Perisher	P Cunningham	0477 356 835
Sat 15	9:30am	Vic Junior Sprint Champ's (C)	Falls Creek		
Sun 16	9:30am	ACT Distance Champ's (C)	Perisher	P Cunningham	0477 356 835
Sun 16	10:00am	Vic Junior Distance Champ's (F)	Falls Creek		
Mon 17	9:00am	NSW/ACT/QLD XC Schools Nordic Events Day	Perisher	www.interschools.com	
Sat 22	8:30am	Come & Try XC Skiing open day	Perisher	wolsen@snow.org.au	
Sun 23	10:30am	Birkebeiner Classic (C) 2.5/5/10km	Falls Creek	Ann Bellingham	0427 006 246
Sun 23	10:00am	Cooma Open (F) 10km	Perisher	Bolt	0447 642 270
Sun 23	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Tues 25	8:30am	NSW/ACT Interschools	Perisher	www.interschools.com	
Sat 29	9:30am	AUS Open Sprint Champ's (C) ** CC/FIS	Perisher	P Cunningham	0477 356 835
Sun 30	10:00am	AUS Open Champ's 15/15 (F) ** CC/FIS	Perisher	P Cunningham	0477 356 835
Sun 30	11:00am	Lake Mountain Challenge (F) 2/5/15km	Lake Mountain	Ray Malins	0428 228 860
August					
Wed 2 – Fri 4		AUS Secondary Schools Ski Team Championship	Falls Creek	Ann Bellingham	0427 006 246
Sat 5	9:30am	PXC Cup 10km (F)	Perisher	Wayne Pethybridge	0431 285 566
Sat 5	11:00am	Hotham to Dinner Plain (F) 12km	Hotham	Mick Sinclair	0408 127 325
Sun 6	9:00am	Victorian Interschool XC Championships	Mt Buller	www.interschools.com.au	
Sun 6	10:00am	City Tatts Boonoon Open (C/F) 5km	Perisher	Michael Sterndale	0412 043 900
Sun 6	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Mon 7	10:00am	KAC X-C Classic (C/F) 8.5km	Perisher	Kathy Hatton	02 9411 5974
Wed 9	11:00am	Charlotte Pass Open (C) 5km	CharlPass	Kathy Hatton	02 9411 5974
Wed 9	5:00pm	NSW Twilight Relays (F)	Perisher	Peter Ward	0409 338 978
Thu 10	11:00am	Sundeck Handicap Race (F) 7.5km	Perisher	sundeckhotel.com.au	
Sat 12	9:30am	Snowy Mountains Classic (F) 2.5/7.5/15/30 km	Perisher	Peter Cunningham	0477 356 835
Sat 12	10:00am	Ski de Femme (F) Fun Race 1, 2.5 & 5km	Falls Creek	Ronice Goebel	03 5754 4910
Sat 12	11:00am	Come & Try XC Skiing Days - Children's equipment supplied	Lake Mountain	Ray Malins	0428 228 860
Sun 13	10:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 13	10:30am	Rocky Valley Rush/Sun Val Ramble (15/7.5km) (F)	Falls Creek	Ann Bellingham	0427 006 246
Sun 13	10:00am	NSW Ski Orienteering Champs	Perisher	Marina Iskhakova	0412 308 310
Sun 13	10:30am	Tullicutty/St Phillack Cup (F) 5/8km	Baw Baw	Paul Proctor	0417 352 052
Sat 19	9:30am	AUS Open Sprint Champ's (F) ** CC/FIS	Falls Creek		
Sat 19	10:00am	Canberra X-C Ski Club Kosciuszko Tour (C/F) 18km	Perisher	Jo-Anne Clancy	0411 156 959
Mon 20	9:30am	AUS Open Champ's 10/10 (C) ** CC/FIS	Falls Creek		
Mon 21	1:00pm	Amelia Time Trial and Team Sprints	Perisher	Leslie Ludwig	0459 642 222
Wed 23	9:00am	NSW/ACT/QLD/SA Interschool Races	Perisher	www.interschools.com.au	
Thu 24	6:00pm	Falls Creek Invitation Night Sprints	Falls Creek	Race Secretary	03 5754 1045
Sat 26	9:30am	Kangaroo Hoppet (F) 42km CC/FIS			
	9:40am	Australian Birkebeiner (F) 21km	Falls Creek	Race Secretary	03 5754 1045
	9:50am	Joey Hoppet (F) 7km			
September					
Sat 2	11:00am	NZ Merino Muster	Snow Farm	www.snowfarmnz.com	
Sat 2	9:30am	AUS Junior Championships Sprint (C) ** FIS	Perisher	P Cunningham	0477 356 835
Sun 3	10:00am	AUS Junior Championships Distance (F) ** FIS	Perisher	P Cunningham	0477 356 835
Fri 8	9:00am	Australian Interschool XC Championship	Buller	www.interschools.com.au	
Sat 9	11:00am	Snowy Mountains Nordic Family Cup	Perisher	Tim Greville	0428 159 336
Sat 9	10:30am	TNSC Come & Try XC Skiing	Falls Creek	Lynn-Maree Cullen	0409 592 226
Sat 9 / Sun 10		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
Peter Ward
M 0409 338 978
Peter.leslie0@gmail.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/



HP Inc.

Web: www.cccsc.asn.au

Email: cccsccanberra@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 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 2023 (All Welcome)

Wednesday 28 June 2023

Skiing in Canada

Speaker: Club Members

A number of Club members will be showing photos from their ski trips in eastern and western Canada.

Wednesday 12 July 2023

A kaleidoscope of skiing experiences in NSW and Victoria and beyond

Speaker: Nic Bendeli

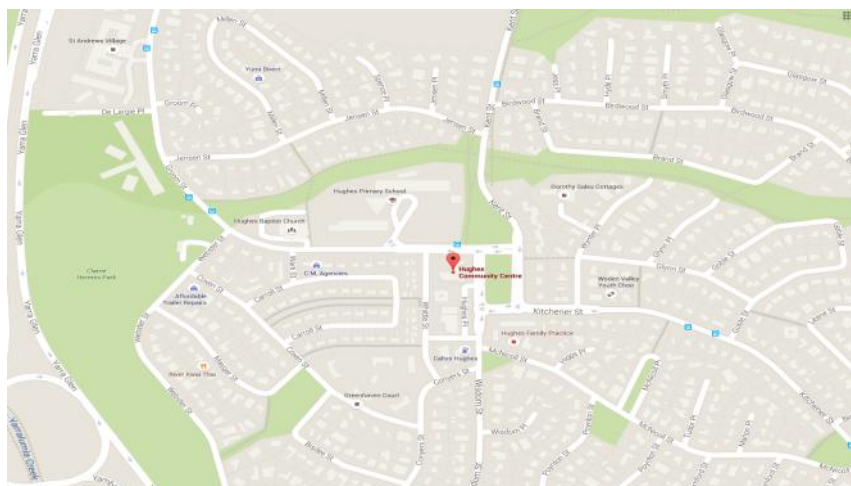
Nic will be showing a selection of images of various ski trips in NSW and Victoria, including some touring, some racing, some camping, a bit of everything. Hopefully to expand viewers' ideas of some possibilities with "free heels".

Wednesday 26 July 2023

Biathlon from an Australian Defence Force perspective

Speaker: Garry Boxsell

Garry will provide a brief outline of the winter sport of Biathlon and it's history in the Australian Defence Force.



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.



Application for Membership 2023
Canberra Cross Country Ski Club Inc
ABN 55 670 450 108

To join ONLINE go to
www.cccsc.asn.au **and click REGISTER NOW**

MEMBER DETAILS

Tick the box if you **do not** wish your:

- email to be distributed on the email list ☐;
- Information on the members only area of the website that includes your name ☐ suburb ☐ email ☐ No ☐ and preferred phone numbers ☐ No ☐
- Blank box means agreement to information on members page

All other information will be kept confidential with only summarised results reported.

Postal address (Number, Street, Suburb or Town, State, Postcode)

Member 1		Year of Birth
First Name	Last name	
<input checked="" type="checkbox"/> email		
<input checked="" type="checkbox"/> Phone	<input checked="" type="checkbox"/> Phone	
Member 2		Year of Birth
First Name	Last name	
<input checked="" type="checkbox"/> email		
<input checked="" type="checkbox"/> Phone	<input checked="" type="checkbox"/> Phone	
First and last name of other household Members and Year of Birth		Y o B
Member 3		
Member 4		Y o B
Member 5		Y o B

I/we apply to become members of Canberra Cross Country Ski Club (CCCSC) and agree to be bound by the Constitution of CCCSC while members.

Signed by or for each member above:

Have you ever been a member of the CCCSC before? YES ☐ NO ☐ What Date did you join

Make cheques payable to: "CCCSC"

Mail this form and your cheque to "PO Box 799, DICKSON ACT 2602" or

Bring this form and your cheque or cash to a CCCSC meeting.

Membership fees:

\$50 for single membership

\$75 for household membership

\$

Canberra Cross-Country Ski Club
KOSCIUSZKO TOUR ENTRY FORM
10:00 am Saturday 19 August 2023

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.
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 ccsc.asn.au and at the race office, refund the entry fee paid less expenses if the race is cancelled before 16 August, make no refund if the race is varied or cancelled on or after 16 August, make no refund, credit or exchange if the Entrant withdraws before starting, close the Drink Stations and Finish at the times advertised, assist unfinished Entrants to these points and exclude them from the results, refuse entry or participation to any Entrant,

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

Standard Entry Fee (received by Friday 18 August)	\$30
Late Entry Fee (to 9.00 am Saturday 19 August)	\$40
Enter online (Visa/Mastercard) - https://www.perisherxcountry.org/events/local/	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 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
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PRESENTATION:

TIME

Presentation (includes nibbles, 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	



*Hare tracks on a trail at
Pleasant Valley near Blue
Cow, Wed 21 Jun 23.
Photo: Ken Moylan*