

Once again this year the Miramichi Cross Country Ski Club will welcome classes of school students to the club's facilities in Nelson Miramichi. Depending on age and experience, beginner and intermediate level trails of 2.5, 4 or 8 kilometres are used for class groups. Most of these trails are flat although there are a couple of mildly challenging hills the students usually enjoy.

All of these well marked trails pass through sheltering woods and are fully groomed for classic xc skiing. There is a cosy club house with a washroom, drinking water and a warm wood stove.

The club has skis, boots and poles sufficient for most classes.

The club tries to provide 2 or 3 member volunteers to accompany the classes and provide introductory instructions.

The club charges a trail fee of \$1.50 for each student. This includes the use of skis, boots and poles and helps to cover the cost of trail grooming and incidentals in the club house.

**Schools are asked to keep the skiing groups to no more than one class group at a time, 25 to 30 skiers at most.** More skiers than this present difficulties in terms of room in the club house, equipment and trail supervision. Sessions are ideally 2 hours long.

Schools should provide at **least 2 adults who are comfortable on xc skis** to help supervise skiers on the trails and one adult in the club house to supervise there.

The club also has 6 kilometres of snowshoe trails available under the same conditions as above. However the club probably can't provide member volunteers to help. The snowshoe trails are very narrow so smaller group sizes are recommended.

Cross country skiing is a great way to get prolonged exercise at ones own level of intensity, outdoors in the winter time, often with the sun shining on your face!!! (NB is the sunniest province in Canada in the winter, it is said.)

Please book your school sessions through Peter Gadd [peter.gadd@nbed.nb.ca](mailto:peter.gadd@nbed.nb.ca) or call 622-1313 .