

Avalon Nordic Ski Club: Ski Tours-2009

The ski tours will begin as soon as conditions warrant. The tours will generally be scheduled for Sundays with Saturday as an alternate. In consideration of the changing conditions, the tours will not be confirmed until the Friday before the week-end tour. The tours will attempt to provide something for all skiers. There will be some tours suitable for all skiers and others will require experienced skiers and a certain amount of conditioning.

There will be an Avalon Wilderness Reserve Tour via Salmonier Nature Park in late February or early March lead by Peter Armitage. Peter is also willing to host an "Introduction to Winter Camping" from his base camp on the Witless Bay Line. <http://www.wolverinecom.nf.ca/witless/wintercamp.htm> We'd combine the camping with some skiing south of the Line.

We will do at least one moon light tour. The plan is to make it an evening at Butter Pot Park with the Clubhouse open, hot chocolate and perhaps other treats. We will aim for a Friday nite so families can participate.

After the clocks go back in early March we will do some evening tours. These will be shorter distances at locations all near St. John's. Sometimes the season goes on into late March and well into April for Pond skiing so if any tours are not held due to weather conditions we will try to re-schedule them as long as good snow conditions last.

Interested skiers watch the website. The touring director for this season is George Power who can be reached at 722-2394 or email at georgep@nl.rogers.com. Please email or call the tour leader if you plan to participate.

In addition to the back country tours, a regular tour of Butter Pot Park can be arranged for Sundays depending upon demand. The Butter Pot trail network is becoming more extensive at 25 km with lots of possibilities for difference levels and types of skiers. There is also a trail route to Seal Cove that offers an extension to the network. Butter Pot conditions will almost always be better than other areas because of the Bombardier groomer and it is located in a snow belt. These Sunday tours will only be arranged if sufficient requests are made to the tour director, George Power, by Fridays. There will be a kick-off tour of Butter Pot for Saturday, Jan 19th.

Information for Skiers and Ski Tour Leaders:

Skiers must be club members (insurance purposes). Tour leaders make the decision whether to cancel due to weather conditions. If skiers have any doubts phone the leader for that day. Tour leaders decide on the distance to be traveled. If any club member has a good route in mind and would like to lead a tour call George Power to see if we can fit it in. For general information regarding tours call George at 722-2394 or email him at georgep@nl.rogers.com

CONSIDERATIONS FOR SKI TOURERS AND THOSE LEADING TOURS

1. **Always** plan your route in advance, after consultation with a map.
2. **Always** tell others at home your proposed route.
3. **Always** check weather forecast before leaving.
4. Bring food and extra clothing (i.e. warm sweater) and extra emergency rations, plus matches, a knife and a map of the area.
5. For long trips, a survival kit consisting of rations, space blanket, candle, rope and axe is recommended.
6. For those with wooden skis, a spare tip is necessary.
7. Leaders **always** do a head count at start of a tour and have plenty of rest stops with head counts to keep the group together.
8. The leader should **always** have a First Aid Kit.
9. Use extreme caution when crossing any ice, especially on rivers and ponds.
10. Watch your time carefully and **never** over-extend yourself. **Always** plan a trip to be back at the trail head well before dark. If necessary, be prepared to shorten the trip if time runs out.
11. Learn to recognize the symptoms of frost bite and how to treat the same.
12. **Always** stay with the group.
13. The tour leader shall warn of any hazards on the trail, and remember, The tour leader is **always** in charge.
14. At any intersection of the trail, the leader must ensure that everybody is aware of the proper direction, preferably by having a knowledgeable skier at the end of the tour.

HAPPY TOURING!