# LEARNING TO CLASSIC CROSS-COUNTRY SKI

# -TRAINING, PREPARATION AND GEAR-

# -INSTRUCTIONAL VIDEOS AND OTHER RESOURCES-

**These notes were prepared by Chris Ensor, Foothills XC Ski leader and PSIA Level 1 Instructor with help from Mountaineers Meany Lodge Volunteers Maud de Bel and Bev Selzer. Bill Coady of the Everett Branch did some minor editing and combining of information from two different Chris Ensor missives. Thanks for all the excellent information Chris, Maude, and Bev! (BC)**

**Overview of this document:**

* Introductory “Best Overall” Video
* Choosing Skis and Other Equipment
* Getting Ready to Ski
  + What to bring
* Tuning Your Skis
  + Discussion of “waxless” skis
* Videos on learning to ski and improving your skiing
* Fitness Circuit Video for Cross Country Skiing
* More information on skis and boots
* Nordic/Cross Country Ski Trip Classifications (from Mountaineers)
* More instructional videos
  + Poling, weight transfer, rhythm
  + Striding
  + Going Uphill
  + Going Downhill
    - How to slow down/how to stop
* Skate Skiing Introductory Videos
* Cross Country Ski Lessons in Washington
* Sno-Park Permits
* Winter Travel
* Skiing Under COVID-19

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**BEST OVERALL VIDEO (11 mins)**

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# Beginners Guide to Cross-Country Skiing

<https://www.youtube.com/watch?v=mjbuwmUzUhQ>

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# OTHER USEFUL VIDEOS

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# CHOSING SKIS & OTHER EQUIPMENT

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# If you already have classic “waxless” skis that are no wider than 70mm to fit in the tracks and boots to match your bindings these should be fine for introductory Mountaineer trips. If you are considering renting or buying new skis there are a lot of options covered in the following video:

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# What Type of XC Ski Is Best for You?

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# [https://www.youtube.com/watch?v=db1Ow2fGcII](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Ddb1Ow2fGcII&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291576952%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=tYeEa0l0mstpEs8A9LKn2ijMzrIeK63Wm3FLtdaonIQ%3D&reserved=0)

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# Most important to consider when buying or renting classic skis:

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# - Choose the right length that is based on your weight when skiing (not your height). Most manufacturers have a length-to-weight chart on their website as does REI for the models they sell

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# - Make sure the bindings and boots match. There are about 5 different binding systems that clamp the ski boot to the ski. Any one boot will generally only fit into one type of binding. It is best to get store advice.

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# Because of the thick wet snow we tend to get in the Western WA trails, many of the Mountaineers leaders recommend backcountry (BC) or off-track (OT) skis. These are a little wider and shorter (but for track skiing must not be wider than 70mm). BC/OT skis are more stable in our snow conditions and they have full or partial metal edges (like Alpine skis). This helps grip the snow when climbing a hill by herringbone or side-step and gives more braking and turning power for coming down hill using a wedge and wedged turn. They are also more stable on trails that have not recently been groomed.

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# GETTING READY TO SKI

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# Cross-Country Ski Gear Checklist: What to Bring on Your First Day || REI

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# [https://www.youtube.com/watch?v=3rHuEqZgUMc](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D3rHuEqZgUMc&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291586939%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=emi8os5IW%2FtpgOMaH6Il3T%2BWvCkYX6qqoJhp%2F1vwQms%3D&reserved=0)

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# Make sure you look out and check over all your ski equipment and clothing well in advance of your first ski trip of the season. If you plan to rent skis poles and boots to use on Sno-Park trails, about your only option in Puget Sound I know of is the REI Seattle flagship store.

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# Make sure you have your ski clothes (use layers and avoid all cotton) gloves, hat, sunglasses, COVID mask etc. and your backpack containing all the 10 essentials required for all Mountaineers trip.

For new Mountaineer members and guests here is further information on the 10 Essentials:

[https://www.mountaineers.org/blog/what-are-the-ten-essentials](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mountaineers.org%2Fblog%2Fwhat-are-the-ten-essentials&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291596934%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=1ven%2FuwmBCWA75HwbU5sOTuHy8x4AZ4GRAJZxDgeGR0%3D&reserved=0)

Ten Essentials from REI website:

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# [https://www.rei.com/learn/expert-advice/ten-essentials.html](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.rei.com%2Flearn%2Fexpert-advice%2Ften-essentials.html&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291606926%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=X5K8766qsktUpksAor9FKXM7aIuqLt%2FM2dWM95kVwDs%3D&reserved=0)

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# TUNING YOUR SKIS

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# “Waxless” is a very misleading term for a classic cross-country ski. It does not mean the ski does not need wax! The tops and tails or the ski bases (the underside of the ski) need to be hot waxed at a ski shop or by you at home if you have the equipment at least once at the start of the season and then again one or two more times during the winter if you ski regularly.

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# It is just the middle section of the “waxless” ski that should not be hot waxed. It is called variously the herringbone, fish scales, grip section, wax pocket etc. It is rough to the touch and provides the grip for classic skiing.

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# On wet new snow like we often get in the western Cascades, to prevent snow and ice building up under the center of your ski bases (under your boot) you will need to rub on some liquid glide wax before you set out to ski. What I recommend for both preventing this snow clumping and to extend the life of the whole ski base (top, center, and tail) between hot waxes is to apply liquid, spray or paste “universal” (good for all snow temperatures) wax after every trip. Wipe over the whole length of the base, leave for 15 to 20 minutes to dry then buff up with a soft cloth or paper towel.

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# There are several different liquid and glide wax products you can use for this including:  Swix F4 and Toko eXpress.

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**LEARNING TO SKI & IMPROVING YOUR SKIING**

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# How-to Cross-Country Ski: A Beginner’s Guide - Part 1 | PSIA-AASI

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[https://www.youtube.com/watch?v=dj-UJk9FBPA](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Ddj-UJk9FBPA&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291606926%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fOPBc7UXaT30Ex%2Bakl3TLmMetJRXQzUcDzqn7kMEvyI%3D&reserved=0)

# Classic Cross-Country Skiing for Beginners: Everything You Need to Know to Get Started || REI

# [https://www.youtube.com/watch?v=SuKn-acPvVk](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DSuKn-acPvVk&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291616925%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Ra4ePMjTqJefnIYJiSTI7vyjUpPUFfRJ8rEcpT7iDlg%3D&reserved=0) (includes hills)

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# How-to Cross-Country Ski: A Beginner’s Guide - Part 2 | PSIA-AASI (includes hills)

[https://www.youtube.com/watch?v=XLrGeEq52gg](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DXLrGeEq52gg&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291626918%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=RGjNoXf0fDilAXFbIdinnzMo%2FNZ6cfKqPusy%2FQctbn0%3D&reserved=0)

# Uphill: Learn the herringbone to climb hills in XC skiing

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# [https://www.youtube.com/watch?v=7X4yJxpqcgA](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D7X4yJxpqcgA&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291636914%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=HoYP5aN4Az1LkD727tqbfv9gcAc3Nn0lmWwh5v1UkR8%3D&reserved=0)

**Downhill**: descending: from wedge to more advanced techniques:

[https://www.youtube.com/watch?v=kmw9LxutG\_8](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dkmw9LxutG_8&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291636914%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=yN40IjdN6ulw12fwhw7abPT0lhtenZZzOMPWMf5Sfx0%3D&reserved=0)

**Improving your poling, weight transfer and rhythm:**

# How to correct common errors in classic skiing- Fixing the Lunge:

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# [https://www.youtube.com/watch?v=GXO9Q3Pf0Sg](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DGXO9Q3Pf0Sg&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291646913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=StV8S74g5HCWgMAd5mFx0nuouJuTTxyLUOrEhXz9Ow4%3D&reserved=0)

# To Summarize: A comprehensive guide to XC skiing (30 mins):

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# Fundamentals of cross-country skiing technique. (Note: the video mentions kick wax. But you should choose “waxless” skis which still require glide wax but definitely not kick wax)

[https://www.youtube.com/watch?v=Cqo3yu-j890](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DCqo3yu-j890&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291656903%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=M47bFDcuc60Bzff1jEqcsoZmmzg6eimGJNTer%2Bu8cn0%3D&reserved=0)

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# PRE-SEASON TRAINING:

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# Fitness Circuit for Cross Country Skiing:

[https://www.youtube.com/watch?v=eQ5nyXxwC5o](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DeQ5nyXxwC5o&data=04%7C01%7C%7C57801c3ab01b493f7c9d08d8ad15c4a9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637449656291666903%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6WXV3IZSzBS2byNgA6j%2B8izKj1RLrAWeiA5twrkO9Hg%3D&reserved=0)

**MORE ON CLASSIC XC SKI AND BOOT CHOICES**

Any skis up to 70mm in width should fit in the tracks though the wider skis, from about 60mm and up, do less well on sharper curves. With wider skis it is best to step out of the tracks onto the groomed skate area when navigating sharper curves. For example, 62-68 mm will be fine, and the metal edges will certainly make carving turns and slowing down a lot easier. The compromise with be a bit heavier and slower ski than normal track skis that are narrower and may be longer. If speed is not an issue for you, the **Fischer Outback** 68 **Crown** might be one good choice.  However, this and a lot of other ski and winter sports equipment are in high demand and already hard to find for this winter

# Back Country (BC) skis now often come with NNN BC (Back Country) Bindings already fitted. These bindings have **a thicker bar (either auto or hand release). If like me you do not like bending down to click in and out, go for the auto that you just click in and release with a ski pole. With NNN BC you can have a stiffer boot that fits this binding, but not boots designed for the basic NNN or other bindings.**

**Make sure you get the correct length of ski for your on-snow weight including a backpack if you normally ski with one. Manufacturers normally have a weight-length of ski chart in their website.**

**(N)\* NORDIC/cross-country ski TRIP CLASSIFICATIONS**

Taken from the Mountaineers Website:

Cross-country **Nordic (N)** rated ski trips do not have specific prerequisites. Open to all. Choose based on your fitness and ability.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Rating** | **Mileage** | **Elevation Gain** | **Effort** | **Skills** |
| **N1\* Instructional** | 3-6 mi | minimal | Easy | Beginner |
| **N1 Basic** | 4-8 mi | minimal | Easy | Beginner |
| **N2 Advanced Basic** | 6-10 mi | 500-1,000 ft. | Moderate | Balance, kick & glide, snowplow, braking |
| **N3 Intermediate** | 7-12 mi | 1,000-1,500 ft. | Strenuous | N2 skills plus kick turn, traverse & side slipping |
| **N4 Advanced** | >12 mi | >1,500 ft. | Very strenuous | N3 skills plus reliable turns & control |

**OTHER XC LEARNING & TRAINING OPPORTUNITIES**

# Cross-Country Skiing for Beginners: Everything You Need to Know to Get Started || REI

# [https://www.youtube.com/watch?v=SuKn-acPvVk](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DSuKn-acPvVk&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425415231%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=rN9SzzjcZNbWdAyosBMrOupOAXgqlj3aJ%2FZtcdx3YfU%3D&reserved=0)

**Improve poling, weight transfer and rhythm:**

Poling:

[Correcting common poling errors in diagonal stride - YouTube](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dk_YOUBPnrWU&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425425226%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=g2gy6qLp6OYohEio6W%2F6QpWLLaKYrijEFfBDEDXHwtk%3D&reserved=0)

# Fixing the "Lunge":

# [https://www.youtube.com/watch?v=GXO9Q3Pf0Sg](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DGXO9Q3Pf0Sg&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425425226%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=yr1IglX0OXuQxKdjHj8ptNZrvidwTALXauz0FPM1Zcw%3D&reserved=0)

# Striding:

[Shuffling vs Striding in Classic Cross-Country Skiing- Why the Difference? - YouTube](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DL5qOjW8yxzU&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425435223%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mPLwUMfQ51ankc665Rj8RxiJ5QJk%2F2qapsvPv1QSNH4%3D&reserved=0)

The Coffee Cup Drill to improve your skiing!

[https://www.youtube.com/watch?v=GYxxib1lhjU](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DGYxxib1lhjU&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425435223%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=YZWa8Dfz5QztCi%2BqNUYi9sKcsiTHdrGuWhw%2Fp2ilqzA%3D&reserved=0)

**Skiing Hills**

# Uphill: Learn the herringbone to climb hills in XC skiing

# [https://www.youtube.com/watch?v=7X4yJxpqcgA](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D7X4yJxpqcgA&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425445225%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2BwXNFZV1P2uDlCdlxIVGtgDMZVRDORpwPEDk6SqeAE0%3D&reserved=0)

**Downhill:**

DOWNHILL: descending: from wedge to more advanced techniques:

# How to slow down on cross country skis

[https://www.youtube.com/watch?v=kmw9LxutG\_8](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dkmw9LxutG_8&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425455222%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mW24SD1WOxYlx7b0f%2Fu3zJbM5Jw33Yh7VhOI%2FMrwfNk%3D&reserved=0)

# How to stop on cross country skis

[https://www.youtube.com/watch?v=CZ-EWyi1UNE](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DCZ-EWyi1UNE&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425455222%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=hxqEwGuOd2%2F4wWAZ3Mdy476HNCw8KGqWFWYo7cUg%2FHY%3D&reserved=0)

**Skate Skiing:**

# Cross-Country Skate Skiing for Beginners: Everything You Need to Know to Get Started || REI

# [https://www.youtube.com/watch?v=fh5DunRoV84](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dfh5DunRoV84&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425465208%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=OCJ4Qi%2FoueYQaKjLNRXBACBJOZmM0mLOh3aHHE02SiM%3D&reserved=0)

# Skate Skiing - The #1 Thing

# [https://www.youtube.com/watch?v=afRZI1E5334](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DafRZI1E5334&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425465208%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=PlWdF5Qx4Q7Bdo%2BTIktY3BhLWEYUJpok3tST9WylmPY%3D&reserved=0)

# V1 Uphill Skate

# [https://www.youtube.com/watch?v=WCSMTWvySrE](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DWCSMTWvySrE&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425475204%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=r%2F5dRo%2BK6ghvcSgzEti5u1WIGx%2BszV2QXjYZE7aDN7Y%3D&reserved=0)

# WHY WE SKI?!: Lastly, lets dream and enjoy one more video:

# The Joys of xc-Skiing in Paradise with Karoline / Salomon TV

# [https://www.youtube.com/watch?v=e4lCHCA8pxY](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3De4lCHCA8pxY&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425485197%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dkXwUjhbbUxb1LvovrDVbgjJ96%2Fz091qedu6Pvoj8pE%3D&reserved=0)

# XC SKI LESSONS IN WA

# Summit at Snoqualmie:

# [https://summitatsnoqualmie.com/daily-lessons/new-to-nordic-package](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsummitatsnoqualmie.com%2Fdaily-lessons%2Fnew-to-nordic-package&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425485197%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AMItNamggoW6rQa3utWxy46pVO8Ja0vLkHGc6xvaSzc%3D&reserved=0)

# Stevens Pass

# [https://www.stevenspass.com/plan-your-trip/more-options/nordic-center.aspx](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.stevenspass.com%2Fplan-your-trip%2Fmore-options%2Fnordic-center.aspx&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425495198%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=eNuCXp0NEhrq8cwD3%2Fizil%2F0fyQZTsd6YTHEmfWGnvE%3D&reserved=0)

# Leavenworth

# [https://skileavenworth.com/lessons/nordic-lessons](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fskileavenworth.com%2Flessons%2Fnordic-lessons&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425505199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mAZMro6y7TzuVHNVIodRrPYXONYr1nYaa%2BhduI4%2FiMM%3D&reserved=0)

# Methow Valley (includes rentals)

# [https://www.methowtrails.org/ski-rentals-and-lessons](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.methowtrails.org%2Fski-rentals-and-lessons&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425505199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=qFcQLJWabQCav1lbprWUIMBaM4S3BfEG6gGyi4vl%2B0E%3D&reserved=0)

# White Pass (Scroll down the home page to blue section for lessons)

# [https://skiwhitepass.com/nordic-center](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fskiwhitepass.com%2Fnordic-center&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425515192%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=zG9yIn%2FYGANzVD3ESsozqIk%2Bb08AI3BI2r27erOKCQA%3D&reserved=0)

# Please note, in some locations the full lesson details may not yet be posted.

**OTHER XC SKI RESOURCES**

Here is a good general resource for xc skiing from our local Sno-Parks: [https://www.snowrec.org/](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.snowrec.org%2F&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425525176%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=NDl5ulaYh9x%2FnECahb4aNozaRtFusxZMLlPJAdYBioY%3D&reserved=0)

**SNO-PARK PARKING PERMITS**:

A WA State Sno-Park Pass non-motorized day or season pass with special groomed sticker is required. This must be purchased on-line in advance:

[https://epermits.parks.wa.gov/Store/SNO/SnoChoice.aspx](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fepermits.parks.wa.gov%2FStore%2FSNO%2FSnoChoice.aspx&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425535176%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Av0i%2Bc13cWtHbMxsxPztjHXs5Zzvf5DNocS72c2iD04%3D&reserved=0)

It is not possible to buy the pass at the Sno-Park

**WINTER ROADS AND PASS INFORMATION**

Remember: all vehicles driving in WA Mountain Passes are required to carry snow chains**\*** Unless you have a 4/all-wheel drive vehicle you may have to put these on if the illuminated road signs and WSDOT report show this is required when there is snow and ice on the roadway. So, please check Road and Weather Information the evening before:

For Snoqualmie Pass: [https://www.wsdot.com/traffic/passes/snoqualmie/](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wsdot.com%2Ftraffic%2Fpasses%2Fsnoqualmie%2F&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425535176%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=E5pbYICfZXxoPFuCaywXX2kwvDXLIL3gipiBwL4OPNQ%3D&reserved=0)

For Stevens Pass: [https://www.wsdot.com/traffic/passes/stevens/default.aspx](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wsdot.com%2Ftraffic%2Fpasses%2Fstevens%2Fdefault.aspx&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425545170%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=azHFwVZt%2FePXGwz4apeC%2F3x4aovEkI0OMU4RLc5Nlyw%3D&reserved=0)

Then before you set out early in the morning, please get a more up to date pass report by calling **“511”** the WA State Information Line. Ask for Mountain Passes and then the pass you plan to drive.

If chains are required and your non-4/all-wheel drive vehicles wheels are not chained in time you will likely get a ticket and be turned around.

**\***  Chains purchased from Les Schwab can be returned for a refund if unused at the end of the winter:

[https://www.lesschwab.com/more/tire-chains](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lesschwab.com%2Fmore%2Ftire-chains&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425555169%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2Bs8t2n1hQRPAiRj4DQQH6TThU5P8pGfF1S9yVseBh3g%3D&reserved=0)

**SNO-PARK PARKING LOT CONDITIONS:** The Sno-Park parking lots may not have been will not have been plowed, so if snow is expected **please bring a snow shovel** or any other shovel to help clear the snow should your or any of our other vehicles get stuck.

**SKIING UNDER COVID:**

Please visit the Mountaineers  [COVID-19 webpage](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mountaineers.org%2Fmembership%2Fthe-mountaineers-covid-19-response%23if-you-learn-that-someone-in-one-of-your-activities-has-tested-positive-for-covid-19&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425555169%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gcBEa6G7tsWTTgIWS4IegWV3tjciqxGnLewZTJHaJC8%3D&reserved=0) for guidance and updates.

With COVID cases again on the increase and hospital staff and resources under great pressure through much of WA, please respect and follow the most recent:

[Safe Start Washington](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcoronavirus.wa.gov%2Fwhat-you-need-know%2Fsafe-start%2Fwhats-open-each-phase&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425565168%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=9U7Hkxi4iE4yrGRzFUhRhjzb49qq09w2fvPnagA9rmk%3D&reserved=0)

Here is a great COVID code from Methow Trails to follow when we ski:

[https://www.methowtrails.org/plan-your-trip](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.methowtrails.org%2Fplan-your-trip&data=04%7C01%7C%7Cbc303a8c28384b6e558a08d8ac4eba3e%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637448801425575157%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=C5XzVY5P9marsls4N9PcMyflW0l347DFAC6lAOMxk6s%3D&reserved=0)

Let us all continue to keep up the social distancing and mask wearing when 6’ minimum apart is not possible at the trailhead and on the trail. Also remember the hand sanitizer and for the time being avoid indoor gatherings beyond our own household.

**WARNING OF CROWDED SNO-PARKS AND TRAILS OVER HOLIDAYS AND ON WEEKENDS:**

Both Sno-Parks and trails are experiencing unprecedented numbers. You are advised to go early over holidays and on weekends!

**Following this advice will help keep us safe and ready to enjoy the ski season and other outdoor activities**