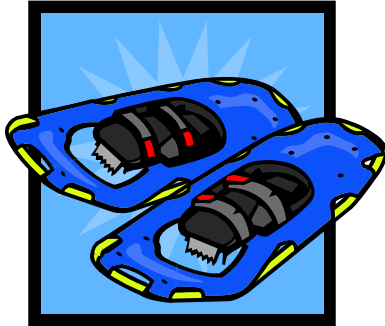


WINTER TRAVEL COURSE 2022



BASIC NORDIC SKIING & SNOWSHOEING

These courses are a combination of two classes: Basic Nordic Skiing and Basic Snowshoeing. This year three lectures will be virtual Zoom meetings and one will be in person at the Lacey Community Center. All are from 6:30 until 9:30 PM

This series of four lectures will include an orientation to backcountry travel, avalanche awareness and safety, route selection, cold weather ailments, clothing, and equipment. If you already know how to ski or snowshoe, the training in avalanche terrain recognition and avalanche avoidance, is worth taking the class and improving your safety in the backcountry.

Students have the option of taking the Snowshoeing course or the Nordic ski course separately, or both together. The course fees are \$75.00 for mountaineer members for either of the courses, and \$100.00 for non-members. Sign up is now through the first night of class.

- Tuesday January 11 - Intro, clothing, Winter Recreational Etiquette (Zoom meeting)
- Thursday January 13 - 10 Essentials and Winter Ailments (Zoom meeting)
- Tuesday January 18 – Snowshoe and Ski Equipment Discussed 10 Essentials review (Lacey Community Center)
- Thursday January 20 - Avalanche Awareness (Zoom meeting)
- Saturday January 22 - Basic Nordic Ski Field Trip (White Pass Nordic Center)
- Sunday January 23- Basic Snowshoe Field Trip (White Pass Nordic Center)

For more information contact Tom Eckhout at 360-556-9898 or teckhout@msn.com
Or Visit: <https://mountaineers.org/>