**Groomed Cross-Country Ski Difficulty Chart (G-XC trips)**

* Cross Country Ski Trips are "classic" style unless specified as skate ski trips in the leader’s description.
* Choose trips based on your ski equipment, ski ability, pace, and fitness.
* Ski Leaders set the parameters of each trip based on trail difficulty, skill set needed, pace and type of ski equipment
* Some ski trips require **Leader Permission.** These trips usually require prerequisite skills having to do with ski level, pace, and/or equipment.

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| **Rating** | **Mileage** | **Elevation Gain** | **Effort/Trails** | **Pace** | **Skills** |
| G-XC 1\* Instructional Groomed | 3-6 miles | Minimal; flats | Easy; flat beginner trails (green) | Slow w/frequent stopping | Must have some prior ski experience and move forward on skis. |
| G-XC 1  Beginner Groomed | 4-8 miles | Minimal to include short, gentle hills | Easy; beginner trails (green) | Moderate steady pace (2 mph+) | Balance, diagonal stride; wedge/  snowplow for speed control |
| G-XC 2  Advanced Beginner Groomed | 6-10 miles | Some moderate, short hills  500- 1,000 ft. | Moderate; beginner and intermediate trails (green & blue) | Steady pace (3 mph+) | Diagonal stride, herringbone up hill, side-step up or down hill; wedge/snowplow turn |
| G-XC 3 Intermediate Groomed | 7-12 miles | 1,000-1,500 ft. | Strenuous; intermediate (blue) with short harder (black) trails | Steady, continuous (3.5-4 mph) with fewer breaks | Efficient diagonal stride, herringbone, side-step, wedge turns, step in and out of tracks when moving, confidently ski up and down hills on a variety of terrain |
| G-XC 4  Advanced Groomed | 7 -15 miles | 1,000 ft and greater | Strenuous; some challenging/expert trails (Black & blue) | Continuous quick pace, with few breaks (4-5 mph) | Ability to ski down steep curvy hills; kick turns and step-turns and paced diagonal stride |