

Recommendations for Beginner Skiers

We want new skiers to join us! We also want you to have a good time so you'll come back. In order to enjoy our day outings, a beginner cross-country skier will need to have:

- Skis/boots/poles (your own or rental equipment), appropriate outdoor clothing, water.
- Basic beginner skills.
- The ability to ski a flat trail with no difficulty.

If you have the equipment and skills above

- Go to our cross-country calendar on this web site which contains a general description of the terrain and ski level required for each event. Many of the events have beginner terrain but some do not so be sure to read the description.
- Select a day ski and join us! Call the trip leader if you have questions.

If you do not have the equipment and skills above

X-C ski lessons: Rochester Nordic Ski Club will offer Basic Beginner Lessons during the month of January 2009. The classes will be held on Monday nights at 7 p.m. or Saturday mornings at 10 a.m. The cost is \$50 for 4 group lessons. If you'd like more information, please call Coleridge Gill at 585-442-8634. Your local school district may also offer cross-country lessons through continuing education. Bristol Mountain also offers lessons.

X-C ski rentals: Eastern Mountain Sports in Pittsford Plaza, Park Avenue Bike on Monroe/Clover, and Bristol Mountain rent skis.

Additional Info

At our day ski outings, most of the skiers will ski at an intermediate level. If other beginner skiers are there, they will sometimes break off to form their own group and meet up with the intermediate skiers from time to time. Or sometimes beginner skiers will decide to stay on one trail only and ski back and forth to develop their skills, then meet up with the group afterward for lunch or a party. Practice is key!

To Join a Network of other Beginner Skiers

If you're a beginner skier and would like to get together with other beginners to practice and ski together at the outings, call 342-6182 and leave your name, phone number and email address. We will put you in touch with other beginners!