



# UPSLOPE



## Newletter of the **NORDIC Ski Touring Section** of **PATC**

Visit Us On the WEB at <http://www.patc.us/chapters/ski/>

January 2011

### UpComing Attractions In Winter **UPSLOPE**

- YOUR Ski Trip Reports
- More Trips and Tips

### What's New at Canaan Valley Resort?

I had not been to Canaan Lodge for years, so new to me was the change in the cross-county center, now located at the back side of the Lodge next to the new roofed ice rink, which is much larger than the one back in the 1970s. When arriving, go straight past the turn for the Lodge and then keep bearing right downhill to approach the center from the lower elevation.

The rink is a great place when there is little snow, and even greater when it is raining, being big enough for some straight strides complete with ice cooling and ice shaving equipment (think Zamboni). Be considerate, as it is really a place for beginners and don't let on that you are not a guest. They have a good stock of rental shoe skates with a 2 hour minimum usage fee, plus a rink fee.



The rink rental office also rents the cross-country skis and snowshoes. Hours are Fri – Sat: 12pm – 10pm, Sun - Thurs: 10am – 8pm. The boots are NNN BC high top leather models, and rentals for a whole package are \$20 for adults and \$18 for juniors. It is not my first place for rentals, but there is something to being able to get the equipment when you can tell about snow conditions. Great for those like me who left my boots at home, but White Grass does not have my size. Blackwater Lodge also does rentals most years. Canaan has the most astonishing collection of rental (for sale?) snow shoes. Take a look at the ones near the ceiling. Are they for the restaurant trade?

### History

Canaan Valley Resort is unappreciated from a cross-country skiing stand point, relative to Blackwater Falls Lodge, which is up the hill and in the woods. Canaan Valley Resort was a thrilling place during the woody days and before White Grass. Straight runs were steep in places. But all the draws have since been piped and most steep trails eliminated. It was great for the beginner. All you had to do was be brave and keep the skies straight and wear extra pants to soften the blow. Canaan has no specialized skier warming hut and certainly nothing going on like the White Grass social scene. But, when the snow is all blown off of White Grass and it is cold and windy, Canaan is a good choice and unlike White Grass they have unending parking which is away from the good trail heads. I once stayed at the cabins and thought it had snowed all day only to realize later that White Grass had plenty of wind and sun all day while Canaan was getting powder blown off of Canaan Mountain and had no wind in the woods.

Canaan has a good selection of resort features, including a bar and indoor swimming pool. There was no refrigerator (2011) in my motel-like room, so bring a cooler for the room or the car. The cabins are known for their heating fans starting up and pulling air and smoke from the cooler fireplaces. Use the glass closures on the fireplace to prevent

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Vacant

**Publicity Coordinator**

Vacant

We are in the middle of this year’s ski season. Some of our mid-Atlantic ski trips have had plenty of snow. Some none. A fairly typical season thus far, though many are probably waiting for the near blizzard conditions that we enjoyed for a week or two last winter. That could still happen.

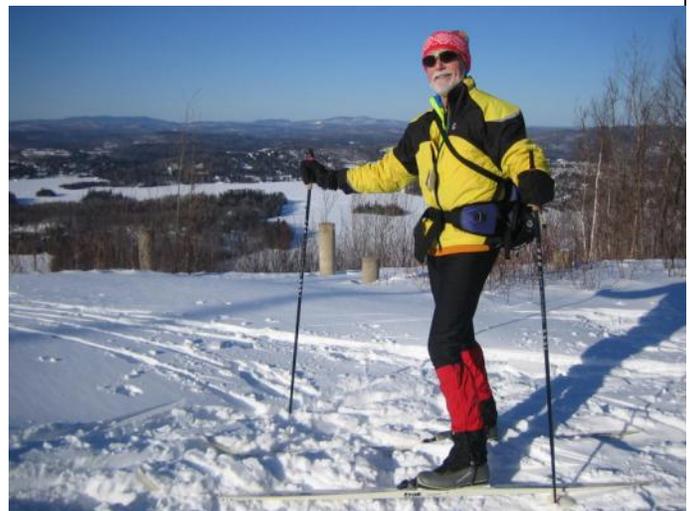
Whether a Ski Touring Section trip cancels in case of no snow depends largely upon the type of lodging that the Section has arranged. Most motel reservations can be cancelled with little notice, so trips based on motel lodging are often “no snow, no go”. Lodge and rental house reservations often cannot be cancelled once made, at least not without loss of a significant initial deposit from the STS. That loss is normally paid for by those signed up for that trip, even if it is a “no snow, no go” trip. Thus those signed up would only get refunded a portion of their original payment in to the trip leader. When the trip is a “no cancellation” one, it means just that. In most cases most or all of the lodging cost has already been paid in and cannot be recovered. But those trips often involve the most impressive lodgings and in locations outside the Mid-Atlantic where the odds of skiable snow are very high.

So keep these factors in mind when deciding which trips to sign up for. When in doubt as to whether your trip deposit would be “at risk”, check with the trip leader before sending in your check and paperwork. Our ski trips are VERY INEXPENSIVE when compared to what a commercial trip operator would charge. That’s because the participating Section members assume many of the risks that might otherwise be absorbed by the trip operator (for a price).

If you are risk adverse, consider purchasing a commercial trip insurance policy. That option is available to all, but few take the time and trouble to do so. And it may not make much economic sense except in the case of our most distant excursion trips that involve air flights.

In short, be a sharp shopper when selecting your Nordic trips for the winter. Everyone benefits from that approach: the Section, the trip leader, and you.

In Snow,



Rob Swennes  
 Chair

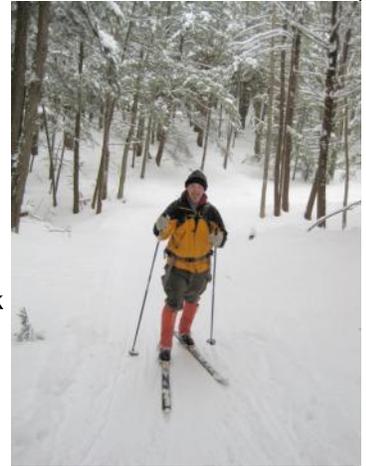
**Brush Up on Your Technique**

STSer Alice Leaderman sent the following web links on XC ski instruction:

- <http://www.youtube.com/watch?v=G3Vue10ItXg>
- <http://www.youtube.com/watch?v=brGZIZkCwyk>
- <http://www.youtube.com/watch?v=1rGOKDjTZE8>
- [http://www.youtube.com/watch?v=\\_yRGLRAR7QI](http://www.youtube.com/watch?v=_yRGLRAR7QI)

Thanks, Alice. Play it forward. Keep those good ideas coming.

Greg Westernik



**Ten Reasons For Trying the Yahoo Group PATC-ST\$**

10. You will continue to keep abreast of cross-country ski trip news from the Ski Touring Section of the Potomac Appalachian Trail Club.
9. You will be able to personally control the frequency at which you will receive PATC-ST\$ messages.
8. You will be able to personally control the content of PATC-ST\$ messages, i.e., full, summary, digest or just subject line.
7. You will be able to personally control the form of PATC-ST\$ messages, ie text or full html.
6. You will be able to post your own messages regarding ski trips, items for sale or sought and other cross-county skiing subjects.
5. You will be able to go back to look at archived messages by subject, date or content.
4. You will be able to upload or read attachments, photos, documents and other material related to PATC-ST\$ activities.
3. You will be able to communicate directly with other members *enmasse* or individually, publicly or privately.
2. You will be able to control your own privacy settings and protect yourself from SPAM.
1. The old ListServ is history and the PATC-ST\$ Yahoo Group is now the sole method of web communication among and between members of the PATC-ST\$, other than our super web-site, which is one-way only.



They found about this trip on the Yahoo!Group photo by Al Larsen

Check the new PATC-ST\$ Yahoo Group out at [http://groups.yahoo.com/group/PATC-ST\\$/](http://groups.yahoo.com/group/PATC-ST$/)

**Canaan Valley Resort**

*(Continued from page 1)*

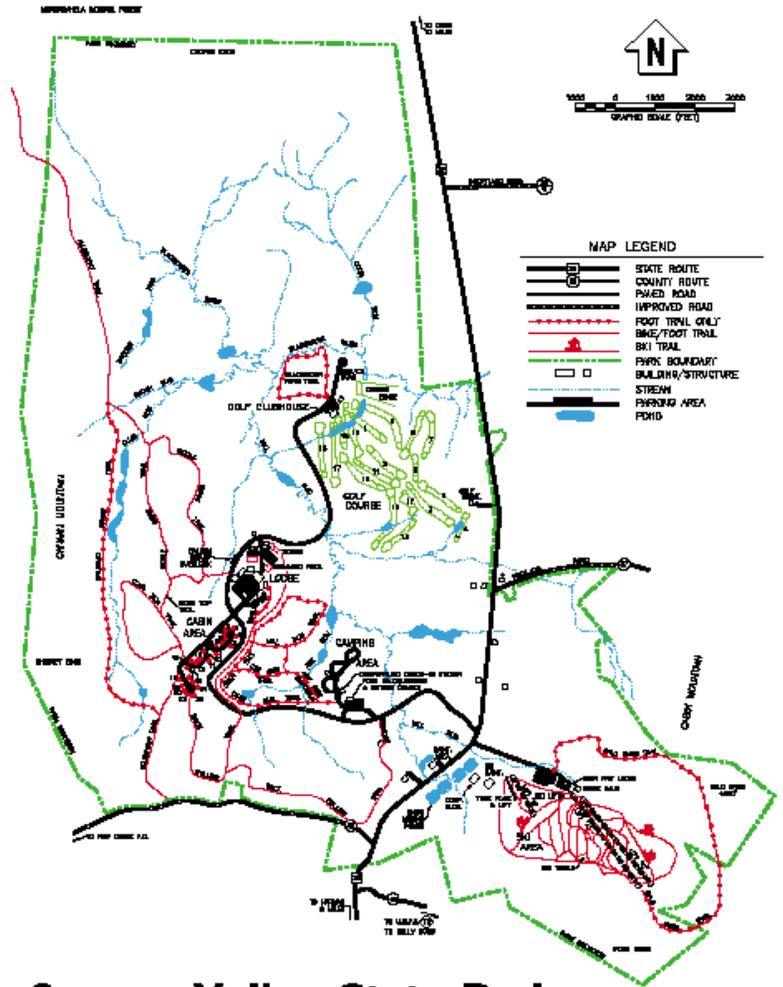
this. This Spring and during the following years, most of the lodge rooms will be replaced with new, taller buildings.

**Trails**

I'd avoid the swampy Abe Run/Mill Run trails. In general there are few rocks and some damp spots. No ski patrol, no grooming and the off-trail woods are not maintained.

Ski the Middle Ridge Trail clockwise from Balsam Swamp Overlook for the easier non beginner trail direction, and counter clockwise for the shortest way to Blackwater State Park. If you do a complete counter clockwise run, be wise and wear knee guards and have plenty of snow for the large rocks at the bottom of the steep hill (2004). Club Run and Railroad Grade trails along with the connectors are the beginner routes (2002). However, Caanan no longer plows a parking spot in the cabin area for non guests so walking the road from the Lodge overflow lot is the only option. You can do all the trails in one day if you work at it. There are no user fees.

In the recent past, the Blackwater trail has become more like a foot trail, narrowing down to a nearly non-skiable width, so it is no longer in the beginner class mostly due to the slow going. It has a 150' elevation gain and a 500' downhill to Blackwater. Going north, all the hairy downhill parts have been eliminated, so there is no reason to start at Blackwater Falls. Be safe and walk any problems that look outside your class, as you would be a long ways from help in the event of a bad spill. You can use the Loop Road to get to Canaan Heights and parking, or from the Loop Road there are several trails into Blackwater State Park, all of which were not kept up to skiing standards in the 90's. This would be a nice scouting hike when there is no snow. In places, there are many old timber roads (paths). Bring a compass in case of a white out. Verizon worked with all bars when I crossed the Loop Road in 2009.



**Canaan Valley State Park**

Ski trail in red (zoom in .pdf to see detail)

Ski/Snowshoe maps were not available during December. Park personnel can show you the ski routes on the hiking trail map as they are the same trails. Basically there are three ski maps, a Canaan Resort State Park one, a Blackwater State Park one and a connector map. Neither park carries the others maps. From the Canaan Lodge, there is no shuttle service from/to Blackwater Falls, only to the downhill ski area and, on request, the various parking spots within Canaan State Park.

From the downhill parking lot, a \$6.00 one-time ticket gets you to the Dolly Sods backcountry via the downhill lift. There is a non advertised way back down, starting at the southern most part of White Grass near the top of the last good lower pasture run. During the summer, it is a nature trail back to the Canaan downhill ski area parking lot. I've never seen a map for this area only a location name. Ask at White Grass because I'm not quite sure where the fence break is. You could return via the downhill slopes but they can be icy and hard on your patterns. You can also do the White Grass "hut to hut" via Dolly Sods with a shuttle or thumb back to Canaan for your car. It shouldn't be hard to get a ride with fellow skiers. Get there before dark and

*(Continued on page 6)*

**STS Trip Schedule**

(\*) indicates trips requiring PATC membership

|                    |   |
|--------------------|---|
| <b>Dates</b>       | <b>February 16-21 (Wed-Mon, 5 nights) no cancellation</b>   |
| <b>Trip</b>        | <b>(*) Stowe, Vermont</b>   |
| <b>Lodging</b>     | Fiddlers Green Inn (B&B), in the heart of Stowe. Community trail out the door.  |
| <b>Description</b> | Over 200 miles of trails in the Green Mts. Ski touring Centers include Trapp Family Lodge, Stowe, Craftsberry, and Bolton. Down hill also available. Will fly into Burlington, VT   |
| <b>Leader</b>      | Peggy Alpert, 301-946-4497, <a href="mailto:mountainmama15@verizon.net">mountainmama15@verizon.net</a>  |
| <b>Cost</b>        | \$ 327/person (pay to Margaret Alpert) includes lodging, breakfasts and one dinner. Based on minimum of 8 participants. Additional \$ for airfare, car rental, trail fees and food.   |
| <b>Dates</b>       | <b>Feb 10-13 (Friday-Monday, 3 nights) No cancelation</b>   |
| <b>Trip</b>        | <b>Canaan Valley, WV</b>  |
| <b>Lodging</b>     | Canaan Valley State Park Deluxe Cabin: Each room has 2 double beds. The lvg rm has TV, phone, fireplace. There is a full kitchen. We will have a potluck dinner on Saturday night. After a long day of skiing we can use Lodge amenities: hot tub, sauna, and pool.   |
| <b>Description</b> | Ski at White Grass, the cabin area at Canaan Valley State Park, and Blackwater Falls State Park.  |
| <b>Leader</b>      | Kathy and Elliot Brumberger 301-774-7412 or <a href="mailto:kathybrum@verizon.net">kathybrum@verizon.net</a>  |
| <b>Cost</b>        | \$125 Lodging only, double occupancy, assuming 8 participants   |
| <b>Dates</b>       | <b>Feb 18-21 (Friday-Monday, 3 nights) No cancelation</b>   |
| <b>Trip</b>        | Ski-Dance Weekend. Laurel Highlands area, PA  |
| <b>Lodging</b>     | Camp Harmony, PA a beautiful rustic setting   |
| <b>Description</b> | 27 <sup>th</sup> annual cross-country skiing, sledding, contra dancing, and music making. Lots of fun outdoors and indoors in. Dance to live music in the evening by Dave Weisler and the Avant Gardeners. Bring your talents and instruments to share. Lodging dormitory-style at Camp Harmony. Trip begins on Friday evening with an informal potluck supper and dance and ends on Monday with lunch; 7 meals included. Camp Harmony has over 100 acres available for cross-country skiing, slopes for sledding and several different types of habitat. Laurel Ridge, Laurel Mts. And Forbes State Forest areas are nearby. Check website, <a href="http://www.skidance.com">www.skidance.com</a> for more information and registration form. |
| <b>Leader</b>      | Email: <a href="mailto:eliotapplestein@verizon.net">eliotapplestein@verizon.net</a> ; H: (301) 984-6855 or Bob Mathis (301-589-7539) <a href="mailto:talibob@starpower.net">talibob@starpower.net</a>   |
| <b>Cost</b>        | Adults \$180 (\$170 for STS/Sierra Club members), Children ages 3-13 \$85, Infants – 2 years \$5  |
| <b>Dates</b>       | <b>Feb 18-27 (8 nights, Friday - Sunday) No cancelation</b>   |
| <b>Trip</b>        | <b>(*) Garmisch-Partenkirchen, Germany</b>  |
| <b>Lodging</b>     | Vacation apartments in Garmisch   |
| <b>Description</b> | Seven days of skiing in and around Garmisch and at other locations nearby in Bavaria and northern Austria. Fly from Dulles to Munich and drive to our lodgings. Most skiing will be done on groomed trails in and between local villages. Downhill skiing on the Zugspitze and at other venues is also an option. If the weather is warm in Garmisch, we will ski in valleys at higher elevations in Austria. Last day and night to be spent in Munich. We will cook most of our meals, sharing favorite recipes. 12 person maximum.  |
| <b>Leader</b>      | Rob Swennes 703-532-6101 <a href="mailto:robertswennes@hotmail.com">robertswennes@hotmail.com</a>   |
| <b>Cost</b>        | \$1200/person for lodging, local travel expenses, and in-house food and drink. Extra\$\$: Participants purchase their airline tickets to/from Munich, restaurant meals and other local expenses.  |
| <b>Dates</b>       | <b>Feb 27-Mar 4 CANCELLED</b>   |
| <b>Trip</b>        | <b>(*) Camp Mercier, Quebec, Canada CANCELLED</b>   |
| <b>Lodging</b>     | Cabins at Camp Mercier  |
| <b>Description</b> | Skiing in and around Camp Mercier, part of a large national park in Quebec (Reserve Faunique des Laurentides) 50 km. north of Quebec City. Most skiing will be done on prepared tracked trails. Option to arrange downhill skiing in the area available. Fly from Dulles to Burlington, VT. Drive to destination about a 5 hour drive. Maximum 12 participants.. Track skis will work fine, given the terrain.  |
| <b>Leader</b>      | Kathryn Good 571-218-9225 <a href="mailto:avignon7@aol.com">avignon7@aol.com</a>  |
| <b>Cost</b>        | \$850/person for lodging, local travel expenses, in-house food, Camp trail fees. Participants arrange their airline tickets to/from Burlington, car rental expenses. restaurant meals. some trail fees and other local expenses are extra\$.  |

**Canaan Valley (continued)**

*(Continued from page 4)*

leave your equipment at White Grass. During December 2010 (low season) they stopped serving at 4PM and closed the hut at 5PM during the week.

**Some Additional Points**

White Grass mounts NNN BC for \$15.00 this year.

I've used Verizon and ATT cell phones with Verizon being weak and ATT all bars showing. Reception is best with in sight of the two downhill places (Canaan/Timberline) and downtown Davis. Reception is weak around the two state park lodges and very iffy in the cabin areas for Verizon. At White Grass, the parking lot and the ski hills get the best reception. However new towers may have been construction recently.

<http://canaanresort.com/winter/activities>



This web site lists cross-country skiing on weekends only (December 2010). I expect skiing will be open everyday during the height of the downhill season and with all the natural snow we're likely to get.

John Tichenor  
December 2010

Unless a huge urban snow dump occurs, ski season usually appears to be spotty to nonexistent when you look only as far as your city yard. After a warm November, a slow December start, and an unfortunate New Years meltdown/rainout, ski conditions have been quite good in Canaan Valley/White Grass in January. The weekend before Christmas was excellent, the Christmas weekend itself was even better, and the January 8-9 weekend was very good once again, both on trails and off trail in the trees. Gentle trail skiers and downhill yoyo addicts were all mighty pleased. Now that the very distracting holidays are past, more of you should focus attention on catching the snow when it's good. The professional wafflers known as long term weather forecasters have once again done-a-screeching-and-careening-180 away from prognostications of a warm January and are now talking more along the lines of what we want to hear (continued cold, of course). Hope that this comes to pass and it continues into February. In case it doesn't, get out there and enjoy the snow while it lasts.

Doug Lesar  
January 2011



## Ski Reports from Laurel Highlands

On December 29, I visited Laurel Ridge. The concession franchise was open and everything was operating as normal. Snow was great as was the grooming. I suggest you call as usual to verify operations due to weather etc. They will not take reservations for ski equipment. Do not get misled by their outdated web pages and oh! Yes I did not know till now that you can scroll down for further info. There is a trail pass charge. There is also a warming hut behind the concessionaire that is opened during daylight hours by the State Park. It is some times closed when the concessionaire is open, but I have found it open when the concessionaire is closed.



If you are heading to Laurel Mountain, there will be a few kilometers groomed on InterstateTrail (pictured here) which is 1 mile long. In addition, Lippos Loop and the top of Towhee Trail are groomed for Classic only which totals another mile. These trails may be groomed a few more times this winter, but for now just a trial until they decide if they want to continue grooming some of the trails next season. They will be looking for input from skiers to hear if some grooming is wanted on a few of the trails. If you skied here before you know a lot of the trails are a little narrow and there are no plans to change or groom those trails.

**Websites:**

<http://www.paccca.org/webcam.htm>

<http://www.riversportonline.com/xcskiingatlaurelridge.html>

I cleaned my skies and put on grip and glide wax on January 1. The maintenance label read 1-1-11. That is my New Year's Resolution. LABELS

May your resolution include SNOW.  
John Tichenor

During the past few weeks, the powdery snow conditions at Laurel Highlands have been a Winter Wonderland for skiers. Thanks to Peggy Alpert and Brian O'Konski, the club has had back to back trips to the Laurel Highland, staying at the club's popular Quality Inn at Somerset.



Not only have all the Laurel Ridge trails been in outstanding shape, but so was North Woods (across from Hidden Valley and part of Forbes State park) and Laurel Mountain. North Woods was groomed for 60% of their trails and a volunteer started a fire at the ski to warming hut.

Skiing in New Germany was good with a 12+ inch base on Sunday (1/23). However while the trails were not icy, they were slick.

Stephen Brickel

Skiing on the Yougigheny River trail, Ohiopyle, PA

**PATC-Ski Touring Section**  
**c/o Doug Lesar**  
**2507 Campbell Place**  
**Kensington, MD 20895**  
**October 2010**



To:

## PATC Ski Touring Section Membership Form

*The PATC/STS provides quality services and benefits to its cross-country skiing members while promoting and supporting the PATC and cross country skiing in general. Whether a novice, recreational, citizen racer or telemark skier, STS has something for every XC skier. Imagine yourself floating on the snow, climbing across hill and dale in the quiet of winter, stopping for lunch in brilliant sunshine on a vista with a view of snow-covered ridges and valleys stretching to the horizon, and then making a descent back to home. Our membership enjoys ski touring in the hills with the comradeship and safety of a group. When you become a member, you receive all issues of the club's newsletter UPSLOPE and other useful information. UPSLOPE is published six times a year by PATC/Ski Touring Section, a non-profit, educational and recreational group of cross-country skiing enthusiasts based in the Maryland, DC, Virginia, PA and West Virginia areas. UPSLOPE provides information about STS trips and events (e.g., Learn-To-XC-Ski weekends, Telemark instructional clinics, and mini-week ski trips). One year membership runs from October 1st through September 30th of the next year. If you join in April or later, your one year membership will run through September of the next year. To insure uninterrupted membership for more than one year, you may provide advance dues for up to three years. To join, select your desired membership category and term from the table below, complete this Form legibly, and send it with a check appropriate to your membership choice (payable to PATC Ski Touring Section) to:*

PATC-Ski Touring Section, c/o Doug Lesar, 2507 Campbell Place, Kensington, MD 20895

### Membership Classes

| <u>Membership Categories</u> | <u>1 Year Only</u> | <u>2 Years</u> | <u>3 Years</u> |
|------------------------------|--------------------|----------------|----------------|
| Individual                   | \$ 9               | \$17           | \$25           |
| Family                       | \$13               | \$24           | \$35           |

PLEASE PRINT or TYPE THE INFORMATION BELOW !!!

Name(s): \_\_\_\_\_ Request is for:    - NEW Membership: \_\_\_\_\_

Address: \_\_\_\_\_ Today's Date: \_\_\_\_\_ - New Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ - Renewal: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

- Add me to Annual member directory but do not list my: Home Ph.: \_\_\_ ; Work Ph: \_\_\_ ; Email: \_\_\_; Postal Address: \_\_\_
- If checked, add me to New Yahoo Group so I can get infrequent, adhoc announcements of local XC Ski activities: \_\_\_
- If checked, send my UPSLOPE only electronically (no paper copy) to save the club copying and postage: \_\_\_

STS is an all-volunteer organization. We cannot function without the assistance of our members. If you are interested in volunteering to help STS in any of the following areas, please check the box and you will be contacted:

- |  |  |   |
|--|--|---|
| STS Officer                                    | Publicity                                | XC Ski Instructor                                   |
| <input type="checkbox"/> Web Content Assistant | <input type="checkbox"/> Ski Trip Leader | <input type="checkbox"/> Special Events Coordinator |
| <input type="checkbox"/>                       | <input type="checkbox"/>                 | <input type="checkbox"/>                            |