



UPSLOPE

Newsletter of the NORDIC Ski Touring Section of PATC



Visit Us On the WEB at <http://www.patcskitouring.us>

November 2023

UpComing Attractions In Winter UPSLOPE

- Ski Trips and Reports
- YOUR ski stories

Once Again, SKI FAIR!



The traditional PATC-STS Ski Fair will once again kick off the XC-ski season: It will take place a on **Saturday, November 4, from 1 to 4 PM** returning to the usual location, **PATC HQ** in Vienna. Sign up for the 2023-24 ski season trips and reunite with old friends and make some new ones, and learn about all things XC Skiing! We will have food supplied by the club, but please bring your

(Continued on page 4)

Inside this issue:

(blue links are live)

Your STS Officer Contacts	2
From the Slopes	2
2023-24 Winter Outlook	3
Videos on Excursion Trips	4
Ski Fair (cont).	4
Best XC Ski Resorts in North America	5
Best XC Ski Resorts (cont).	6
STS Ski Schedule	7
Ski Schedule (cont).	8
Ski Schedule (cont).	9
Winter Outlook (cont).	10
PATC Bear's Den Outreach	10
Membership Renewals; Groups IO; New Banner	11

Come Out for the Ski Fair!

It's the time of year to start thinking about gliding on snow covered trails, breathing crisp air and the warming sun on your face. Join us for the STS Ski Fair as we kick off the 2023-24 season!

When: Saturday November 4, 1-4PM

Where: PATC Headquarters

118 Park Street SE, Vienna, VA 22180, just off Rt 123

Just 1.5 blocks from W&OD trail if you are a cyclist.

Meet old friends, make new ones, and talk to trip leaders about cross country skiing opportunities this winter. Weekend trips are planned for snowy locations in Pennsylvania and West Virginia. Longer trips are planned to upstate New York as well as other destinations.

☞ Trips will be open for reserving a spot and leaders will be available for questions.

☞ Experienced skiers will be there to talk equipment, learning to ski, favorite ski venues, clothing and all things cross country.

☞ Light refreshments will be served and you are encouraged to bring a favorite dish to share.

☞ Bring your unneeded or unwanted gear for the equipment swap.

☞ Bring a friend and introduce them to cross country skiing!

There will be presentations on several ski related topics. At this writing, there will be talks and slides on:

☞ Laurel Highlands PA XC Skiing Overview

☞ Snowmageddon – California 2023.

☞ Plus bring your own thumbdrive of slides to show.

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FROM THE SLOPES – Chair Notes

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Hello again fellow Nordic skiers!

It's that time of year again when winter approaches and we think more and more about kicking and gliding along groomed tracks and in the beauty of the backcountry. (I like the backcountry best 😊). And, you know, I just feel like we're going to get more snow this season. I'm not sure I understand all this El Niño and La Niña stuff but I just have this hunch that we will get more local skiing opportunities. I'm even willing to bet a cup of coffee or perhaps an adult beverage on it! Winter's approach also means the Ski Touring Section Officers and Trip leaders have been crafting a schedule of local and excursion trips for your participation. The details are in this issue of the [Upslope news-letter](#) and posted on the [STS website](#), as usual.

Our annual STS Ski Fair will happen on Saturday afternoon, November 4th, at PATC Headquarters in Vienna, Virginia—see the [Ski Fair section](#) for details. Our relationship with the PATC “mother club” is very good and we are grateful for their support. You will want to plan ahead before the Ski Fair so you can sign up at the Fair and make your trip payment and get your questions answered by the trip leaders. We'll also have a few presentations, as usual.

In addition, I want to share with you that, like last season, we have a few departing and new officers. **Ron and Jan Tucker**, long term Trip Coordinators, have decided to take a break. We're very grateful for their contributions and will miss them! Our new Trip Coordinator is **John O'Keefe** and we're glad he is aboard. John is a long-time cross-country skier and we welcome him! Be sure and ask him about his cross-country ski adventures out west last year in the California snow deluge. After nine years as STS Treasurer, **Brian O'Konski** has also decided to relinquish his position. We appreciate Brian's very helpful service and will miss his many contributions. Luckily, **Rob Swennes** has volunteered to help in the Treasurer role. We also have a new STS Secretary, **Stacey Dimaria**, replacing **Steve Bergstrom**. Stacey also is a long-time Nordic skier and volunteered to help as secretary. She has already helped out with trip planning minutes and will be leading a trip this season. Thank you, Stacey! We're hoping Ron and Jan and Brian join us at the Ski Fair so we all can give them a proper STS farewell, and a special thanks to Rob. Thanks also to Vice Chair, **Dick Simmons**, for his help on the farewell. And while we are saying thanks, I would like to thank **Doug Lesar**, our faithful Membership Coordinator, and **Ralph Heimlich**, **UPSLOPE** and Webmaster extraordinaire, for their years of steadfast service. The officers make the STS run and we're very grateful. I would also like to ask you all to consider how you can potentially volunteer to help in the future.

Also, please consider attending the [PATC Fall Outreach](#) at the Bear's Den Lodge in Bluemont, VA, on October 28th—there will be an STS Outreach area to help spread the love of Nordic skiing.

The last topic is dues. The STS executive committee has decided to increase membership dues for the first time in almost 20 years. Please take a look at Doug Lesar's [membership article](#) in this newsletter for additional information. And don't forget to renew your [PATC membership](#), too. PATC membership is a good way to support the mother club, which supports us and the mid-Atlantic area. In addition, PATC membership is required for STS excursion trip participation.

Hope to see you at the Ski Fair and out on the trails this winter. I just know we're going to get some snow!

Steve Jarvis, STS Chair

Winter Forecasts for Skiers

THE OLD FARMER'S ALMANAC WEATHER MAP FOR WINTER 2023-24



THIS ILLUSTRATION IS AVAILABLE TO DOWNLOAD FOR PUBLICATION AT ALMANAC.COM/MEDIA.

A WINTER WONDERLAND!

The 2024 *Old Farmer's Almanac* predicts snow, seasonable cold, and all of winter's delights! This winter's forecast will surely excite snow bunnies and sweater lovers alike, promising a lot of cold and snow across North America!

Snowfall will be above normal across most snow-prone areas (except for the Pacific Northwest). Get prepared for oodles of fluffy white throughout the season! Keep a shovel at the ready early, especially in the Northeast and Midwest, where snow will arrive beginning in November with storms, showers, and flurries continuing through the start of spring.

Along with above-normal snow, we'll see normal to colder-than-normal tem-

peratures in areas that typically receive snow. Expect just the right amount of chill in the air for an afternoon of adventurous snow sports or enjoying a big ol' mug of hot cocoa by a crackling fire. Only snowy New England and the Atlantic Corridor will enjoy winter temperatures milder than typical for their regions.

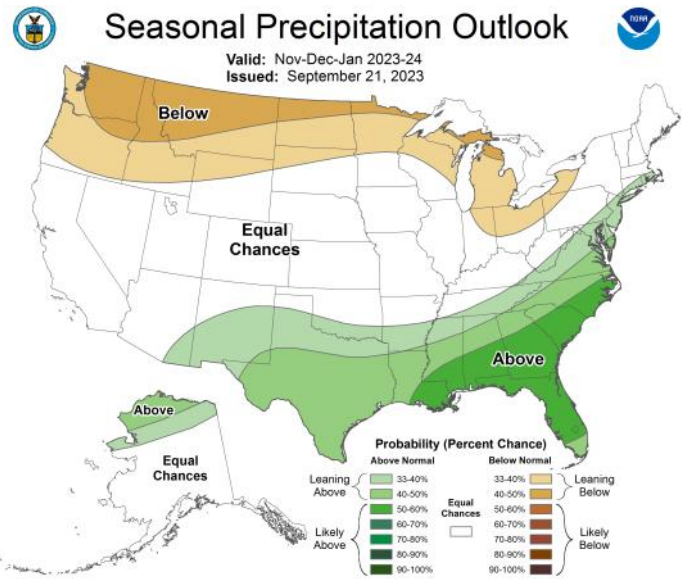
How Much Snow Will You See This Winter Season?

A continuation of El Niño is extremely likely this Fall and Winter, with over a 95 percent chance through January-February-March (JFM) 2024. Additionally, a strong El Niño is likely by late Fall and early Winter, with approximately a 70 percent chance of occurrence during the November-December-January (NDJ) 2023-24 season.

The October-November-December (OND) 2023 temperature outlook favors above normal temperatures for Alaska, the western third of the Contiguous United States (CONUS), the Northeast, Great Lakes, parts of the Southern Plains, Florida, and the immediate Gulf and East Coasts. Above normal temperatures are also likely (probabilities greater than 50 percent) for parts of the Pacific Northwest and northern New England.

The OND 2023 precipitation outlook depicts enhanced probabilities of above normal precipitation amounts across the Southeast, Southern Plains, and parts of the mid-Atlantic states. Equal chances (EC) are forecast for areas where probabilities for each category of seasonal mean temperatures and seasonal accumulated precipitation amounts are expected to be similar to climatological probabilities.

On Friday, Oct. 20, NOAA's [Climate Prediction Center](#), a division of the National Weather Service, will announce the U.S. temperature and precipitation outlook for winter — December 2023 through February 2024 — during a media teleconference.



Since long-range forecasts are rarely accurate or useful for finding great snow, here is a quick recap of strategies for finding the deepest powder:

- 1) Live in a location that's close to mountains with the deepest snow.
- 2) If you can't live close to deep powder, wait until 7-10 days before booking your trip.
- 3) Even if you wait until 7-10 days before booking your trip, consider only booking to a general area.
- 4) If you have to book a trip far in advance, pick locations that statistics show have the deepest powder.
- 5) If you can't execute any of the above strategies, change your expectations for your ski trip.

(Continued on page 10)

Videos on Excursion Trips

STS has four excursion trips [scheduled](#) this year. Excursion trips are outside our “normal” area (VA, MD, WV, PA), as defined by the PATC Executive Council and require prior approval by the Executive Council and participants being PATC members and filling out PATC liability waivers. If you haven’t skied in these locations, there are links to videos from past trips below that will give you a good idea of what they are like.

⚡ [White Mountains of New Hampshire](#)

⚡ [Lapland Lakes, ADK, NY](#) and in [2022](#)

⚡ [Bend/Sisters, OR](#)

⚡ [Maine Cabins and Hut-to-Hut](#) and in [2023](#)

and check out the [Photo Gallery](#) on our website for all trips.



Joe Bachman on the Mt Willard Trail, NH

Ski Fair (cont.)

(Continued from page 1)

favorite pot-luck salad or dessert to share. There will be an area for Ski Swap, so bring any unused or unneeded gear to sell or trade.

Ski Fair is also an opportunity to renew memberships and to sign up for new membership. See Doug Lesar when you come and bring your check-book.

We urge you to bring your friends and relatives who might be interested in cross-country skiing to learn about skiing and PATC-STS. Come and hear more, discuss with the trip leaders and meet and greet your ski friends at the 2023 SKI FAIR!



Best XC Ski Resorts in North America

Based on recommendations at <https://www.onthesnow.com/news/the-best-cross-country-ski-areas-in-north-america/>

Jonathan Wiesel is a ski instructor, backcountry guide, journalist, and passionate advocate for all things cross-country skiing. Wiesel, owner of [Nordic Group International](#), is a North American cross-country skiing expert who has written more than 1,000 articles on the sport. His book, *Cross Country Ski Vacations; A Guide To The Best Resorts*, has served as an invaluable guide for cross-country skiing enthusiasts. As founder and Director Emeritus of the Cross Country Ski Areas Association, Wiesel is helping promote the industry's growth, and is working toward improving the quality of cross-country ski operations. See his picks for the best areas by region below.

Canada

[Mont-Ste.-Anne Cross Country Ski Area, Quebec](#) – affiliated with [Mont-Ste.-Anne Resort](#). Mont-Sainte-Anne's trail system is vast and varied, mixing classic and a lot of skate-groomed trails. Mont-Ste.-Anne offers direct access from the alpine area onto 184 km of trails, making it one of the largest



STS skiers at Mont-Tremblant 2010

linked trail systems in North America. One of the coolest things about this trail system are the multiple heated cabins, a.k.a. refuges. A couple of them you can even stay overnight in. You'll find a full-service day lodge at Mont-Sainte-Anne, with most of the easy, short loops nearby. Additionally, there are plenty of intermediate and advanced cross-country skiing trails.

East

[Bretton Woods Nordic Center, New Hampshire](#) – affiliated with [Mt. Washington Resort](#). Bretton Woods Nordic Center is huge, home to a full-service day lodge and 95 km of groomed trails that wind across fields and through fir and spruce forest. It's marvelous for beginners and intermediates but offers challenge too, like the Black Diamond Tim Nash. Split into three distinct but linked trail networks, Bretton Woods is a beautiful cross-country skiing destination, dominated by the Presidential Range to the east and the majestic Mount Washington Hotel below. Pro tip: Ride a detachable quad up the alpine area and take blue or black trails to lower elevations. It also offers fat biking.



XC Skiing at Mt. Van Hovenberg in the ADK

clubhouse, and the distinct Mt. Tom network, which has splendid views. Woodstock Nordic trails are also distinctive in that they're part of the Marsh-Billings-Rockefeller National Historical Park. The Nordic Center carries rentals as well as a selection of equipment and apparel for sale.



Jonathan Wiesel in Alberta, Canada
photo by Peter Potterfield

[Mont-Tremblant Cross Country Skiing, Quebec](#) – independent from [Mont-Tremblant Resort](#). Mont-Tremblant's cross-country terrain is extensive, featuring more than 120 km of trails, much of which is also available for fat biking and snowshoeing. Skiers will find an inviting mix of boulevards and winding narrower routes, some of which pass by lakes. Most skiing is great for beginners and intermediates, although there's some challenging routes too. Nearby are 40 km of trails, along with rustic wood-heated shelters, at Parc National du Mont-Tremblant.

[Sun Peaks Nordic, British Columbia](#) – affiliated with [Sun Peaks Resort](#). Sun Peaks Nordic is a great, but little-known cross-country ski destination with 30-plus km of classic and skate-groomed trails. It features superb flowing terrain through meadows and forest, fantastic



STS Skiers at Bretton Woods Nordic Center, NH 2020

[Mount Van Hovenberg Nordic, New York](#) – affiliated with [Lake Placid Olympic Sports Complex](#) south of [Whiteface Mountain](#). Mount Van Hovenberg, a.k.a. Mt. Van Ho, is part of the Lake Placid Olympic Sports Legacy, heir to the first Olympic Winter Games held in the U.S. (1932). It has recently undergone millions of dollars in infrastructure upgrades, including upgrades to trails, the base lodge, snowmaking and more. Mount Van Hovenberg has 55 km of classic and skate trails, including a substantial number of easy/intermediate routes that are groomed daily.

[Woodstock Nordic Center, Vermont](#) – affiliated with [Woodstock Inn \(Saskadena Six Ski Area, formerly Suicide Six\)](#). Woodstock Inn & Resort holds most of the land used for cross-country trails as well as the nearby but separate Saskadena Six Ski Area. The 45 km of groomed trails are composed of the Mt. Peg trails, starting at the Nordic Center/golf

(Continued on page 6)

Best Cross-Country (cont.)*(Continued from page 5)***Midwest**

Crystal Mountain Cross Country, Michigan – affiliated with [Crystal Mountain Resort](#). Crystal Mountain Cross Country Learning Center is great for beginners and experienced cross-country skiers alike. Skiers can start right off on a number of green or blue trails, and when they want a little challenge, take one of the blue trails that links with black diamond routes. All told there are 25 km of cross-country skiing trails. Bonus: There's lighting for night skiing, plus routes shared for fat biking and snowshoeing. For a unique cross-country skiing experience, check out the Michigan Legacy Art Park, inside the cross-country trail system, which can be enjoyed by snowshoe.

Giants Ridge Cross Country Ski Area, Minnesota – affiliated with [Giants Ridge Ski Resort](#). When it opened in 1984, Giants Ridge Nordic was designed as a racing and training center, and has since hosted several World Cup events. Today, the 60 km of groomed trails are oriented toward recreational skiers, although there are still two routes defined as Most Difficult. Trails run below, up/down, and above the 500-foot-vertical ridge, with 40-mile views from the summit. Two trailheads minimize crowding. Many trails are conveniently and cleverly integrated within the alpine area; you can even reach some of the easier trails by lift.

West

Aspen-Snowmass Nordic Trail System, Colorado – independent from [Aspen Snowmass](#). The Aspen-Snowmass Nordic Trail System, the largest free municipal trail system in North America, offers more than 90 km of groomed routes, operated by the City of Aspen. Olympian Craig Ward had the immensely successful vision of replicating a European community-based Nordic network, often called "Aspen's Fifth Mountain." Here you'll find a long season, varied terrain, great grooming, and the iconic ski culture that Aspen is known for. Aspen Cross Country Center, located on a golf course, is a good starting place, as it offers a selection of beginner trails, rentals, lessons, and even guided tours. Snowshoers are welcome throughout the trail system, while dogs and walkers are welcome on a couple of routes. Fat biking is limited.

Breckenridge Nordic Center, Colorado – independent from [Breckenridge Ski Resort](#). Breckenridge Nordic is about a long snowball's throw from Breckenridge's alpine ski slopes. One of the oldest cross-country ski areas in North America, it's family-owned and very kid-friendly. Breckenridge Nordic Center's day lodge is the epicenter of 30 km of groomed Nordic trails and 20 km of snowshoe routes. The lodge offers rentals, lessons, food and drink options, and a good selection of apparel and gear. The season here can start earlier and go longer than many destinations, since the cross-country trails begin at 9,800 feet. Count on winding your way through pristine forest, with peeks of the magnificent Tenmile Range. Try the unique snowcat adventure, complete with s'mores and hot chocolate.

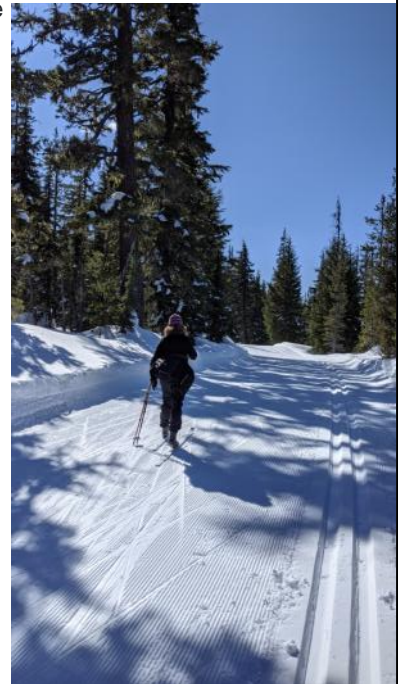
Mt. Bachelor Nordic Center, Oregon – affiliated with [Mt. Bachelor Ski Resort](#). Mt. Bachelor Nordic, located just outside of Bend, is famous for its long season (average snowfall an immense 462 inches), often starting in November and running into April. If you're lucky, you may even see the U.S. Nordic Ski Team training in the shadow of Mt. Bachelor, an impressive volcanic cone, rising 3,000 feet above the trails. Unlike many areas in the Rockies, altitude acclimation is seldom an issue (highest elevation 6,400 feet) on the 56 km of ski trails, groomed nightly. You also can enjoy 10-plus km of dedicated snowshoe trails. The day lodge is the center for rentals, retail, instruction, and a cafe.

Sun Valley Nordic & Snowshoe Center, Idaho – affiliated with [Sun Valley Resort](#). Beauty, varied terrain, and history all come together at Sun Valley Resort, where the Nordic Center's 40 km of groomed trails make for a cross-country skiing playground. You start at a 58,000-square-foot clubhouse, which offers rentals, lessons, and food and drinks. From the clubhouse, you can hop on easy trails spreading over one golf course and across the road onto another, where you can experience tougher terrain. By and large, however, this is mostly beginner and intermediate terrain. Sun Valley also has 7 km of dedicated snowshoeing trails, along with 16 km of fat biking on the ski trails.

Sundance Nordic Center, Utah – affiliated with [Sundance Mountain Resort](#). Sundance Nordic is a small gem with magnificent views, a small network of trails, and lots of Utah powder. Separate from but near its parent alpine area, the Sundance Nordic Center features state-of-the-art Rossignol demo skis and Tubbs snowshoes for those who are renting. Set in a high alpine valley with 12,000-foot Mount Timpanogos above, it features meadows and aspen groves along the 15 km of groomed trails (10 km for snowshoeing). Programming includes guided full-moon tours and daily lessons in classic and skate cross-country skiing techniques.

Tahoe Donner Cross Country Ski Center, California – affiliated with [Tahoe Donner Community in Truckee](#). Tahoe Donner Cross Country is a major player in the vast Lake Tahoe Nordic region. It features a modern day lodge to complement 100-plus km of groomed cross-country and snowshoe trails, and even some dedicated dog trails. You'll find meadows, forest, trailside huts, spectacular climbs and descents, and glorious views of the Sierra, along with beginner trails near the lodge. As with so many Tahoe ski areas, it's wise to arrive early to find good parking.

Tamarack Cross-Country Ski Center, California – affiliated with [Mammoth Mountain](#). Tamarack Cross-Country Ski Center is set in spectacular Mammoth Lakes Basin, featuring more than 30 km of groomed and marked trails, ski and snowshoe rentals, lessons, and guided tours. Among the headlining amenities: Lodging in charming, rustic cabins, and a restaurant on site. The cross-country ski season often starts as early as November and runs into April. It's great for beginners, with some longer, farther intermediate trails, plus a half-dozen advanced routes. Elevation is as high as 9,000 feet, so take your time acclimating.

For more information:[Cross Country Ski Areas Association](#)

STS skier at Mt. Bachelor Nordic Center, Oregon 2020

PATC-ST5 XC-Ski Schedule 2022-23

Date	Place	Leader
Nov 4	Ski Fair, PATC HQ, Vienna, VA	Steve Jarvis
Nov 17-19	White Grass Work Trip	Stacey DiMaria
Jan 5-7	Blackwater Falls State Park Lodge, WV (cancels if no snow)	Steve Jarvis
Jan 8-27 (window)	New Hampshire's White Mountains when it snows (excursion)	Rob Swennes
Jan 12-14	Laurel Highlands, Somerset, PA #1 (cancels if no snow)	Greg Westernik
Jan 19-21	Blackwater Falls, WV, Deluxe Cabin	Ralph Heimlich
Feb 2-4	Blackwater Falls, WV (cancels if no snow)	Greg Westernik
Feb 9-11	Laurel Highlands, Somerset, PA #2 (cancels if no snow)	Greg Westernik
Feb 11-16	Lapland Lakes Ski Resort, NY (excursion)	Ralph Heimlich
Feb 16-19 Pres Day Weekend	Ski Dance, Laurel Highlands, PA in conjunction with Sierra Club Potomac Region Outings (SCPRO)	Bob Mathis and Jody Blatt
Mar 10-17	Bend, OR (excursion)	Ed Johnson
Feb 29-Mar 4	Maine High Peaks (excursion)	Joe Bachman

Excursion Trips: PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

Dates—Nov 4, 2023. PATC-ST5 Ski Fair
Location—PATC HQ 118 Park St SE, Vienna, VA, off Rt 123
Description—See front page article.
Leader—Steve Jarvis
Cost—Free

Dates—Nov 17-19, 2023 (Fri-Sun, 2 nights) Help Chip out preparing White Grass trails for Winter. White Grass will provide lunch for those working Saturday and Sunday. Free lodging at a Timberline house Friday and Saturday nights. Bring work gloves and clothing appropriate for working outdoors, plus tools if you've got them.
Leader—Stacey DiMaria 301-908-7115 or staceydim@gmail.com

Dates—Jan 5-7, 2024 (Friday to Sunday, 2 nights) cancels if no snow. Blackwater Falls State Park Lodge, WV
Lodging—Blackwater Falls State Park Lodge, Davis, WV.
Description—Start out the new ski year with fellow Nordic skiers at Whitegrass Cross-Country Ski Area and Blackwater Falls State Park trails. We will have a block of 2 double- bed rooms at the newly renovated Blackwater Falls Lodge in Davis, WV. Participants will make their own reservations and have the option to share a room or reserve a room on their own. <https://whitegrass.com> and <https://wvstateparks.com/park/blackwater-falls-state-park/>
Leader—Steve Jarvis, jarsnv7@msn.com, 703-282-6752.
Cost—\$336/single occupant applicant, which includes 2 beds in room (fee covers only lodging). Participants make their own room single occupancy reservation within the STS group block, then may have the option after reservation to share a room (double occupancy) or keep room single occupancy.

(Continued on page 8)

Ski Schedule (cont.)*(Continued from page 7)***Dates—Jan 8-27, 2024 (Window depending on forecast snow conditions). New Hampshire's White Mountains.****This is an Excursion Trip.** PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).**Lodging—**likely White Trellis Motel, North Conway, NH (<https://www.whitetrellismotel.com/>) Skiers will make their own room reservations and travel arrangements.**Description—**Ski one of the most scenic venues on the East Coast--the White Mountains of N.H. at cross-country ski touring centers such as Jackson (<http://www.jacksonxc.org/>), Bretton Woods <http://mtwashington.com/xcountryski/>) and Bear Notch (http://www.xcskinh.com/bear_notch.cfm) in Bartlett, NH. Many backcountry ski and snowshoe trails are in the area, such as near the AMC lodge at Pinkham Notch and the various ski centers.

This trip is scheduled as a "guaranteed" snow event. It's patterned on what many skiers in the DC area have done for years regarding Canaan Valley: If there's a solid forecast of great snowfall within a few days, drop everything and get to the location with ski gear before the snow arrives! I scheduled a similar trip to N.H. last January with great success and plenty of fresh snow! Best transportation to N.H. is by car. One day drive each way. Paperwork done early to be lean and ready. Must be PATC members. Participants to arrange own lodging. Call for more info.

Leader—Rob Swennes, 703-405-8232, robertswennes@hotmail.com**Cost—**TBD depending on skier's reservations and arrangements.**Dates—Jan 12-14, 2024 (Friday-Sunday, 2 nights) Laurel Highlands PA Area XC Ski Weekend#1 (cancels if no snow) .****Lodging—**Days Inn on Lewis Dr. Somerset PA.**Description—**Join fellow Nordic skiers gliding at usual and less traveled favorites in the Highlands of SW PA (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods, Laurel Hill) with more kms of trails and choices than time available. Still the one with \$0 budget-busting trail use fees [one STC @ \$15], and walk option to meals from lodging. Chill out at local Somerset Fire and Ice Festival activities.**Leader—**Greg Westernik, 571-575-0695, gmwester@gmail.com.**Cost—**\$100/applicant, double occupancy that includes 2 beds in room and free continental breakfasts (with option for single occupancy near double the fee).**Dates—Jan 19-22, 2024 (Friday to Sunday, 2 nights). No Cancellation. Blackwater Falls, WV Deluxe Cabin****Lodging—**Blackwater Falls Deluxe Cabin.**Description—**Deluxe cabins sit on the north side of the park and are all four-bedroom units with two full bathrooms, gas fireplace, full kitchen with dishwasher, laundry machines, flat -screen televisions, WiFi, and cable-TV. Two bedrooms with one queen-sized bed each, and two bedrooms with two twin beds each. Both bathrooms have showers. We will share responsibility for dinners. Ski at White Grass, Blackwater Falls State Park, and Canaan Valley State Park. Enjoy the indoor pool and hot tub at the lodge to soothe those muscles after a long day of skiing.**Leader—**Ralph Heimlich, heimlichfamily@comcast.net**Cost—**\$165 lodging and dinners, double occupancy based on 6 people.**Dates—Feb 2-4, 2024 (Friday-Sunday, 2 nights) Blackwater Falls SP and Whitegrass STC, WV, XC (cancels if no snow).****Lodging—**Blackwater Falls SP lodge, WV**Description—**Join fellow Nordic skiers glide and recreate among scenic WV favorites like Weiss Knob, Lindy Pt, Blkwtr Canyon, Pendleton Pt and Elakala and Blkwtr River Falls, with more kms of trails and choices than time available. Enjoy extra ambiance of Blackwater Falls SP lodge (e.g., dining room, fireplace, indoor pool and jacuzzi) and nearby downtown Davis WV. Ski right out the door at Lodge to avoid commute to Whitegrass if snow permits.**Leader—**Greg Westernik, 571-575-0695, gmwester@gmail.com.**Cost—**\$316/single occupant applicant, which includes 2 beds in room (fee covers only lodging). Participants make their own room single occupancy reservation within the STS group block, then may have the option after reservation to share a room (double occupancy) or keep room single occupancy.**Dates—Feb 9-11, 2024 (Friday-Sunday, 2 nights) Laurel Highlands PA Area XC Ski Weekend#2 (cancels if no snow). Lodg-****ing—**Days Inn on Lewis Dr. Somerset PA.**Description—**Join fellow Nordic skiers gliding at usual and less-traveled favorites in the Highlands of SW PA (e.g., Laurel Mtn, Laurel Ridge, Roaring Run, North Woods, Laurel Hill) with more kms of trails and choices than time available. Still the one with \$0 budget-busting trail use fees [one STC @ \$15], and walk option to meals from lodging.**Leader—**Greg Westernik, 571-575-0695, gmwester@gmail.com.**Cost—**\$100/applicant, double occupancy that includes 2 beds in room and free continental breakfasts (with option for single occupancy near double the fee).*(Continued on page 9)*

Ski Schedule (cont.)

Dates—Feb 11-16, 2024 (Sunday-Friday, 5 nights). No Cancellation. Lapland Lake, NY Ski Resort, Adirondacks

This is an Excursion Trip. PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

Lodging—Rental Tupa (house) on resort

Description—Staying on a XC-ski resort with 44 km of groomed ski trails and an hour to Garnet Hill trails, Gore Mountain and Oak Mountain (downhill resorts). House has full kitchen and we will share dinner responsibilities. Best for couples based on the accommodations. <https://www.laplandlake.com/>

Leader—Ralph Heimlich at heimlichfamily@comcast.net.

Cost—\$500 per person, double occupancy, lodging and dinners, for 10 people.

Dates—Feb 17-19, 2024 (Sat-Mon, 2 nights) Ski-Dance Weekend

Lodging—Camp Sequonota Conference Center

Description—Cross-country, snow shoe, or Alpine ski in the Laurel Highlands of Pennsylvania during the day and contra dance at night! Do you have two left feet? Bring both of them because Janine Smith, our fabulous caller, will have you moving to the music of Dave Wiesler and friends. Not sure how to cross country ski - no worries, free ski instruction is provided! Lots of fun!

Leader—<https://www.skidance.org> or call Bob Mathis at 240-858-9341 or email talibob@starpower.net or Jody Blatt at jody-blatt@hotmail.com

Cost—\$150 - \$475 (estimated cost depending upon accommodations) including lodging, all meals and program costs .

Dates—Mar 10-17, 2024 (Sun-Sun 7 nights) No cancellation. Bend, Oregon Ski Trip (to include Mount Bachelor and Sisters)

Trip- Central Oregon, Bend/Mount Bachelor/Sisters

This is an Excursion Trip. PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

Lodging—Rental house in Bend, Sleeps 10, 4-bedrooms, 4-bathrooms, full kitchen, dining room, living room, deck and patio. 3mi to Bend, 23mi to Sisters, 23mi to Mt Bachelor Nordic Ctr. (BR-1: 4 twin beds (i.e. 2 bunks), BR-2: 1 king, BR-3: 1 king, BR-4: 1 queen).

Description—Skiing with AMPLE snow at [Mount Bachelor Nordic Center](#) and from numerous SnoPark trailheads on US Forest Service Trails (e.g. [Swampy SnoPark](#)). We could also explore various areas around the town of [Sisters](#) or take an [Elk Lake snow bus day-trip](#) on the closed Cascade Lakes Highway past Mt Bachelor.

Leader—Ed Johnson, 410-703-4793 (cell), tenofthese@gmail.com

Cost—\$325 food and lodging only, NOT including airfare, your share of rental cars, food eaten out, trail pass to Mount Bachelor, and cost of Snow Bus (if desired).

Dates—Feb 29-Mar 4, 2024 (Thursday-Monday, 4 nights) No Cancellation Maine High Peaks Ski and Snowshoe Cabin Trip.

This is an Excursion Trip. PATC requires that all participants be members in good standing of PATC and fill out and sign a [PATC application and trip waiver](#) in addition to the [STS waiver and application](#).

Lodging—Cabin

Description—Fly to Portland, ME, and drive rental cars to the Carabassett Valley, then enjoy the captivating series of cross country ski centers, the extensive public groomed trails, and the beauty of this quiet corner of Maine, which is like being in parts of Norway, where the sport started. The four nights allow for three full days on the trails, including the Sugarloaf outdoor Center, the Maine Hut Trail, and the Rangeley Lakes Trail system, plus a number of short snowshoe trails. That late winter date means more daylight time to be on the trails, but there will still be lots of snow on the ground in this high-altitude corner of the state.

Leader—Joseph Bachman 410-446-8501 joseph.bachman@verizon.net

Cost—\$525 including rental house and at-house meals.

Winter Forecast (cont.)

(Continued from page 3)

Download the [OpenSnow app](https://opensnow.com/news/post/2023-2024-winter-forecast-preview) and stay tuned to our forecasts for the latest weather updates. See <https://opensnow.com/news/post/2023-2024-winter-forecast-preview>

[A strengthening El Niño](#) could help make for a winter that is wet and stormy for California and Florida, mild and dry from the Northwest to the Great Lakes, and snowy at times across the Mid-Atlantic and Northeast.

The upcoming winter is shaping up to be much different than last winter, especially across the central and eastern United States, and [AccuWeather](#) forecasters say one month may leave the biggest impression. "February can be an active and intense month," AccuWeather Lead Long-Range Meteorologist and veteran forecaster Paul Pastelok said. AccuWeather's Snowfall predictions for major cities and Snow Departures images are below. Check out what the expected El Niño could mean for our region [here](#).

WARNING: [Long-range forecasts are rarely accurate](#). These forecasts cover three months but we know that skiing quality improves and degrades with storm cycles that last a few days to a week. Paying attention to the 1-10 day forecast ([All-Access only](#)) is the way that you'll find powder and give you the best information for your weekend trip or destination ski vacation.

All we really know for sure is that you ALL have to
THINK SNOW!!



SNOWFALL PREDICTIONS			
WINTER 2023-2024			
Location	Average Snowfall	Snowfall 2022-2023	Prediction 2023-2024
▶ Boston, MA	49.2	12.4	38-44
▶ New York City, NY	29.8	2.3	18-26
▶ Philadelphia, PA	23.1	0.3	16-24
▶ Pittsburgh, PA	44.1	17.6	28-36
▶ Buffalo, NY	95.4	133.6	70-85

PATC Bear's Den Hostel Open House and STS Outreach



The PATC will hold an open house at the Bears Den trail center on Saturday October 28, from 10 AM-2PM. Bears Den is on the Appalachian Trail west of Bluemont, Virginia. Plan to join the fun!

STS will be conducting cross-country ski and snowshoe outreach during the PATC open house. Will be showing off benefits of nordic skiing and our new brochures and STS banner. Any STS members are welcome to attend."

Watch this space for [more information](#) as the event approaches.

PATC HQ is now accepting donations of outdoor gear for the garage sale at Bear's Den. This includes hiking apparel, sleeping bags and pads, camp equipment, tents and shelters, and packs. Drop off dates are Wednesdays, October 4 and 11, 9am –1 pm.

Schedule of Events

Start: 10:00 AM

End: 2:00 PM

- The event will feature several demonstrations, including a grip hoist demo, cross-cut saw demo, backpacking talk, and more.

In addition to the demonstrations, we will also have the following activities:

- Outdoor gear garage sale
- Pumpkin patch (pick your own pumpkin)
- Autumn Craft Station
- Live music
- Group Hike
- STS Outreach

PATC-ST\$ MEMBERSHIP RENEWALS DUE!

Yet another membership renewal period is in effect for the Ski Touring Section of PATC. Memberships expiring in 2023 must be renewed before 1 January 2024 for membership to continue into the upcoming ski season. **OF SPECIAL NOTE, STS DUES WILL INCREASE JANUARY 1, 2024!** A yearly single membership cost will change from \$9 to \$15, with other membership options increasing accordingly. The STS board has decided that this move is necessary to aid the group's increased financial initiatives (e.g. contributions to the PACCSA organization in the Laurel Highlands area) and offset inflation occurring since yearly dues were set at \$9 per year MULTIPLE DECADES ago. **BEAT THE INCREASE AND RENEW NOW!**

Remember that your modest dues are used to fund advance payments for trip lodging, subsidizes trip leader rooming costs (a small thank-you for their time and trouble), pays the yearly fee for the STS groups.io "listserve", purchases food and drink served at club social events, pays USPS-mailed newsletter printing and postage, supports the website and supports sundry investments and donations made by the STS board to support some of our favorite mid-Atlantic XC ski areas and promote our sport.

For many of you receiving UPSLOPE electronically, your expiration date is always included in the forwarding email header sent by Ralph our loyal and talented newsletter editor. Since you may not have saved that information, feel free to contact me at dlesar@comcast.net for a dues status check.

For those receiving UPSLOPE the USPS way, examine the mailing label on your last UPSLOPE. If you see a number field other than 2023-12 (2024-12, 2025-12 etc.) your dues have been paid up beyond 1 January and there is no need for you to supply monies at this time. However, "2023-12" indicates that your membership expires when you hear the strains of Auld Lang Syne.

For a membership renewal form with my address and dues amounts, visit <https://patcskitouring.us> and press the MEMBERSHIP button for a link to a downloadable PATC- STS membership renewal and application form in fillable PDF format.

We hope that the upcoming winter is truly wintry ...

Doug Lesar
STS recordskeeper / duesmeister

Info on Groups.io Listserv

The STS group is reachable at the address <https://groups.io/g/PATC-STS>. The user interface has, apart from one exception discussed below, all basic operations front and center. "Log In" and "Sign Up" appear upon first entry, and "post", "subscribe" and "unsubscribe" are handy buttons on the "home" dropdown. Postings are available for perusal via the "messages" dropdown.

The one function that gave subscribers trouble during last season was the classical "reply to all" versus "reply to sender" choice, a matter of group mailing list etiquette that occasionally leads to subscriber annoyance. At the bottom of any posting, see the options gathered under the heading "Groups.io Links": "You receive all messages sent to this group. View/Reply Online (#797) | Reply To Group | Reply To Sender | Mute This Topic | New Topic | Your Subscription | Contact Group Owner | Unsubscribe"

Particularly note "reply to group" and "reply to sender". "Mute this topic" is also helpful. If you simply execute an email client reply, your response goes to the whole group and you may not intend and/or want that.

Doug Lesar



PATC-Ski Touring Section
c/o Doug Lesar
14 Bitterroot Court
Rockville, MD 20853

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 3-5 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, 14 Bitterroot Ct, Rockville, MD 20853

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 Groups.io so I can get frequent, info and *ad hoc* 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:

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