

## Teachers and Volunteers Ski and Snowshoe for Free

*Please note that we expect volunteers to assist students with skis, snowshoes and trail supervision.*

### Our Mid-Week Secondary Winter Programs...

...our day sessions are designed to introduce students to cross country skiing, and snowshoeing. Fully certified instructors and staff bring a wealth of experience to our school programs offering an unsurpassed level of quality and expertise. Ski lessons will be adapted to the level of the students.

If students are both skiing and snowshoeing, ski rates apply.

### Cross Country Skiing and Snowshoeing

#### Half Day    Trail Pass/Rentals/Lesson (10 or more)    Trail Pass Only

<b>Classic</b>	<b>\$15.00 per visit per student</b>	<b>\$13.00</b>
<b>Skate</b>	<b>\$21.00 per visit per student</b>	<b>\$13.00</b>
<b>Snowshoeing</b>	<b>\$20.00 per visit per student</b>	<b>\$10.00</b>

\* If less than 10 students, public rates apply,  
plus Instructor fee: \$35.00 per hour

**Skiing:** students will have a half-hour lesson in which they learn proper skiing techniques. After the lesson, students, teachers, and parent volunteers explore nature that is unique to the Niagara Escarpment, along our marked trail system.

Fees includes a trail pass, half hour lesson, and rentals.

**Snowshoeing:** the class or individual students may decide to snowshoe. Fees include a trail pass, snowshoe rentals, and snowshoe guide/outdoor interpreter if requested.

#### Full Day    Trail Pass/Rentals/Lesson (10 or more)    Trail Pass Only

<b>Classic</b>	<b>\$18.00 per visit per student</b>	<b>\$13.00</b>
<b>Skate</b>	<b>\$26.00 per visit per student</b>	<b>\$13.00</b>
<b>Snowshoeing</b>	<b>included in above fees</b>	

\* If less than 10 students, public rates apply,  
plus Instructor fee: \$35.00 per hour

Students can participate in cross country skiing all day OR ski for half the day and snowshoe for the other half day. When skiing for the whole day, a **self-guided Ski Wayfaring program** (using a map, students find markers set along the ski trails) OR a **mini-Loppet** (students ski a short course with race bibs, just like in the Olympics), is available for the afternoons. Students who complete the Wayfaring or Loppet, will receive a **free ski pass** for their efforts.

### Extra-curricular Programs:

Interested in starting a competitive team? **Highlands** has **Novice Days** and **Coaching Development Programs**.

Please call for more information:

Kelly at [skiinfo@highlandsnordic.ca](mailto:skiinfo@highlandsnordic.ca) or 705-444-5017

### The Highland's Facilities

Our **24km of ski trails are 25ft wide and groomed for both classic and skate skiing** techniques. Our scenic **7km snowshoe trail** will lead you through a seemingly secluded winter wilderness. Both networks offer a variety of distances and degrees of difficulty for all age levels and abilities.

Our **Rental Shop** offers a full size range of boots, skis, poles, and snowshoes, plus sit skis. A full service Pro-Shop and Repair Shop will be open daily for any service needs.

A **Full-Service Cafeteria** is at your disposal. A selection of hot and nutritious lunches are available for your group from prices starting at \$5.00 per student. Please reserve lunches in advance when booking your programs. Call us for menu details. We also welcome your group to bring their own lunches and snacks if they choose.

A **Canadian Ski Patrol** Toboggan and Snowmobile are always ready for any emergency.

Washrooms, change-rooms, seating areas and conference rooms make the lodge a versatile venue.

**For safety and proper fit, it is recommended that all participants use the Highlands Nordic rental equipment.**

**If using own equipment, Public Group Rates will apply.**

***Please be advised that although Highlands Nordic trails are patrolled, it is our policy that students have a teacher or parent volunteer available at all times.***

## Booking is Easy!

Phone or email Highlands Nordic at the address on the front page.

Please have the following information, program, date(s), number of students, grade and if lunch specials will be required. Specify any allergies or dietary concerns before the trip.

## Your School Has Booked. Now What? Check List

1) Call Highlands Nordic:

- Confirm final numbers of students, teachers, and parent volunteers.
- If participating in the ½ day program please confirm if your students will be snowshoeing or skiing.

2) Include in your notice to students the following list of items they will need to make their day enjoyable:

Winter Hat*	Sunglasses	Warm Mitts or Gloves*
Water Bottle	Warm Socks*	Healthy Snacks
Layers of Clothing	Winter Jacket	Snow Pants
Lunch (if applicable)		

\* If involved in the full day program please bring an extra hat, mitts, and socks.

3) Highlands Nordic Inc. will review a list of rules and etiquette on your groups' first visit. This helps ensure your students' day is safe and fun. A copy of our **Rules and Etiquette** can be found on our website:

[www.highlandsnordic.ca](http://www.highlandsnordic.ca) under 'Programs' then 'Winter Programs'.

## Invoicing

During each visit with us, we require a teacher to sign off on the number of students in attendance from your school. This helps to ensure an accurate invoice is issued to your school.

Upon completion of your school's visit, Highlands Nordic will email your school an invoice or give the invoice to the teacher in charge.

## Want to Book? Have Questions?

### Phone or Email Highlands Nordic

PHONE: 1 800 263 5017 OR LOCAL (705) 444 5017

E-MAIL: [hoec@highlandsnordic.ca](mailto:hoec@highlandsnordic.ca)



# Welcome to Winter Highlands Programs 2017 Secondary Schools

## Cross Country Skiing Snowshoeing

Bilingual (French) instructor available on request

Highlands Nordic Inc.

1182 Conc. 10 S, Clearview Township

P.O. Box 110, Duntroon, ON, L0M 1H0

Phone/Fax: (705) 444 5017 or 1 (800) 263 5017

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