

Our Mid-Week Elementary Winter Programs...

...our per day or multi-week sessions are designed to introduce students to cross country skiing, snowshoeing, winter survival skills and winter ecology. Fully certified instructors and staff bring a wealth of experience to our school programs offering an unsurpassed level of quality and expertise.

Please be advised that although Highlands trails are patrolled, it is our policy that students be with a teacher or parent helper at all times.

Winter Program 1: Cross Country Skiing/Snowshoeing

Half Day - \$15.00 Per Visit Per Student – minimum 10 students

*** If less than 10 students, public fee schedule applies**

Plus instructor fee: \$35.00 per hour

Cross-country ski and snowshoe

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 unique to the Niagara Escarpment, along our marked trail system.

Fees includes a trail pass, half hour lesson, and classic no-wax equipment.

Snowshoeing: per session, the class may choose one of: winter survival, shelter building, compass orienteering, predator/prey survival game, wildlife hike, or Trappers and Traders.

Fees includes a trail pass, snowshoes, and a snowshoe guide/outdoor interpreter.

Full Day - \$18.00 Per Visit Per Student – minimum 10 students

*** If less than 10 students, public fee schedule applies**

Plus instructor fee: \$35.00 per hour

For each session students participate in cross country skiing for half the day and snowshoeing for the other half of the day

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

ALL students must attend the classic ski lesson unless a skate lesson has been requested.

Teachers and Volunteers Ski and Snowshoe for Free

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

For grades 1 to 6:

Winter Program 2: Indoor/Outdoor

(Core Curriculum based programs AND Cross Country Skiing or Snowshoeing)

A select number of our curriculum based, half day

Science/Geography/Social Studies programs are now being offered ALL year round. Elementary students from grades 1 to 6, spend half day indoors with hands-on learning as they rotate through a series of dynamic activity centres. The other half day, is spent outdoors on cross-country skis or snowshoes.

A list of programs available can be found on our website:

www.highlandsnordic.ca under ' **Programs**'.

Cost: \$18.00 per student per day – minimum 10 students

*** if less than 10, please call for pricing**

(includes all ski/snowshoe rentals)

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.

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. For lunch orders, please specify any allergies or special dietary concerns before the day of the trip.

Your School Has Booked. Now What? Check List

1) Call Highlands Nordic:

- Confirm final numbers of students, teachers, and parent volunteers.
- Confirm number of lunch specials.
- If participating in the ½ day program, please confirm if your students will be doing snowshoeing or skiing during their first visit.

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 under 'Programs' then 'Elementary 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 will 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



Welcome to Winter Highlands Programs 2017 Elementary Schools

Cross Country Skiing
Snowshoeing
Outdoor Education Programs
Bilingual (French) instructor available on request

Highlands Nordic Inc.

1182 Conc. 10 S, Clearview Township

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

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