



TYNESIDE LOIPERS

The NorthEast's Specialist
Cross Country Ski club

Newsletter

May 2013



www.tynesideloipers.org.uk

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Calendar of Events - see pages 15 - 16

Sun. 23rd June	10.30am	Wildflower walk in Upper Teesdale + pub meal
Sun. 7th July	11.00am	Roller skiing, Hetton Lyons Park
Sat. 13th July	10.00am	Guided tour of Nenthead Mines
Sun. 21st July	10.15am	Mountain bike ride - old packhorse routes
Sat. 3rd Aug	2.30pm	Afternoon bike ride near Belford
Sun. 11 Aug	10.00am	Roller skiing, Town Moor
Sat. 24 th - Sun. 25th Aug		SSE roller ski course, Hetton Lyons Park

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From the editor

This season, Loipers have roamed abroad as far as Canada, Sweden, Finland, Austria, Italy and Switzerland.

We have also had a lot of fun locally: Neil Waters and John Mordue skied at Braemar; Alan Mitcham toured from Edmundbyers to Parkhead and Bolt's Law; Graham, Keith, Heather and Helen enjoyed Killhope Law; Frank skied from his doorstep on the Hebburn Haute Route; Tim, Doug and Ben scaled Cross Fell on Easter Saturday; Nuala found good snow on the Reivers' Way – and I'm sure I've missed many other expeditions. Remember that if you want to find out what other Loipers are doing, check out where the snow is good, or find someone to ski with, you can post a message on the Loipers' Facebook page.

In the summer newsletter, I hope to have a guide to local skiing. So please send me (hodncl@hodncl.plus.com) details – grid reference, accessibility, parking, food, distance etc. – of areas where you have skied recently that you would recommend to other Loipers:

We have a varied programme of summer events ranging from roller-skiing to underground explorations - see page 16. We are already planning next season's trips: read Alan's article on page 14 and send us your suggestions and feedback.

Looking forward to seeing you at events over the summer.

Track skiing in Ylläs, Finland

'A little cooler this morning' remarked the Finnish waitress in the Äkäs Hotel as I went in for breakfast in the morning of March 14th. It was indeed cold: the minimum temperature that morning was -37°C , the coldest day so far in Ylläs this winter. It was not much of a surprise, as the early morning temperatures for previous days, since we arrived, had not been 'warmer' than -25°C . However, the temperatures improved somewhat during the each day to between -10°C and -15°C and, combined with the continuous sunshine and no wind, provided ideal conditions of XC skiing. The skaters were disappointed though, as the snow was more suitable for the classic style. Very little snow fell during the week but there was more than enough from previous days.

The group of 19 included myself, 15 members of London Region Nordic Ski Club plus several friends of members. Some stayed in the hotel, others in the associated apartments and log cabins. It was a very sociable group with most evenings being spent imbibing in someone's room.

All tracks in the area were open and kept in near perfect condition with continuous grooming. Most of the 330km of tracks were rated blue but there were several reds providing some exciting downhill stretches. Although all the ski tracks were accessible from Äkäs Hotel, the ski bus to Y1 Downhill Centre and the bus to Äkäsmilly, 20k to the north, gave better access to the outlying tracks. For instance,

from Äkäsmilly you could do a leisurely 21k fairly flat route via Peuralalkio, Eiämäluukku, and the Kanaln Navettegalleria back to the Hotel, or you could do a 30k loop via Pecanjärvi, Kutojärvi, Kotamaja, Hanguskurunlaavu,- this would be a quite hilly route with several red runs plus a short section of black over the viewpoint at Kukas (474m). Ski buses also went south to the Y2 Downhill Centre and east to Totoväranpirtti giving access to the flatter areas of the Pallas-Yllästunturi National Park.



Culturally the Kanalan Navettegalleria and the Museum & Information Centre are well worth a visit. The Navettegalleria serves delicious coffee and cakes and has many interesting exhibits and paintings reflecting the Finnish deep association with the forest and the fells. The museum has a café similar to the Navettegalleria but also serves meals. It also has a library where you can just sit and read many of the local books (in English!). The museum area gives a glimpse what life must have been like in this part of Finland in the early days and up until the present time.

There were some lighter non-skiing moments during the week. The first was during a stop at Tuntunjärvi when Rick Abbott met a French skier whom he had met on a club trip to Bessant the previous month - there was much handshaking and backslapping with Rick's French language skills being sorely tested. The second was on the last day when a group had an unscheduled meeting with a local inhabitant. The group was intending to go to the Navettegalleria for a tea break but found it was closed, they skied further and came across a building with an unlatched door and ski rack outside with several skis. Assuming this was a café they went inside to a room with a very homely look about it – that's because it was a home, the occupant of which soon

arrived to point the group in the general direction they should be going to the nearest café. Another group of skiers had made the same error earlier that afternoon.

The only downside to the week was a 24hr stomach bug which affected some of the group, myself included. Initially it was thought that the Hotel food was responsible but it turned out there was bug going around the town. However this did not mar a week of superb skiing.

Frank Cauley

Ascent of Kebnekaise, Northern Sweden

Some ten years ago I caught the train from Kiruna towards Narvik and then skied through Norway into Sweden past Kebnekaise back towards Kiruna. The purpose of the current trip (6-13 April 2013) was to attempt to reach the summit of Kebnekaise which is the highest point in Sweden. It is situated north of the Arctic Circle near the mining town of Kiruna, which has an airport and is on the railway line from Stockholm to Narvik.

Sunday saw us at the Nikkaloukta road-head having arrived on the morning bus from Kiruna. We had arranged for skidoo transport for the next 30km west to Singistugorna (700m). Many of the huts in the area sell basic food items, the first hut at Singi is an exception but the skidoo transport allowed for ample supplies to be transported in. As a warm-up we then skied a few kilometres back down the trail and made for the small summit of Unna Jiertias (~1040m) - see below.



A pleasant run down the sunny northwestern slopes on cold powder had us back at the hut confident that we had not lost our ski legs.



Monday was scheduled to be a day exploring the area; however the weather was perfect for a summit attempt on Kebnekaise (2106m).

We skied 2km north up the Kungsleden path, then headed east and then northeast, up a side valley slowly gaining height to ~1400m.

From here onwards the ground steepened requiring some delicate kick turns on the frozen surface. At around 1700m the icy surface necessitated the use of crampons. A ski cache was made at the ice bound emergency shelter at 1900m followed by a steady climb to the summit. The south summit is a small ice mound and varies in height each year to such an extent that the northern rocky summit has been reported as possibly being marginally higher.

Thus, despite time moving on and visibility dropping to less than 50m on occasion in -15C breezy conditions, we moved along the narrow snow ridge to the northern summit.



This was no place to linger and we moved back to the refuge to collect our skis expecting a rapid descent. This proved impossible as the breakable sastrugi crust was unskiable. Crampons refitted, we descended to 1700m where the softer snow and the improved weather finally allowed for a fast, safe descent down the steep slopes past the small reindeer herd we had seen on the ascent.

The remainder of the week saw us heading north to Abisko along the Kungsleden path, covering 15-30km a day, calling in at Salkastugorna, Alesjaurestugorna and Abiskojaurestugorna huts. Generally the weather was perfect, cold and sunny with a gentle southerly breeze. Overall the huts were very quiet except at Salka which was full to beyond capacity. We had talked long and hard before the trip about what would be the best ski combination, finally settling on freeheel downhill kit. This was perfect on the Kebnekaise massif, but on balance, Nordic touring equipment would have been better for the touring elements of the trip. Everything was going to plan until I spotted a piece of plastic in Paul's ski track. His ski binding failed irreparably shortly afterwards necessitating a 20km walk/one legged ski to Abiskojaure and 14km the next day to the train station at Abisko. The only saving grace was the perfect weather and compact snow surface which made walking a viable option.

Chris Ottley and Paul Cook

Best ever World Masters Cup, Asiago, Italy

Back in 2001 the Wilson Crows decided to have a Christmas treat and go for a skiing holiday in Asiago in the Trentino region of Italy, at the southern edge of the Dolomites. Unfortunately we were met with hoar frost rather than deep snow as our taxi from Bassano del Grappa wound its way up the hairpins in the gloaming to our hotel at 1100m. Despite this unexpected sight, the rest of the holiday worked out pretty well for skiing since Asiago is surrounded by five excellent areas for both cross-country and downhill above 1400m within 20-30 minutes drive. Hence, when Asiago was announced as the venue for the 2013 World Masters Cup, I was very keen to go and race there.



As regular readers will know, the Masters is held every year in a different country and offers skiers over 30 years old three races of short, medium and long distance of either discipline (up to 45km for men up to 59 years old) over a 9 day programme. This year over 1400 skiers, aged from 30 to 90, registered from 29 countries. A cultural programme is part of the event and each venue is very keen to showcase its local food, drink and special features of the area. I find it a rewarding experience meeting with friends I've made over the years and making new ones.

Karin Laine from Estonia - not looking her 90 years!

With small fields of less than 70 or so, even in the bigger groups, you can have more personal battles once the rush of the start is over and the pace settles down. The tracks generally hold up well so you can concentrate on skiing.

The British team was a bit small this year, surprisingly given the excellence and accessibility of the area, and sadly one of our first timers Jim from Glasgow injured his elbow badly during the first day's training on the tracks and could only act as support team and photographer for the rest of us as he slowly recovered. However some good to fair performances were achieved and our other first-timer, Jenny, who was almost the youngest entrant in the championships, acquitted herself well in classic technique on her return to competition after early years in the GB junior development squad.



Jenny coasting up one of the steepest hills



Personally I enjoyed the super tracks on Asiago golf course, similar to the tracks used for World Cup races in the past. Nothing too hairy in terms of downhills but challenging on the uphill with a good level of variety. I could complain that the start was rather tight with only 50m of straight before a 180° turn uphill to get to a fast downhill stretch.

It did result in me losing a good half minute when someone ran over my ski and I fell before the turn – I had a lot of catching up to do and might otherwise have done my fastest 10km ever.

Each Masters venue has its challenges for the local organisation and some do better than others. The consensus has been that this one in Asiago was among the best three ever on a range of measures and I can wholeheartedly recommend a visit to the area to enjoy extensive and spectacular trail networks, friendly people and reasonable costs for both getting there and accommodation.

Footnote: I stayed in 2001 in Hotel Da Barbe (the Beard Hotel) named after the family patriarch who sported an excellent beard and had won a silver medal in the Olympics. He was still a strong skier when I met him back then. Imagine my surprise when he was presented at one of the prizegiving ceremonies with much ado looking hardly any older after the passing 12 years. Skiing is good for you.



*All out for the finish.
Looks steep - you bet!*

Alasdair Wilson

Day touring from Mosstrand, Norway

History

Mosstrand (see: www.mosstrondturisthytte.com) is an isolated lodge on the edge of the Hardangervidda.



It was originally a small school which served an isolated community. About six years ago the school was due to close and the building was up for sale. A number of people formed a collective and bought the premises. Since then it has been run by Philip and his family in conjunction with the shareholders. It is very comfortable and not at all like a normal school building.

What's it like there?

You travel the last 3 kilometres by snowscooter because it is situated on a small hilly island in Mosvatn – a lake 30km long which leads into the Hardangervidda. In winter the island is surrounded by thick ice covered with snow. The views are superb.

Mosstrand is in Telemark, about 30km southwest from Rjukan. Because of its location it has better weather than places like Finse and a good record of powder snow in February in particular. Good snow lasts to the end of March and beyond.

The lodge is run on a cooperative basis by a group of shareholders who are all skiing enthusiasts and who share a love for this particular location.

There are easy tracks around the lake and into lower level scenic woodland areas. In remote places you are likely to see willow grouse. There are relatively easy summits to reach with long coasting descents. Beyond these easier summits are complex mountains, with steeper lines of ascent/descent and often with powder bowls.

After a good day's skiing you return to tea with generous amounts of cake! Generous meals of nourishing whole foods are the norm – with vegetarians very well catered for.

Accommodation

There is a selection of several comfortable rooms in the main building which each cater for either two or four or possibly six people. This part of the lodge can easily accommodate a party of 12 or more. In addition there is a "Teachers' House" which can accommodate up to eight people in four rooms and with two bathrooms. This house has its own lounge and kitchen. A self-catering arrangement is possible.

Skiing

Skiing options include:

- Around the islands of Hovden, Mellomoyi and Kramoyi. Ascent of Falkenuten (1096m).
- Anti- clockwise tour around Godokkeggi. Ascent of Himmelsynuttane (1260m).
- Ascent of Magnusgronutane (1392m). Ascent of Laksanutane (1353m).



Getting there – stage by stage

Flight to Oslo (Gardermoen or Torp). Various options using bus, taxi, snowscooter to reach Mosstrand. Further details on request.

Skiing Independently /Ski Leadership

Mosstrand is an excellent place to go forth and do your own routes. Leadership and instruction can be arranged. Philip Yatman has a wealth of skiing experience. Some may remember him as chief instructor at Kvitavatn over 20 years ago.

John Mordue

Tyneside Loipers' trip to Canada

Fifty miles west of Golden, British Columbia on Saturday the 9th of March, five Tyneside Loipers – Alan, Kevin, Kimberley, Penny and Tim – crouched over their baggage and supplies to prevent them blowing away in the landing helicopter's downdraft. It was a clear and sunny morning and the start of a spectacular helicopter ride into Sentry Lodge, a remote mountain lodge run by Golden Mountain Holidays. The mountain landscape was dramatic and made the prospect of our week ski touring in the area even more exciting.

We had met the day before at Lake Louise resort. Alan was the main organiser and lynchpin of the trip having got the Loipers' group together with three other skiers, Andrew, Andy and Steve with whom he had done similar trips before; all four stayed on afterwards to do some more touring with a local guide based in the Golden area. Kevin and Kimberley had been out ice climbing in the Kananaskas area the week before. Penny and Tim had spent a week skiing at Fernie and Sunshine before and afterwards skied at Revelstoke and did some cat skiing near Big Red.



Arriving at Sentry Lodge by helicopter

The lodge in The Esplanade Mountains sits at 2134m and is run by Golden Mountain Holidays for ski touring in the winter and hiking in the summer. There is a large open plan living area with a huge wood-burning stove. Water is piped down from under the ice in Tetra Lake just above the lodge. It runs a micro-generator supplying power to the lodge. There is hot water for hand basins in the washrooms which have waterless urinals with more traditional out-house pit toilets at a distance from the lodge. There is a separate sauna hut with a wood-burning stove. This also heats a large cauldron of water on top. We used the sauna daily after skiing and by transferring hot water to a bucket we were able to have a hot shower operated by foot pump. A bit Heath Robinson but effective and very welcome.

The lodge was run by Hannah and Evan, cook and handyman. Food was plentiful and excellent with fresh bread and cakes featuring regularly. A hearty breakfast was followed by making lunch sandwiches and snacks. On return after skiing, soup and snacks awaited us followed by an excellent dinner.

We had two ski guides for the group, Russ and Yuji. Russ as senior guide had years of experience in leading and his decision making on safety issues, route selection and generally matching the planned activities to the conditions was a real asset. He was a natural at engaging the group and putting people at their ease as well as providing entertainment with endless jokes. The guitar and harmonica playing and songs in the evening were the icing on the cake.

The area has a high snowfall. We had almost a metre in a week there, which created problems of avalanche risk. Our stay started with safety training and locating buried transceivers. We had one day after heavy snowfall when the risk was so high that we quickly returned to the lodge for a rest day. Apart from that day we had full days of skiing usually with one or two keener skiers doing an extra few runs at the end with one of the guides.

We learnt that on one day of high avalanche risk an unguided group in a neighbouring lodge had not been as cautious and got involved in a category 2 avalanche with one skier (or boarder?) involved. He was wearing an avalanche bag which when deployed got caught in a tree and he was pulled clear.



Skinning up on our last day

Our skiing was determined by weather and visibility. On good days we travelled further away from the lodge into Secret Valley above the lodge and most memorably on the Monday when we completed a classic tour up past Tetra Lake to Rasta Pass and down into neighbouring Colpitty Valley with two peaks on the far side, Vista and Sunbeam. We skinned up to the right of Sunbeam over Chaos Col (about 2400 metres) and back into Secret Valley. This was a long descent, steep at the top with good powder. On days of poor visibility due to low cloud or snowfall we skied closer to the lodge using trees to help visibility. We averaged around 1000m vertical height a day. We had early nights after a good meal and a modest quantity of wine or beer (brought in with us).

It was a great week with excellent ski touring. The high quality of guiding was an important ingredient for its success. We were offered booking up immediately at the current year's rates for next year which we declined but agreed we would be back to ski there again soon.



Last run down to Roger's Pass

Tim Owen

The Rockies – follow-up trip

Andy, Steve, Andrew and I left Sentry Lodge on the helicopter transfer about 30 minutes after Tim and Penny, and Kevin and Kimberley. The weather was still very unsettled (low cloud base and frequent snow showers). I got the seat next to the pilot and got the full measure of what was going on between the pilot and control (listening and conversing on my personal headset). We flew down the valley and broke out from the cloud and the pilot said a few choice words about the flying conditions. I was very impressed at how he handled it!

We went skiing the following day at Kicking Horse resort. The weather was not too great and the snow conditions were frankly dreadful – the warm weather of the previous two days had brought rain and significant thawing and refreeze. But the weather got better in the afternoon and the snow was fine at the top of the lift system – we spent the afternoon riding the uppermost lift and discovering 101 ways to get back down to the same chairlift (piste, off-piste, moguls, trees, steep trees, gullies, etc).

Next day we met up with our guide Merrie-Beth whom we had hired for a few days. I had met her in 2008 on another wilderness lodge trip and the others had had the benefit of her guiding in 2011 on a successful crossing of the Wapta Traverse.

We spent one day in the Rockies, skiing from the Bow Summit just off the Icefields Parkway. The snow was excellent (high enough not to have suffered from the thaw of the previous few days) but there was still some avalanche danger and we were mainly skiing in an open, gladed area close to the tree-line. On our second day, the weather really perked up. We arranged to ski at Roger's Pass and we got an early start from the parking lot. We had a long and sweaty ascent up to the summit of Balu Pass (north of the main highway) but it was a fantastic day with perfect weather and perfect snow conditions. The last run back to the car was a total descent of 3000 feet (the total vertical for the day was 4200 feet). A memorable day!

Alan Mitcham

Fieberbrunn Austria – February 2013

Our priority this year was to find a good high level ski area with a variety of cross-country trails, with flights from Newcastle, so that we could make best use of our time away. Crystal provided just the three of us with a package to the Rosenegg Schloss, a medieval castle with lots of up to date facilities, close to the town of Fieberbrunn. A wide variety of trails link the villages of Fieberbrunn, Hochfilzen, St Ulrich, St Jacob and Waidring, enough to keep us entertained for more than a week. Many of these also have prepared skating loipe, and winter walking trails, and there are 3 downhill



ski slopes, one of which we conquered on our cross-country skis on the last day!

We used the free bus services to access the different valleys, finding suitable hostelry for our gulaschsuppe, grostl, kaiserschmarrn, or apfelstrudel and beer or almdudler for lunch, skiing further down the valleys for gluhwein and then a relaxing sauna and swim before our four-course dinner! We needed lots of exercise to be able to cope with all these delights!

We had some beautiful sunny days, enabling us to appreciate the superb scenery of this area, but unfortunately not all the snow fell at night! We had serious falls of snow to challenge our skills – one day we had to explain to a group of Germans that the conditions were just like Scotland! They had to give up on that trail too! The snow was getting deeper every day, and the piste machines couldn't keep up with it all. We had to alter our plans, but we always found somewhere new to go.

Altogether we decided it was a good area for XC skiing, and easily accessible from Newcastle. Indeed, Carolyn was back there on a short visit later in the season!

Nuala Wright, Pat Lynch and Carolyn Hawkes

Looking ahead – Tyneside Loipers' trips in 2014

Your committee have started thinking about ski trips for next year. It would be good to hear what trips you would like the club to do. Probable trips that we would hope to do in 2014 are as follows:

Scotland Weekend

We are considering going to the Girl Guide hut at Braemar. The hut is convenient and close to the town and the local area is good for ski touring and for skiing on piste at Glenshee.

Telemark skiing in the Alps

This would be a long weekend trip to an easily accessible resort within comfortable reach of Geneva. It would suit telemark and alpine skiers. We would be spending 3 or 4 days skiing on and off-piste. We have had some very good telemark long weekends in recent years.

Track skiing in Finland

Our last track skiing week was in Akaslompolo (Lapland) in 2010 so we are long overdue for a similar holiday. Lapland has good snow conditions and excellent track preparation so that cross-country skiing is second to none. The Yorkshire Dales XC Ski Club have been going to another Lapland resort called Olos. It is a little north of Akas and very near to the Swedish border. It has extensive track skiing (more than 200km) and it has a range of accommodation including hotel and cabins. It is quite possible we may join up with the York Dales club.

Norway hut touring

There are several hut touring options and those of us who have been regulars in the past would certainly want to go again, probably a little before Easter. A trip of seven to ten days, ski touring along the King's Trail between Norway and Sweden is a strong possibility. And it is possible that we can arrange an easy hut touring option that would suit those who have not previously been on a trip of that sort. The huts are excellent and the scenery is stunning. Keith Walker and myself would be happy to talk to anyone who is interested.

Alan Mitcham

International events

Cross-country Masters World Cup

Next year this will be held at Pillerseetal in Austria, from 23rd January - 1st February. This is one of the best Austrian Nordic ski areas, easy to get to, has fantastic cross-country ski trails, with guaranteed snow due to high altitude and low-season accommodation prices. See: <http://www.mwc2014.com/en/pillerseetal-masters-world-cup/home>.

If you are interested, contact Alasdair Wilson (awilson.craw@blueyonder.co.uk)

Snowsport England (SSE) events

Roller Skiing Course, Hetton Lyons Country Park, Co. Durham

Dates: Saturday 24th – Sunday 25th August, 2013

Times: Starts on Saturday at 10:00 a.m. and finishes on Sunday at around 4:00 p.m.

Price: If booked more than two weeks in advance: £110 for the weekend or £60 for one day, otherwise £120 or £65 respectively.

What you will learn: You will improve your skiing technique (classic and skating), gain confidence for skiing, pick up loads of helpful training tips and just have a fantastic time. The course is open to everyone, whether you are beginner, intermediate or expert; whether you are a tourer, a racer, a downhiller or whether you just want to try cross-country skiing. SSE have assembled a first-rate coaching team and are hoping to run Advanced, Intermediate and Beginners groups. There will be the opportunity to be assessed for the SSE Nordic Proficiency Awards.

Equipment: Equipment can be hired if booked in advance on the booking form.

How to apply: Download a booking form from <http://www.snowsportengland.org.uk/cross-country-events> and send it to Helen Bell, of Yorkshire Dales Cross Country Ski Club, at xcskiinfo@btinternet.com.

GB Roller Ski Race - Hetton Lyons Country Park, Co. Durham

The SSE weekend at Hetton Lyons will include an optional roller ski race on Saturday 24th August, starting at 4pm. The distance is 2 x 7.2km. Style is Classic Technique/Free Technique. This race is part of the GB roller ski race series; for other races in this series, see below.

Other SSE events

- Sunday 8th June, 2013 - Roller-ski tour - Lune Valley, Lancashire
- Sunday 30th June - Roller-ski tour - Middleton on the Wolds
- Saturday 6th - Sunday 7th July, 2013 - SSE Roller Ski Course, Hillingdon Cycle Circuit, Hayes

- Sunday 7th July - GB Series Roller-ski race - Hillingdon Cycle Circuit, Hayes
- Sunday 21st July, 2013 - Inter-Planetary Roller Ski Tour, Escrick, York
- Saturday 17th August, 2013 - GB Series Roller-ski race - 1 Hour Roller Ski Race, Salt Ayre, Lancaster
- Sunday 18th August, 2013 - Roller-ski tour - River Dee, Chester (TBC)
- Saturday 5th - Sunday 6th October, 2013 - SSE - Roller Ski Course, Salt Ayre Cycle Track, Lancaster

For further details, see <http://www.snowsportengland.org.uk/cross-country-events>.

N.B. Alan Mitcham writes: Snowsport England have recently revamped their website (<http://www.snowsportengland.org.uk/>), which now features excellent information on Nordic skiing, both cross-country and telemark. The advice on equipment is particularly good and there is a huge list of useful links to equipment suppliers and manufacturers.

Club events

- Sun. 23rd June, 10.30am: Walk in Upper Teesdale, wildflowers - gentians, etc - and pub meal to finish. Contact Pat Lynch (trishwylam@yahoo.co.uk).
- Sun. 7th July, 11.00am: Roller skiing at Hetton Lyons Park. Contact Alasdair Wilson (awilson.craw@blueyonder.co.uk).
- Sat. 13th July, 10.00am: Nenthead Mines. A guided trip through the old mines to the big cavern known as The Ballroom. Contact Neil Waters (neilstanleywaters@hotmail.com).
- Sun. 21st July, 10.15am: Mountain bike ride - old packhorse routes. Contact Alan Mitcham (alanmitcham@metronet.co.uk).
- Sat. 3rd Aug, 2.30pm: Afternoon bike ride (quiet roads), meet in Belford. Contact Heather Dickinson (hodncl@hodncl.plus.com). 17 miles through Kyloe Hills followed by pub meal in Belford (Salmon Inn, Bluebell Hotel or White Swan).
- Sun. 11th Aug, 10.00am: Roller skiing on Town Moor. Contact Alasdair Wilson (awilson.craw@blueyonder.co.uk).
- Sept. or Oct. (evening tba): Victoria Tunnel - guided trip beneath historic Newcastle. Contact Alasdair Wilson (awilson.craw@blueyonder.co.uk).