



TYNESIDE LOIPERS

The NorthEast's Specialist
Cross Country Ski club



Newsletter January 2017

Waiting for snow! Some of us were lucky and found snow in November. Keep praying – the winter is not over yet. Thanks to contributors to this newsletter and apologies to those whose articles I have kept back for the next issue.

2	From the Editor	7	April 2016 – Touring in the Silvretta Alps
2	AGM report	9	Training for Pleasure, by John Peatfield
3	Subs – Loipers Facebook page – Scotland	10	SSE Roller ski Coaching weekend, Aug 2017
4	Still to come - Kvitavatn and the Lyngen Alps	11	History of Lapland, by Judi Webb
4	Cervinia – January 2017	12	SSE Coaching week, Kvitavatn, April 2017
5	March 2016 – Dalseter, Norway	12	Club skis and boots

Club Events

Feb 3 rd – 5 th	Scotland weekend cancelled – see p.3
Feb 24 th - Mar 5 th	Club holiday, Kvitavatn, Norway – see p.4
Mar 30 th - Apr 10 th	Club trip to the Lyngen Alps, Norway – see p.4
April 3-10 th	<i>Snowsport England Coaching Week, Kvitavatn, Norway – see p.12</i>
May (tba)	End of Season Social (details coming soon)
August 19/20 th	<i>SSE Roller ski coaching weekend, Hetton Lyons Park, Durham – see p.10</i>

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Club website www.tynesideloipers.org.uk

And find us on Facebook... sign up for latest postings, snow conditions, club activities, items for sale, etc.

From the Editor

Writing this late-running newsletter (soon after the New Year), there is a familiar theme... Quoting from the February 2016 newsletter 'We are still waiting for the snow' seems very apt.

A cutting taken from the Weatherwatch page in the (allegedly reliable) Guardian newspaper in December promised a severe winter 'akin to the one we had in 2009/10'. That seems a little ironic given the warm weather that we have endured since then. Not that I was convinced at the time – the theory referred to a weakened arctic polar vortex and a consequently weakened jet stream. Let's hope they are right and there is a proper winter still to come.

The cold and snowy weather in late November was a bonus for some. I was away for a week in Norfolk and I was frustrated that the snow had arrived whilst I was away. It seemed most of the snowfall arrived in the Lake District and to the W of the Pennines and, unusually for November, it stayed cold enough so that the snow kept in good condition for at least a week. The evening I got home from Norfolk, I called up several Loiper members seeking to know where there was still skiable snow and the following day John Dark and I set off for a three-and-a-half-hour ski tour from Hartside to Cross Fell. We didn't quite get all the way, but we did find plenty of snow (including extensive snowfields on the W side of the main ridgeline). See photos later in this newsletter.

Several Loiper members are away skiing on the continent, or are soon to go. Tim and Penny found a company called Telemark Tracks and have been skiing with them in Val d'Isere. Carolyn and Nuala and Pat and Frank are away in the Pyrenees with Exodus - they are skiing loops on artificial snow! Judi and Peter are skiing in Ruka in Finland. It is good to see that members are active and making the best of the snow wherever it is. Apologies to those I have missed!

Late News – New Year Meal at Bake One, Gosforth

Thanks to Nuala for organising the New Year Meal. Fourteen of us met at Bake One restaurant in Gosforth (and in the bar of the Gosforth Hotel beforehand). Bake One was a good venue with interesting food (Lebanese) and friendly staff. It was a nice sociable evening. Good value too!

AGM Report

Ten of us attended the AGM in October, at a new venue for us, upstairs at the Northumberland Tennis Club. We started with the buffet meal and drinks from the bar and then, after the main business part of the evening, we had a slideshow - a romp through past Loipers trips in Canada, Sweden, Norway and Scotland which was enjoyed by all I think (I am biased). It was a pleasant sociable evening and a good venue.

Keith Walker stood down as Chairman after many years and Neil Waters has stepped in to take his place. Pat Lynch has retired as Treasurer and her place has been taken by Carolyn Hawkes. The club expressed their thanks to Keith and Pat for their respective stints on the committee. Mike Hall offered to take on the club website which badly needs updating and giving a new look to make it fresher and more appealing. Neil and Alan offered to help with material for the website and have already had an initial meeting which has already taken place to get things started. If you have any ideas do please let us have them! Also do get in touch with Mike with any good quality photos, especially Loiper events and local skiing.

It was also noted that we have quite a lot of money in the account and we will probably be spending some of this on new equipment. Please let us know if you have any views on this.

Subs for 2016/17

Loipers subs were due in October. Unless you have already paid for this year, subs are now overdue. Subs have been at their current rate for at least the last 10 years, still only £14 per year (£22 per couple). At least half our members pay by standing order.

Please make out cheques to Tyneside Loipers and send to Alan Mitcham, Membership Sec, 5 The Rise, Ponteland, NE20 9LJ. Or you can pay by bank transfer to Tyneside Loipers account number 40134602 (sort code 72-00-06), or sign up for standing order.

Loipers Facebook Group

The Loipers Facebook page is getting lots of hits. There have been plenty of postings in the last month or so – photos of skiing in Austria (Carolyn), telemarking in Cervinia (Alan), Loipers Cheviots walk (Neil), plus lots more from Alasdair and others. Please sign up if you haven't already done so. It is a great way to keep in touch and find out about snow conditions and where people are skiing. Let me know if you need help signing up (Alan).

Scotland Weekend (late news)

Several Loiper members had expressed interest in the Scotland weekend (3rd to 5th Feb). Because of the doubtful snow conditions, we tried to be flexible and avoid booking accommodation in advance. Eventually it was clear that we would not get reasonable snow conditions at any of our favoured venues. Neil and I decided to do a one day walk in the Cheviots. We had a great day out (mainly sunny) and did 12 miles on a circular route out from Wooler including the summits of Yeavinger Bell and Humbleton Hill.

There is still an option for a Scotland weekend if and when the winter finally arrives. Perhaps if we have a snowy Spring? Keep in touch and let us know if you are interested in a weekend away at short notice.



John and Alan skiing from Hartside to Cross Fell, November 2016. Even some telemarking!

Still to Come...! Kvitavatn and the Lyngen Alps

A good number of us are going to Kvitavatn in Norway for 9 days in late February. The area is ideal for off-track touring and bagging local peaks. Also there is a network of prepared tracks and there is a downhill area served by lifts. Accommodation this time is in a budget hotel (Kvitavatn Fjellstoge) and one of the nearby cabins.

John Mordue and his colleague Dave Cooper have kindly offered to lead day tours for us based on their several years' experience of skiing in this area. Some of us will also no doubt be heading for the tracks and probably hiring skis for skate skiing. Fingers crossed for good snow and kind weather – it will be difficult to beat last year's holiday in Dalseter.

Later in the season (March into April) seven of us are heading for the Lyngen Alps in the very far north of Norway. We have a booked a local guide and are looking forward to 9 days of skiing on munro-sized mountains right down to sea level. Most of us will be on telemark skis. More on these two trips in the next newsletter....

Recognise this mountain? And who is the skier?Cervinia 2017



This was our club trip to Cervinia in January. The mountain is of course the Matterhorn and the skier is Neil Waters. Six Tyneside Loipers had a great week, all of us on telemark skis. We were very lucky with the weather and indeed the snow (fresh snow fell a couple of days before we got there). We were joined by Ros and Ruth from Manchester plus two colleagues we had met on our trip to Gressoney two years ago.

Cervinia turned out to be a good choice. The Matterhorn was ever present. On one day, we skied across to Zermatt (hence the photo above) so that we could admire the Matterhorn from the right side! We also skied on one day at Pila (a one-hour coach journey from Cervinia). It was a very good week with a nice hotel and great company (Tim, Penny, Neil, Dave, Alan and Steve).

Great snow and Wonderful weather – Dalseter, Norway, March 2016

Twelve of us signed up for the club trip to Dalseter last March and had eight days of amazing skiing. We organised the trip to coincide with the GB Nordic season (all of March) with four UK guides including our own John Mordue on hand to lead days of ski touring on- and off-track with participation open to anyone for a mere £10 per day (pocket money) paid to the guide at the end of the day. The others in John's team were Dagmar Jungens, Glennis Dore and Pete Curwen. Each day's guiding programme was announced at a briefing the previous evening and encompassed a range of options from an easy day tour, staying on prepared tracks, to a challenging off-track tour taking in various higher peaks.

Amongst the other Brits staying in the hotel over the same week, there was a group freshly arrived from a week touring in Mosstrand (including Loiper member Greg Buick). Along with John Mordue, that made a total of 14 Loipers! The total GB Nordic participants that week were about 35.

The comfortable Dalseter hotel was run by Grethe, who made us feel very at home. The food was excellent. In fact, the buffet lunches were amazing (worth skiing not too far from the hotel and getting back at lunchtime)! The hotel also had a good stock of skis and boots for hire. Dagmar and Glennis laid on a waxing demo one evening, showing us how to wax the skis for best performance. On most other evenings, there was some form of entertainment or a slide show. Yours truly showed some slides of the Greenland ski trip that some of us did in 2012 and Jane Saul showed an excellent professional video of Steve Birkenshaw's 2015 successful attempt to take the record for running all 214 of the Wainwright Lakeland peaks (less than 6 days).

The weather stayed cold and sunny for our entire 8 days - we were very lucky indeed! With plenty of snow, the skiing was excellent and ski preparation (waxing) was straightforward. On one day, a number of us (two groups in fact) skied through to the Fefor Hotel (about 20km) and returned to Dalseter by bus. Those of us skiing off-track did some wonderful days taking in peaks up to 1500m above sea level – the highest called Ruten (1517m). One of the best days for me was skiing a succession of four peaks with some long descents and a high col at the end of the day in dream snow. On most days, the skiing ended with a fast descent on prepared tracks back to the hotel.

Only on our last day did the weather warm up substantially and snow conditions worsened. Most of us ended up with a shorter day – several of us nevertheless made an ascent of Ruten. With the grip wax not working so effectively, we mostly did the ascent with climbing skins.



Wonderful trails and great snow.
Ruten summit in the background.

Slightly disappointing for me was that I had to opt out of two days of skiing due to an Achilles tendon injury. Before going on the trip, I even wondered whether I would be able to ski at all, though mostly I found the

Achilles behaved better when I was skiing than when I was wandering around the hotel or trekking through the airport terminal at Schiphol. I might even have managed the extra two days had I not foolishly joined in with a table tennis game one evening!



Long descents... Last day and end of the good weather. The peaks of Jotunheimen are in the background.

Graham Harkness suffered worse than I did. He contracted a strain of flu which put him out action for most of the 8 days. Others in the GB party had been suffering with the same strain or managed to succumb to soon afterwards. He and I were the only ones in the group who tried the downhill slope run by the hotel. The half-mile slope was a useful distraction for me during a day off from track skiing (resting the Achilles injury). The two of us bought a morning's worth of tickets for the drag lift. I was delighted to find I could manage a few Telemark turns on my touring skis!

On one evening, John Mordue organised a ceilidh dancing evening using a tape of folk music played on an old ghetto blaster. Good fun and enjoyed by us all. Over the final weekend, we discovered there was a ballroom (with a licensed bar) in the basement. John and Pat put on an impromptu jive dancing display which impressed us greatly!

David and Mike and Jane Saul enjoyed a few half days of skate skiing instruction with Dagmar. They made some impressive progress (as witnessed by the photo of Mike skating up the steep hill below the practise area in front of the hotel).



Would we go back to Dalseter for another year...? I am sure we will! The variety and quality of the prepared tracks was excellent. The hotel was lovely. As well as great food and comfortable rooms, it had great views looking from the lounge and the dining room across the valley to the snowy hills beyond. And the guiding too was very worthwhile. Some of the day tours and nearby peaks would have been a lot more challenging without John and his team. I am hoping we will return in 2018!

Alan Mitcham

PS. Not too late to sign up for the Dalseter GB Nordic Season 2017. Organised again by John Mordue, it runs for 3 weeks from 5th March. Contact Alan or John for more details.

Big Mountain Hut Touring – Tyneside Loipers in the Silvretta Alps, April 2016

Thanks to Tim Owen for another successful Loipers holiday which he was already planning when we returned from British Columbia in 2015. Tim soon made contact with our American guide Jeff Banks, who spends much of each winter skiing in Europe. It was soon decided that we would have a better team (more flexibility) with two guides and more of us in the group. So eventually we became a team of 10, plus our two guides. Six of us were Loiper members (Tim and Penny, Alan, Neil, Steve, and John Dark) plus Ros from Manchester (still promising to join Loipers!) and Andy (who we know well from various trips to Canada) and Martin and Martin, two of Tim's medic friends. Four of us were on telemark skis.

Our other guide was Geoff – confusing at first, we soon learned to refer to him as Ge-off. He and Jeff had guided together many times before. They were great guys to be with. Jeff particularly had a great sense of fun – but he could be quite serious when talking about safety.

The Silvretta Alps lie between Austria and Switzerland. We started the trip from Galtur in Austria. We caught the bus down the valley to Ischgl and had about 4 hours of resort skiing – probably so that Jeff and Geoff could get the feel of the group (we all passed as being reasonably competent). Those of us with Jeff endured one run of survival skiing down a very steep icy 'black' run – apparently unintentional! Then, at the furthest reaches of the resort, we peeled away from the prepared piste and headed for our first mountain hut – the Heidelberger (2264m above sea level). Over the rest of the afternoon, we did our avalanche rescue drill – 10 out of 10, for our guides – they did it very well!



The next morning, we began the ascent over the Kronenjoch – about 900m of ascent. And whilst the rest of the party continued up towards the col, Tim and Penny and I (accompanied by guide Geoff) took the option of a 175m run down on reasonably good snow, followed by a re-ascent to the col. We soon caught up with the others. But the snow conditions over on the Swiss side were pretty awful. The weather had been far too warm, with repeated freeze/thaw conditions. With it being a well-used route, for a while we were skiing downhill in frozen ridges (challenging skiing to say the least)! Thankfully, it got better further down as we approached our next hut, the Jamtal (at 2164m). There we enjoyed sitting on the decking outside the hut drinking beer in the afternoon sunshine, watching and listening to a succession of huge avalanches coming down the steep slopes across the valley.

We were booked at the Jamtal hut for three nights. On the following day, we had reasonable weather and did a long ascent (about 800m height gain) up towards another high col and managed to get some

reasonable skiing returning down towards the hut (good enough to do a repeat run of about 250m). But sadly, by the next morning, the weather was not playing ball. It was warm and damp with a light drizzly rain. Jeff decided we would abandon the idea of a day tour. Instead we had a late start and then did a morning session practising various forms of uphill kick turns. The two guides did a good job getting us to perfect the technique but, for the telemarkers amongst us, it was difficult to do effectively on very steep ground. In the afternoon, we broke into small groups and moved on to 'group avalanche drill' with Jeff and Geoff trying to set up some realistic scenarios. Useful lessons were learnt!



On Day 5 we moved on to the Wiesbadener hut (2443m) via a 3000m col just below the impressive Dreiländerspitze. Most of the ascent was in clear sky well above the cloud base, but we had strong winds going over the col (conditions were not sufficiently favourable for ascending one of the peaks). The descent to the hut was almost perfect snow. The telemarkers were in their element – this is what off-piste skiing is all about! All too soon it was over and we were back in the cloud and keeping a close eye out for the hut.

This was our favourite hut. The young ladies running the hut were from Slovakia and were charming and friendly. Also, it was the least crowded of the huts. The strudel and kaisersmarren which were perfectly delicious for afternoon tea. By this time the team had really gelled and we spent the evening playing games, including a version of charades (great fun and frequently comical)!

Sadly, on the following day, the hut was still surrounded by low cloud. Jeff led a morning session of stretching exercises (his wife is a yoga teacher) and then we had an early lunch and, in doubtful visibility, we skied some of the terrain just up above the hut. We managed a few runs and a total of 550 m of ascent/descent. Apart from the visibility, the conditions were very good, with an added couple of cm of fresh snow (great for telemarking).



All too soon it was our last day. We left the hut on a steep ascent (the most challenging of the tour) aided by our ski crampons (harscheisen). This was the kind of terrain for which we had practised our uphill kick turns a few days earlier. Even after our initial steep ascent it was very different terrain from our previous few days. This was very much off the beaten track and probably a route that Jeff had worked out for himself. It was certainly interesting and varied skiing. Eventually we came down to a dam and onto a roadway and we had a long ski (much of it rather flat) back to civilisation and the service bus to our hotel at Galtur.

Special thanks to Tim for organising the trip and huge thanks also to Jeff and Geoff for making it such a success!

Alan Mitcham

Training for pleasure!! by John Peatfield

In a conversation with Alan I agreed to put down some thoughts about my training processes building on the article I wrote about World Masters'16.

I love being involved in both training, and competing, in a range of sports. As my part-time work decreases and full retirement looms, I am more and more motivated to take on challenges. At 66 I am conscious that avoiding injury, maintaining a good base of fitness and having a high sense of enjoyment are more important than just competing!!

One vital personal pleasure is being able to work hard on an event, or training session, and finish in good order with a wide smile. I cannot see the point of collapsing in agony across the line to gain a few minutes just to beat another knackered participant!!

I have tried to pick on a few aspects that matter to me, and helped me get to reasonable fitness over the last 4 years. I accept that there are others in the Loipers who do multi sports but maybe some things will resonate and get taken into your approach.

Long term goals – at least 6/12 months in advance I have a good sense of the key events I am aiming to do (usually one per month – especially from March to November). At least 3 or 4 per year are 'target' events where I hope to perform well or set PBs.

Technical improvements and coaching – I cannot overstate the value of regular coaching. Learning from Flic Bertrand, Alasdair and recently, youth skier Jordan Andrews, has transformed my roller-skiing (plus Alan Eason for skating on snow). I have also been getting rowing coaching as I attempt to get into finer boats (race sculls) and, when I decided to try triathlon, I arranged personal training from a swimming/triathlon coach. Being taught a slower, strong, open water style has made a massive difference. I reckon I spend about £200-£400 per year on a range of direct coaching sessions – worth every penny!!

Indirect training – YouTube and visualisation!! Linked to above the best coaches help you 'see and visualise' best technique through feedback, demonstration and sometimes video. Taking this into your training, by consciously recalling best technique, makes a real difference. YouTube clips (like **XC Ski Academy**) are good to refresh my memory and then go out and practice. Have a look at their latest offering "Debunking the world's most popular double pole myth" at <https://www.youtube.com/watch?v=kOjEJ4Kjrrs>

Motivation of mixed sports & cross training. Maybe I have the older persons version of ADHD but I just love being involved in lots of sports. Currently I do 'fast' nordic walking on the Lakeland Trail series; have done lots of distance sculling in a Yole skiff, including sea-racing and just started rowing at Windermere Rowing Club (aiming to be in a 'Masters' double in 2017). I delight in skate roller-skiing (for technical skills and confidence) biking (for aerobic capacity) swimming (for the same), and running (mostly on low fells and now triathlon). In September I did my 1st sprint triathlon on Anglesey and LOVED IT!!

Cross-training – there is a superb article by British Rowing on cross-training accessed through Rowperfect's website at <https://www.rowperfect.co.uk/cross-training-for-rowers/> It says it all!!

Day by day; week by week; month by month - I learned a few years ago that "binge training" – ie building up towards an event and then totally relaxing and then starting again – was a waste of time!!

So now I train across a range of methods/sports per day (when not working). I use **pyramid sessions** quite often, creating small phases of increasing effort and then working down again with repeats. This is very effective with swimming which I do 2/3 times per week in the pool and also with cycle training with my MTB bike indoors on a Tacx turbo trainer.

Once every 4/6 weeks I head to Morecambe Promenade and do a 'triathlon' of 10km roller-skiing; 20-30km biking and then 5km run. This, along with the pyramid sessions, have given significant improvements in my aerobic performance over the past 2 years. It all feeds into building overall **strength/endurance**. My physiology seems to have adapted/evolved to being able to manage events that last up to 2 or 3 hours quite naturally.

Finally, **Rest** – despite my ADHD tendencies I have learned to take quality rest seriously (especially after big sessions, or an event) although I will always do the daily stretches whatever the circumstances.

6 months ago, I was having a skate coaching session with Jordan in Hyde Park and he was helping me to spend longer and longer gliding on each roller-ski . . . he said 'see each glide as a **micro-rest** and imagine how much rest that is over a 15km race!!' I am still getting my head around that concept; but, wow, I do seem to be gliding further and further with good balance too. Roll on the Achensee 3-Valleys 30km race to see how that converts to performance on snow!!

Happy training and I hope these ideas help you too. Maybe in the next newsletter people can throw in a few more ideas to build a community sharing of best techniques.

John Peatfield

Very impressive John! I doubt there are that many Loipers who match your dedication to these training regimes but contributions from others will indeed be welcome for the next newsletter. (Ed.)

Roller Skiing Round up – Snowsport England Coaching weekend – August 2017

This year's SSE roller ski coaching weekend at Hetton Lyons Park, near Durham, will be 19th/20th August. This has always been an enjoyable weekend with excellent coaching, suitable for beginners, improvers and advanced skiers. Based on previous years, we will probably have four groups, with coaching led by Mike Dixon, ex-Olympic biathlete (a great guy and an inspiring coach).

From this year onwards, we (Tyneside Loipers) are taking over the organisation of the weekend. We need to keep up the high standards achieved by the previous organiser, Helen Bell, Yorkshire Dales XC Ski Club. I will be looking for help from club members, organising hire of boots and skis, helping with refreshments, sweeping the track on the Saturday morning and putting up warning notices, etc. Alasdair will also be looking out for help with the race on Saturday.

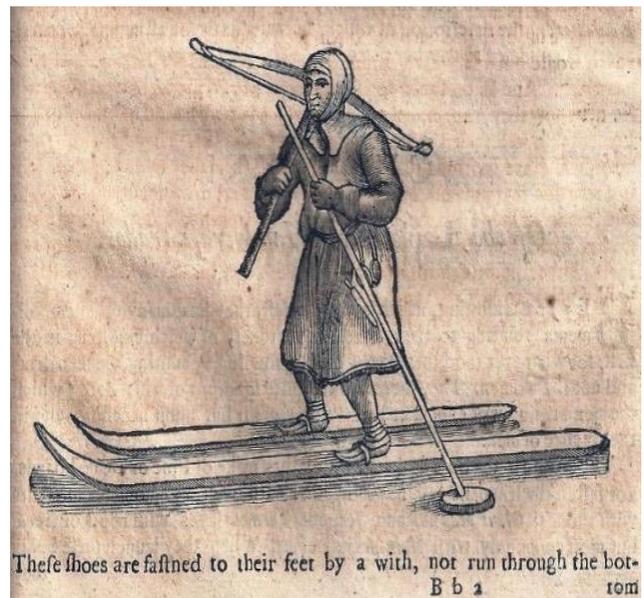
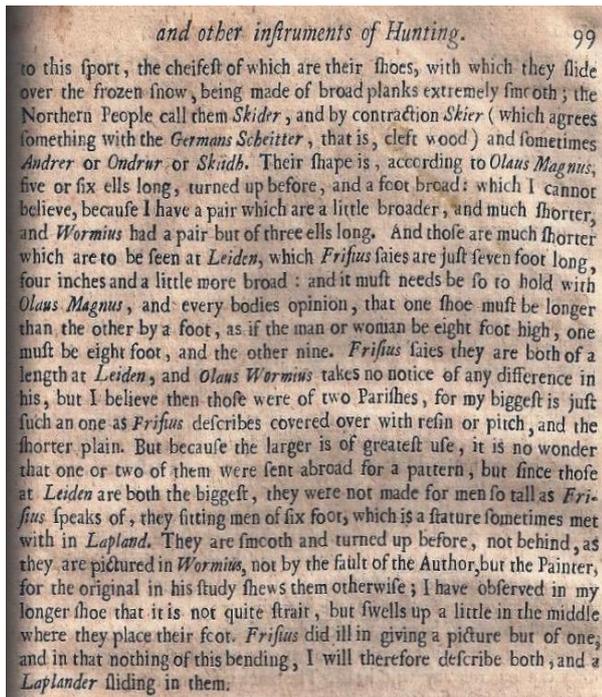
The Saturday afternoon race will probably take a similar format to last year with the Seniors doing an 8-lap skiathlon (4 laps classic and 4 laps skating). It is quite impressive to watch. Our own Fiona McCormick did her first race last year in the newcomer's section and finished in a very creditable time.

Alan Mitcham

“The History of Lapland”:

Johannes Schefferus (1674)

This interesting book appeared in the catalogue for Durham Cathedral’s “Adopt a Book” campaign. It is mainly about the Sami people and is reputed to be the first book in English to describe skis. As it is in need of some TLC, we have adopted it to pay for its restoration. It should be back home in the Cathedral Library in the spring – maybe we should have a Loipers’ trip to look at page 99 and its amazing skier and the fascinating textual description of the skis!



Here’s a link to the cathedral website if anyone is interested in looking at the Adopt a Book initiative - <https://www.durhamcathedral.co.uk/>

Judi Webb and Peter Sedgwick

More skiing history...! **The First Crossing of Greenland, by Fritjof Nansen, 1888**

Pleased to have your contribution, Judi and Peter – it is very apt! I had intended to write a para or two about this fantastic book, by the Norwegian Explorer, Nansen, written after he had completed the crossing of Greenland in 1888. Chapter 2, about ‘skis’ and ‘skilobning’, is particularly fascinating, describing the skis themselves and the ‘sport’ of skiing. The wooden skis are ‘around 8ft long and upturned and pointed at the front and sometimes a little upturned at the back also’. The attachment (bindings!) consist of ‘a loop for the toe made of leather and a band which passes around the heel of the boot’. Rather like our bindings today! There are also fascinating descriptions of how to make the ski turn! (I am not sure that I would be wanting to use skis that are 8ft long.)

The rest of the book is very impressive and is a very good read. Even before landing on the E coast of Greenland, the four Norwegians and two Lapps spent several weeks on the sea ice drifting well off course (often in storm conditions). The whole story is told in an unsentimental matter-of-fact way that befits this early age of exploration. I can greatly recommend it. (Ed.)

Snowsport England Coaching Week at Kvitavatn in Norway, 2nd to 9th April 2017

This is the usual Spring coaching week run by Snowsport England and is highly recommended by several of us who have attended the course in previous years. It is back to its original venue at Kvitavatn and back to its original format with a cross-country skills course run alongside a telemark skiing course. It is not too late to apply for either of these options. (Fiona McCormick is already enrolled on the XC skiing course. She will also be at Kvitavatn for the club trip in Feb/March.)

The XC skills course is an intensive week with formal coaching in the morning and varied skiing activities in the afternoon. The coaching team is led by Patrick Winterton and Alan Eason (top UK coaches!), joined by Martin Watkins and possibly a 4th coach if numbers permit. The telemark coaching takes place on the Kvitavatn ski hill and is run by Andy Stewart.

Accommodation is in the Fjellstoge, which is good value and very comfortable. Further details can be downloaded from <https://drive.google.com/file/d/0B3OXI6VFKtfIODIEZE80ZmlQRTg/view> (Looks like a dodgy website address but actually it is a pdf file with full information on the Snowsport England course.) Or, if you prefer it, get in touch with me (Alan) and I will send you the pdf file.

Club Skis and Boots

A reminder... club skis and boots are now being kept by Neil Waters at his house in Wylam. We have about 10 pairs of skis and a similar number of pairs of boots of different sizes. All of most of the skis are non-waxing metal-edged touring skis and all of the boots are leather boots suitable for ski touring. Hopefully we will have enough snow for local skiing or a trip to Scotland!

Neil can be contacted by phone or email (contact details on page 1).

We also have several pairs of roller skis and boots which are held by Alasdair.

Please be aware that the club make a small charge for hire of club equipment (payable to Neil or Alasdair).

Next Newsletter planned for May 2017 (ever optimistic!). Please get in touch with any contributions, comments, articles, etc.