

# Nordic Events Schedule 2018-2019

**Dec. 15-16<sup>th</sup>, 2018 Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian.

**Dec. 21<sup>st</sup>, 2018 Cross Country Ski Lesson (SP&R) Cross Country Ski Lesson 49 Degrees North w/ Transportation** 1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration.

**Dec. 27<sup>th</sup>, 2018 Winter Adventure Camp (SP&R)** Youth 9-12, contact Spokane Parks & Recreation for details.

**Dec 29<sup>th</sup>, 2018 Cross Country Ski Lesson (SP&R) Cross Country Ski Lesson 49 Degrees North w/ Transportation** 1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration

**Jan. 3<sup>rd</sup> - Winter Adventure Camp (SP&R)** Youth 9-12, contact Spokane Parks & Recreation for details.

**Jan. 5<sup>th</sup>, 2019 Wintersportsfest** Tons of free and fun activities for skiers, snowshoers, alai skiers, and fat tire bikers.

**Jan. 12 - 13<sup>th</sup> Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian

**Jan. 19<sup>th</sup> Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch!

**Jan. 20<sup>th</sup> Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.

**Jan. 26<sup>th</sup> Cross Country Ski Lesson (SP&R) Cross Country Ski Lesson 49 Degrees North w/ Transportation** 1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski

instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration

**Feb 2<sup>nd</sup> Chewelah Peak Challenge X-C Race and Fat Tire Bike Race** 7 km freestyle race on lower trail system. Register 9:30 – 10:30 am start 11 am.

**Feb 3<sup>rd</sup> Cross Country Ski Lesson (SP&R) Cross Country Ski Lesson 49 Degrees North w/ Transportation** 1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration

**Feb. 9-10<sup>th</sup> Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian.

**Feb. 17<sup>th</sup> Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch!

**Feb. 23<sup>rd</sup> Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.

**Feb 24<sup>th</sup> Fat Tire Bike Day** Demos, rentals, and race

**March 2<sup>nd</sup> Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch!

**March 9<sup>th</sup> Paw and Pole** Fun race on the snow with your dog. Ski or snowshoe raising money for a good cause. More info and register at Mountain Gear.

**March 16 & 17<sup>th</sup> Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian.

**Mar. 24<sup>th</sup> Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.

### **Cross Country Ski Lesson 49 Degrees North w/ Transportation**

1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, instruction, and transportation. Bring a lunch and plenty of water. Additional information emailed after registration.

2117 F 12/21 8:00-4:00 PM Wandermere Rite Aid 12312 N. Division St. \$49

2118 Sa 12/29 8:00-4:00 PM Wandermere Rite Aid 12420 N Division St \$49

2119 Sa 1/26 8:00-4:00 PM Wandermere Rite Aid 12312 N. Division St. \$49

2120 Su 2/03 8:00-4:00 PM Wandermere Rite Aid 12420 N Division St \$49

### **Snowshoe Tour 49 Degrees**

1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch!

2140 Sa 1/19 10:00-1:00 PM Forty Nine Degrees North Ski Area 3311 Flowery Trail Rd -Nordic Area \$39

2141 Su 2/17 10:00-1:00 PM Forty Nine Degrees North Ski Area 3311 Flowery Trail Rd -Nordic Area \$39

2142 Sa 3/02 10:00-1:00 PM Forty Nine Degrees North Ski Area 3311 Flowery Trail Rd -Nordic Area \$39