

## TRAIL FEES

Come and have fun with us and bring your friends along! Passes are available in day passes, 5 day passes, and season passes.

### DAY PASS

Youth \$5 Adult \$12

### 5 DAY PASS (ANY 5 DAYS)

Adult \$52

### NIGHT SKIING (4:00 PM-9:00 PM)

Youth \$4 Adult \$6

**SNOWSHOE DAY PASS \$ 5.00**

**SNOWSHOE SEASON PASS \$ 52.00**

**SNOWSHOEING IS FREE FOR SKI SEASON PASS HOLDERS**

### SEASON PASS

Before November 1st

Youth \$42 Adult \$125 \*Family \$285

After November 1st

Youth \$52 Adult \$145 \*Family \$340

*(No Charge for children 5 and under)*

\*Family Pass for parents and children under 19 only.

Ages as of December 31st. HST and \$10 fee/member to Cross Country BC included

### SCHOOLS PROGRAM

\$12 per session. Includes ski pass, rentals & lesson.

### SKILL DEVELOPMENT PROGRAM

**Bunny Rabbits (3-5) \$52**

**Jack Rabbits & Track Attack (6-13) \$110**

(\$100 before November 1st) *Includes Season Pass*

Telemark also offers a Racing Program, Biathlon Program and Special Olympics Program.

For current fees contact the Telemark office at (250) 768-1494 or visit our website at [www.TelemarkX-C.com](http://www.TelemarkX-C.com)

### RENTALS

• Classic Ski Equipment \$15/day

• Skate Ski Equipment: \$20/day

• Snowshoes: \$10.00/day

• Pulks \$5/hour

• Rifles are available for participants in the Biathlon program

## WHERE WE ARE

Telemark Cross Country ski area is located a short 25 minutes from downtown Kelowna BC just south of Westbank along the paved road to Crystal Mountain. Our scenery is unsurpassed with panoramic views of the Okanagan Lake and Valley.

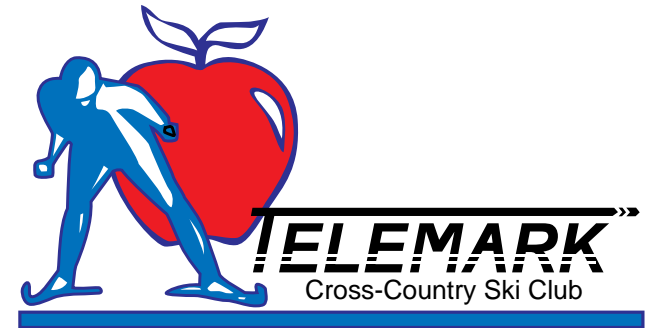


To view a map with directions to Telemark, visit our website at [www.TelemarkX-C.com/Location](http://www.TelemarkX-C.com/Location)

## OUR SPONSORS



Urban Harvest



**DEDICATED TO FOSTERING AND PROMOTING  
THE SPORT OF CROSS-COUNTRY SKIING**

## OUR MISSION

- To promote cross-country skiing, biathlon and snowshoeing as life long-sports
- To assist individuals with development of their skills
- To provide training for those wishing to take up competitive skiing
- To make cross-country skiing fun for EVERYONE!



**Telemark Cross Country Ski Club  
Box 26072 West Kelowna BC  
V4T 2G3 CANADA**

**Information & Daily Conditions  
(250) 768-1494**

**Website: [www.TelemarkX-C.com](http://www.TelemarkX-C.com)**

**Email: [tcsc@telus.net](mailto:tcsc@telus.net)**

## OUR FACILITY

Offers a modern, spacious chalet with washrooms and snack bar; 45 km of trails groomed for both Classic and Skate Skiing, 5 kms of lit trails, biathlon range, snow shoe trails, equipment rentals and lessons.

We also offer a full range of programs including Ski League, Racing Team, Biathlon training and a Schools Program. Each year we host a range of events including the Kelowna Apple Loppet, Tips-Up Cup Fun Race, Special Olympics, BC Midget Championships and BC Cup races.

## THE CROSS COUNTRY SKI SEASON

Typically lasts from mid November until mid-March. Each season we have more than 15,000 visits of skiers and snowshoers. The Club encourages the public to use the facilities year round and during the summer the trails are enjoyed by Girl Guides, mountain bikers, hikers, naturalists, and equestrian groups.

## OUR TRAILS

### Easy Trails

Squirrel Loop 1.46 km; Forest Lane 1.15 km;  
Memory Lane 1.0 km; Summer Road 0.50 km

### Intermediate Trails

Rabbit Run 2.40 km; Telemark 6.8 km

### Advanced Trails

Panorama Ridge 5.42 km; Fern Creek Trail 9.2 km;  
Crystal Rim 7.8 km; Connector 0.86 km;  
Cut-Off 0.62 km; Racing Trails 7.5 km

### Snow Shoe Trails

Approximately 40 km of trails



## OUR PROGRAMS

### SKI LESSONS, ADULTS

Telemark Nordic Ski School is operated by a certified CANSI instructor and a NCCP Level 3 Coach.

Private and group lessons are offered in both classic and skate techniques.

### TELEMARK SKILL DEVELOPMENT PROGRAM AGES 3-13

#### Bunny Rabbit Program (Ages 3-5)

Accompanied by qualified coaches, children and parents will ski together exploring our ski playground, learning basic ski techniques and playing games. Parents play a big part in implementing this program.

#### Jack Rabbit and Track Attack Program (Ages 6-13)

This program is geared towards kids learning the sport as well as those wishing to become more proficient. Our goal is to instill a life long love for the sport of cross country skiing. The emphasis of these programs is on learning ski techniques through a variety of fun activities. Included is a Christmas Event, a winter survival skill day, fun racing events and an end of season windup.

Both programs have booklets that track progress from year to year.

### JUNIOR RACING TEAM

#### Junior Development Team

The development team bridges the gap between the skill development program and the junior racing team. This program is for children who wish to develop good ski technique and learn to ski fast. Athletes will participate in dryland and on-snow training sessions. Formal training sessions will take place two times per week during the ski season. The program is supervised by the club head coach.

#### Junior Racing Team

This program is for skiers who want to improve their technique and race at a competitive level. With the emphasis on fun and camaraderie, skiers learn to ski fast. Athletes will participate in dryland and on-snow training sessions. Formal training sessions will take place three times per week during the ski season. The program is supervised by the club head coach.

## BIATHLON PROGRAMS

### Biathlon Bears

This program is for athletes from 10yrs and up. The program focuses on safety, development and fun. We suggest the athlete should also be involved in a ski skill program.

### Biathlon Racing

Our program is for youth who wish to participate in a race program. It provides biathlon athletes the opportunity to develop their shooting and skiing skills. It follows Biathlon Canada long term athlete development model.

We also offer a program for Masters and Para Biathletes.

### SPECIAL OLYMPICS

This Program is open to any person with a developmental disability. It's a fun way to learn skiing and could lead towards competition.

### SCHOOL PROGRAMS

The schools' ski program is available to all Kelowna and surrounding area school students from grade 5 to 12. Starting with an introduction to classic cross-country skiing, group lessons, from basic skills, to various levels of technique development, are taught by Club Volunteer NCCP Coaches. Lessons are reinforced in relays in the stadium and as students learn how to travel safely, within their groups, on the trails.



For more detailed information on any of our programs, phone the Telemark Lodge at 768-1494 or visit our website at [www.TelemarkX-C.com](http://www.TelemarkX-C.com)