



We are delighted to be bringing back Grand Tour of Caledonia for this upcoming ski season! For those that participated last season, thank you so much for being part of this new experience at Caledonia, and making it such an incredible and successful experience. Just like last season, we hope that this brings a lot of joy and excitement to your ski season!

**Here's some key information for the start of the Grand Tour of Caledonia...**

**COVID safety** - first and foremost is keeping people safe during this unique time. As we've been so fortunate for our facility to remain open, we've designed the Grand Tour of Caledonia to be aligned with the principles to keep people safe during COVID which include key things such as:

- ample social distancing (currently must be at least 3m and increases with the intensity of activity)
- avoid congregating people in parking lots, buildings, stadiums or on trails;
- keeping groups to the required size (currently 4 or less, unless in the same household),
- carrying a mask at all times (and wearing a mask if social distancing can't be maintained)

Please see our [CNSC COVID information](#) and policies at <https://www.caledonianordic.com/about-us/covid-19-information> (which also includes links to the current provincial health orders. If we can all do our part to proactively follow the current COVID orders and guidelines, it helps ensure we keep everyone safe and can keep our facility open for the enjoyment of all.

**[The Grand Tour of Caledonia web page](#)** - This will be the central place where everything will be posted (course maps, results, draw prize winners, announcements) and links to enter results.

**Courses, maps and descriptions** - Each Monday morning, the new course map will be posted on the [Grand Tour web page](#) for that week (each week's course runs from Monday morning to Sunday afternoon at 3pm). We won't be posting courses in advance as we may have to change courses based on conditions. As we proceed through the season, all courses will remain posted in case people have missed a week and would like to catch up. Course maps will also be posted in the window of the rental office. We'll also be announcing each weekly course every Monday afternoon at 3pm on [101.3 The River](#).

**Membership and Trail Passes (and ski lessons)** - All Grand Tour of Caledonia participants are required to wear a trail pass or a membership pass. As you'll be skiing at least 12 times, it's most cost effective to get a [Caledonia Nordic Ski Club membership](#). Also, if you'd like to enhance your skiing skills, you can also register for [ski lessons here](#).



**Start and Finish** - The start and finish areas will be in the main cross country ski stadium (in front of the lodge). At the start line (on the far side of the stadium), there will be two green start banners and at the finish line there will be two red finish banners (nearest the XC technical building). At both the start and finish line there will also be the banner for the sponsor of that week, as well as a Grand Tour of Caledonia banner. All of the sponsors banners for the Grand Tour of Caledonia will be lining both sides of the stadiums (see our list of generous sponsors below).

**Course marking** - In addition to the course maps, the weekly courses will be marked with Grand Tour of Caledonia signs, V-boards and kilometer signs along the right-hand side of the trails (i.e. the direction of travel). Course markings/signage will be in place each Monday morning for that week's course.

**Course etiquette** - The key to the Grand Tour is to have fun, and here's a few things to keep in mind so that we're all on the same page (plus we have almost 1000 additional members this year!)

- Please only ski the Grand Tour courses in the direction marked (even though some may be on two-way trails)
- Please ski on the right of the trail in the direction of travel
- Please be aware of oncoming skiers on two-way trails, or skiers coming from behind that will be passing on your left
- Please announce yourself if coming from behind and over taking another skier (e.g. "passing on your left")
- Please avoid congregating in groups on trails
- Please avoid skate skiing on classic tracks
- Please offer encouraging words to other skiers
- Have fun, smile often and spread joy :)

**Entering your results for each week** - Every Monday morning, there will be a link on the [Grand Tour web page](#), that will bring you to the Zone4 platform where you can enter your results for that week. After entering your contact information, you will need to enter your time and then there are also options to upload a photo (which could be a screenshot from your smartphone, photo of your stopwatch, etc.). For those that use GPS tracking, there is also the ability to upload a GPX file (optional). Entering your contact information and a time will enable your name to be entered for the weekly draw prizes). You can enter more than one time per week (but there's only one draw prize entry per week). **Results must be entered by the end of each week (Sunday evening) to be included in the weekly prize draw.** The results entry link for each week will remain posted so you can enter results at a later date. For example, if you miss a week, you will still be able to ski that week's course and enter the results so you are still eligible for the finishers medal (you just miss out on being entered for the draw prizes for the missed week).

**Posting of results** - A link to the results for each week will be posted on the [Grand Tour web page](#). To emphasize the participatory nature of this experience, all results will be posted alphabetically (by last name).

**Draw prizes** - All registered participants that enter their results for that week's course will automatically be entered to win the draw prizes for that week. The draw prize winners for each week will be posted by Wednesday the following week, on the [Grand Tour of Caledonia web page](#), and announced on social media. Draw prizes can be picked up at the Rental Office (please pick up draw prizes as soon as possible). We have some wonderful draw prizes that have been donated from local businesses.



**Sharing the fun on social media** - Please take lots of photos and videos to share your experience of the Grand Tour of Caledonia and share them with us by tagging with [#grandtourofcaledonia](#) and [#caledonianordicskiclub](#)

**Grand Tour of Caledonia custom Buff (ETA and pick-up)** - We're delighted to have beautiful custom Buff as part of your Grand Tour of Caledonia experience. We pre-ordered 500 Buffs, which will go to the first 500 registrants (these will be available in the late January/early Feb for pickup at the CNSC Rental Office). For those that registered after the first 500, another toque order will be made once registration closes on Jan 17/21.

**Grand Tour of Caledonia Finishers Medal** - To honour your achievement and to commemorate your completion of all stages of the first ever Grand Tour of Caledonia, we have designed a beautiful finishers medal. Registered participants will receive the Grand Tour Finishers medal if you have entered your results for all of the stages of the tour. The finishers medals will be given out after the completion of the Grand Tour of Caledonia on April 3, 2022 (from the CNSC Rental Office).

**A huge thank you to our very generous and supportive sponsors** - each of these incredible local companies has generously stepped forward to sponsor each week of the Tour of Caledonia. In addition to seeing their colourful banners along-side the stadium, we'll be honouring them each week as follows. We encourage you to learn more about our sponsors in the links below.

- Week 1 - [Stride and Glide Sports](#) (Jan 9 – 16, 2022)
- Week 2 - [IDA \(Hart Drugs/3rd Ave Pharmacy\)](#) (Jan 17 – 23, 2022)
- Week 3 - [Prince George Canadian Tire](#) (Jan 24 – 30, 2022)
- Week 4 - [Stride and Glide Sports](#) (Jan 31 – Feb 6, 2022) (virtual Iceman week)
- Week 5 - [EDI \(Environmental Dynamics Inc.\)](#) (Feb 7 – 13, 2022)
- Week 6 - [Lally Electric](#) (Feb 14 – 20, 2022)
- Week 7 - [Pomeroy Lodging](#) (Feb 21 – 27, 2022) (Family Day)
- Week 8 - [Prince George Toyota](#) (Feb 28 – March 6, 2022)
- Week 9 - [Papyrus Printing](#) (March 7 – 13, 2022)
- Week 10 - [Physio North Sports and Wellness Centre](#) (March 14 – 20, 2022)
- Week 11 - [Spark Geo](#) (March 21 – 27, 2022)
- Week 12 - [Pittman Asphalt/PG Ready Mix](#) (March 28 – April 3, 2022)

Also, look for these colourful sponsor banners along the course...

- Top of the Course sponsor – Laurie and Linda Cook
- Midway sponsor – [Assante Wealth Management](#)
- Final kilometre sponsor – [PNL Consulting Inc.](#)

...and many thanks to our incredible Media Partner, the [Jim Pattison Broadcast Group \(CKPG, CKPGtoday.ca, 101.3 The River and 99.3 Rewind Radio\)](#). You can catch course updates every Monday afternoon at 3pm on [101.3 The River](#)

Thanks so much for your participation and for making the kickoff to the Grand Tour of Caledonia a great success.

We look forward to seeing you out on the trails and enjoying the Grand Tour of Caledonia!



