

WEEK ONE - SKI LEGS 4.3km

Get a start on warming up those ski legs on this slightly rolling, rambling 4.3 km loop.

Start off from the lodge and head up the hill towards Piccadilly Circus continuing along the Pine Flats trail. Say hi to Mr. Snowman and admire the (still decorated) Christmas trees embellished by our race team members.

When you get to Thumbs Up Junction you will be turning left. You will pass Santa's cabin on your way back towards the lodge on the Greenway Corridor.

After Yeti Junction you will be keeping left and following Larch Loop. Larch Loop will take you past many Larch trees which were planted about 6 years ago. Can you tell which trees are Larch? They lose their needles in the winter but have a yellowish tinge. These Larch are anywhere from 1 to 4m tall!

Larch Loop takes twists and turns and passes by the top of the Gravel Pit. You will have one short steeper hill to go down but you have a gentle uphill at the bottom. Follow the signs and you will catch a glimpse of the Gravel Pit before you continue down the straight stretch back to the stadium.

See how many times you can do this route this week, as next week's course will be longer and definitely hillier. If you are finding this is a challenge, especially on those hills, contact Carolyn at the office for a ski lesson!