

## **GRAND TOUR Week 4 Crushing the Iceman**

Always wanted to ski the Iceman but we're afraid to do it? Here's your chance, with **NO PRESSURE! It's YOU against YOU!**

This route starts off with some ups and downs, and transitions into a comfortable cruise. This four km loop needs to be **skied twice** for a total of eight km. Yup, we can do math too!

Starting in the stadium, head past the biathlon range, up the hill and right onto Supersprint. At SNOOPY you will hairpin right onto the Nightrider downhill. **(Caution: As you merge here, please be aware of skiers coming down from the top half of the Night Rider downhill) WAHOO!** Step around that nice left corner at the bottom and then back up a good little cardio hill that takes you to the top of Homecoming and down the back of Night Rider.

Take a jig right and a jog left to climb Canada Cup hill (three hills in one!). At the top turn right onto the Iceman Cut-off. The Iceman flows nicely downhill coming to the Yeti Junction. At Yeti you will keep left and sail onto the Greenway Corridor. Lots of nice gently rolling terrain here to practice your Diagonal Stride, Double Poling, One Step Double Pole and One or Two Skate techniques. Continue to Santa's Cabin keeping right to Thumbs-Up Junction.

At Thumbs-Up you will keep right and onto the west end of Iceman Cut-off. You will recognize the scenery from routes gone by. Back at Yeti you will keep left onto the Greenway Corridor for a short piece before joining Larch Loop for your last ups, downs and arounds, At Canada Cup Junction veer left, and sprint straight back to the lodge.

***That was your warm up....***

***Now do it ONE MORE TIME!***