

Cross-country Skiing in the Acadian Forest

- Instructor:** Kate Bredin and Richard Elliot; kate.bredin@gmail.com and Elliot.bredin@gmail.com
- Date/Time:** Thursdays; Feb 1, 8, 15; 1:30 – 3:30pm
- First class:** Thursday; Feb 1 (3 Session/s)
- Location:** Outside in various locations
- Participants:** Min: 5; Max: 20

Course Outline:

We plan to do 2 to 3 cross-country ski sessions on the groomed ski trails of the Tantramar Outdoor Club (TOC) near Sackville, starting on Thursday February 1st . We will postpone outings for poor or icy snow conditions, or dangerous weather, re-scheduling for the following week.

Participants will ski at a leisurely pace for a couple of hours, on groomed trails through forested terrain with gentle hills, with rest stops at regular intervals. As well as getting outdoor exercise, we will watch for winter tracks and signs of wildlife. If enough participants are interested, we hope to have a day trip to Kouchibouguac National Park (KNP), following two sessions in the Tantramar area. If we are not able to go to KNP we will hold a third session on the TOC trails.

This seniors' cross-country skiing activity requires that participating seniors have sufficient ski experience and conditioning to ski for several hours. We encourage practicing cross-country skiing before the start date. People with mobility issues will not be able to participate.

Instructor Bio:

Kate and Richard are experienced in leading cross-country skiing for participants of the Tantramar Seniors College. We are experienced skiers, cyclists, hikers, snowshoers, naturalists and outdoor enthusiasts.

Remember to Check Your E-Mail Before Each New Course Begins and During the Course. You will receive an e-mail if:

- a)** the course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course; **b)** during the course if the instructor gives notice that he/she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without e-mail by phone, so please make sure TSC has your correct phone number and e-mail.

Attendance/Absenteeism. TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw from the class, please e-mail the TSC coordinator at tscordinator@gmail.com or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Once the class has started advise the instructor directly if you are unable to attend a session.

