OUTDOOR ADVENTURES

INTRODUCTION TO CROSS COUNTRY SKIING
February 12-14, 2016

TRIP DESCRIPTION: Spend the weekend exploring the snow covered park of the Flagstaff Nordic Center. With over a dozen trails providing 30+ miles of groomed terrain, this is an amazing location to practice and enjoy the sport of cross country skiing. With on-site equipment rentals, all equipment will be provided, and lodging will be in a scenic wood stove heated yurt nestled among the snow covered mountains and reachable only by ski. All transportation, equipment, instruction, and food will be provided. Don’t miss this opportunity to enjoy the spectacular winter conditions of Arizona’s high country!

No previous experience necessary.

Exertion level: Moderate.

TRIP COST: Student: $325 Non-Student: $375
PRE-TRIP MEETING: February 10, 6pm SIGN-UP DEADLINE: February 10
REGISTER ONLINE AT: rec.arizona.edu/outdooradventures
EQUIPMENT LIST:
- Hiking boots
- 2 Pair Wool/Synthetic Socks
- Wool/Polypropylene Long Underwear
- Long Pants (ski/snow pants preferred)
- Short Sleeved Shirt
- Wool/Fleece Sweater or Jacket
- Warm winter jacket
- Rain Jacket and Pants
- Sunglasses w/ keeper strap
- Sun Hat
- Wool/Fleece Hat
- Gloves/mittens
- Toiletry Items (Toothbrush, Toothpaste, Etc.)
- Spare Batteries for Headlamp
- Money for Meals En Route
- Sunscreen
- Lip Balm
- Camera (optional)
- * Small Flashlight or Headlamp
- * 2 Water Bottles - 1 Quart Each
- * Sleeping Bag rated to 20° F
- * Foam Pad

*May be borrowed from Outdoor Adventures at no additional cost.

ITINERARY:
Friday
10:00AM, Arrive at Outdoor Adventures.
2:30PM Arrive, pick up equipment, and ski to yurt

Saturday
Skiing instruction and practice on trails of Flagstaff Nordic Center

Sunday
9:00AM Morning ski
12:00PM Departure for Tucson
4:30PM Approximate arrival at Outdoor Adventures. Unload and clean gear. Fill out trip evaluations.
5:30PM Go home!

PROVIDED BY OUTDOOR ADVENTURES:
- Transportation (15-Passenger Van)
- Meals (Friday dinner through Sunday lunch)
- Entrance and camping fees
- Ski equipment rental
- Cooking and camping equipment
- Leadership and instruction

Trip cost does not include personal clothing and equipment or meals en route.

THE OUTDOOR ADVENTURES PROGRAM is designed to get members of the university community involved with the natural world through adventurous, human-powered activities. These activities include hiking, backpacking, mountaineering, canoeing, whitewater rafting, rock climbing, bicycle touring, cross-country skiing and caving. Each trip offers opportunities for activity skill development, personal development, social interaction, and safe and enjoyable recreation. Environmental awareness is emphasized throughout each trip.

OUTDOOR ADVENTURES
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