

The City of Calgary Parks, in coordination with The City of Calgary Recreation, and volunteers from the Calgary Ski Club, welcome you to

Cross-Country Skiing at Shaganappi Point Golf Course

Cross-country skiing is a great sport to keep you in shape over the winter months. Its low impact and high aerobic nature are suitable for all ages, children to seniors.

The golf course's convenient location ensures that you'll spend more time skiing and less time driving. So not only will you experience decreased stress from undertaking the activity itself, but also from less time spent getting to the tracks.

From mid November to early March, during periods of optimum snow cover – when the ground is frozen and there is a minimum of 15 cm (6 inches) – prepared cross-country ski trails are available for public skiing at Shaganappi Point Golf Course. This brochure will assist you to enjoy your ski experience and minimize damage to the grass under the snow cover.



Please contact the golf course at 333-2270 or visit www.calgary.ca (search cross-country skiing) should you have any questions about the effects of cross-country skiing on golf course vegetation.

Skiing Styles

Shaganappi ski trails cater to two cross-country ski techniques:

Classic – this is the traditional diagonal stride style. It relies on a ski grip, kick wax or “fish scales” pattern on the mid-section of the ski base to provide grip, enabling the skier to move forward on the glide wax applied to the ski tip and tail areas.

Ski-Skating – the skier glides on alternate skis, leaving an exaggerated “V” footprint. With no need for grip wax to achieve forward motion, glide waxes are applied to the entire ski.



Ski Terrain Safety

There is a wealth of terrain features that can enhance skiers enjoyment – flats, hills and rolling landscapes – while others can pose serious hazards, including natural or manmade obstacles e.g. sharp drops into sand traps or from the tops of vertical retaining walls.

There are also many water bodies on the golf course that form part of the City's storm sewer overflow system. Stormwater frequently contains road salt, resulting in dangerous thin ice cover. These ponds are posted with **KEEP OFF ICE** signs.

For your personal safety and turf grass retention please stay on the prepared ski trails.

Pets Don't Ski

To prevent injury to your pet, wildlife, or human visitors please leave your pets at home.

Shaganappi Point Golf Course encourages natural wildlife habitat in and around the golf course area and is a member of the Audubon Cooperative Sanctuary program. Presently there are various species of animals and birds that frequent the area including deer and coyotes.

Please observe the “No Dogs” bylaw (23M89) in effect year round.

Tracksetting and Grooming

Machine tracksetting has transformed the sport to a sliding and gliding rather than a walking and trudging sport.

Calgary's winter snows are often cold and dry. If snowballs cannot be formed, then the snow is also the wrong consistency to groom ski trails. Dry snow can be packed eventually but a durable moulded ski track in these conditions (below -18 C) requires time-consuming repeated packing and grooming. Not only is the snow difficult to work, but machinery is tougher to operate.

10 Centimeters.

To capture and preserve the snow, volunteers will pack the snow as soon as there is a minimum of 10 cm snowfall. Minimum snowfall limits are necessary to avoid damage to tracksetting equipment, and the underlying grass.

15 Centimeters

Ski skating lanes are created if we have 15 cm minimum snowfall. The snow is groomed by churning (three or four passes), it to harden and preserve it both from Chinooks and skier traffic.

25 Centimeters

If there is sufficient snow depth (25 cm fresh, packed down to 12 cm), classic tracks are set to increase skier enjoyment.

Tracksetting is performed by trained volunteers certified by Cross-Country Canada; using equipment from the Calgary Ski Club and Foothills Nordic Ski Club. Volunteers strive to have the best skiing conditions ready for the weekends – subject to weather and snow.

Closure information will be posted on the access gates when course conditions are not safe or when there is inadequate snow cover to protect the turf.

More Information

Cross-country skiing lessons are available through:

The City of Calgary Recreation Programs registration & info – 268-3800

Calgary Ski Club office – 282-4122
www.calgaryskiclub.org

Snow and Trail Reports

www.calgaryskiclub.org

Click "Shaganappi".

Photos and weekly updated golf course ski trail reports. Or phone the Calgary Ski Club at 282-4122.

www.calgary.ca

Search cross-country skiing.

www.xcountryab.net/

Cross-Country Alberta, news, events and club directory.

www.caoc.ab.ca/

Calgary Area Outdoor Council, link to membership directory for listings of other clubs engaged in cross-country ski activities.

www.xcski.org

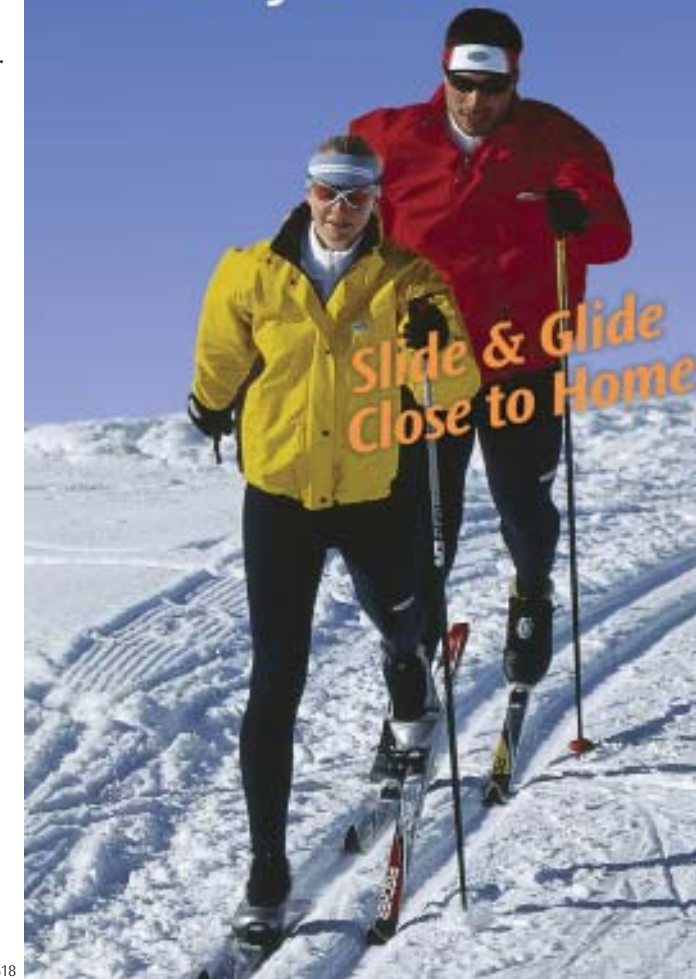
Cross-Country Ski Areas Association, events, resorts, equipment and snow condition reports at XC ski areas across North America.



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www.calgary.ca

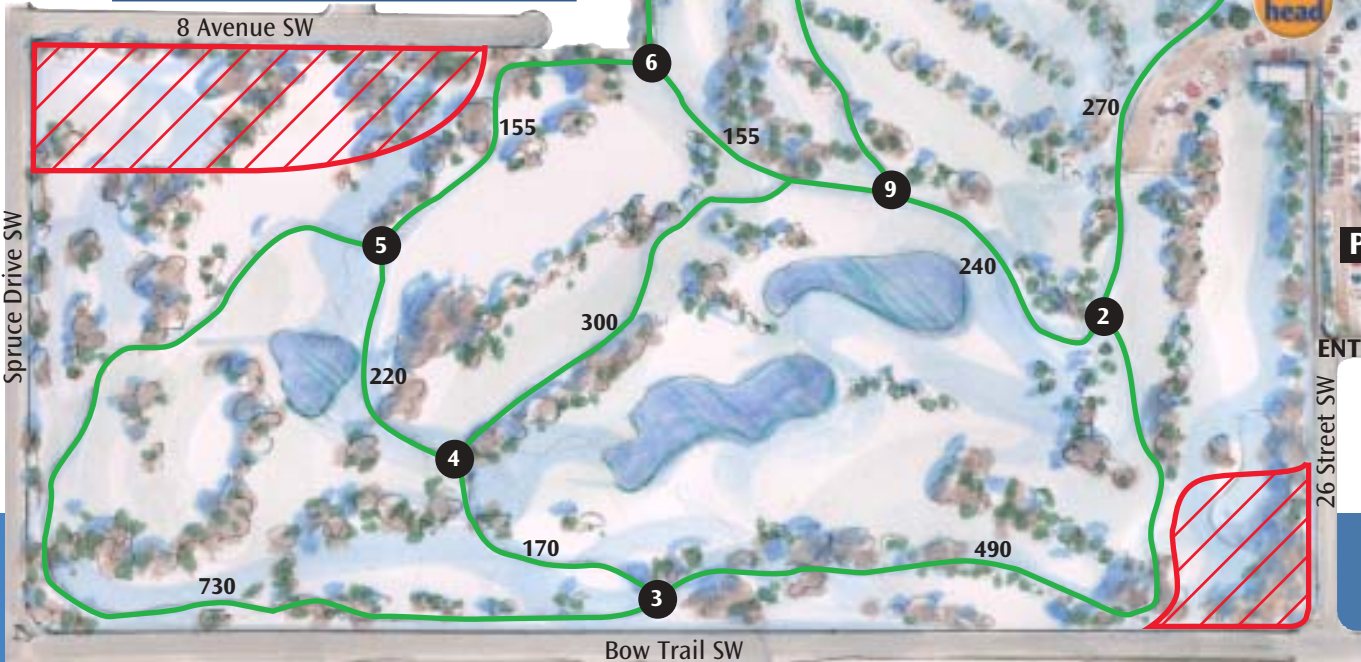
Cross-Country Skiing at Shaganappi Point Golf Course



Cross-Country Ski Trails at Shaganappi Point Golf Course



- ### Ski Checklist
- Toque and gloves or mitts.
 - Sunscreen
 - Sunglasses/eye protection
 - Insulated water bottle or hydration system
 - Ski trail map
 - Windproof jacket
 - Snack
 - Cell phone
 - Watch



Legend

- Teaching Area
- Trails**
- Easier
- More difficult
- 1** Junction
- Distances are stated in metres between major junctions
- Closed to skiing
- Trailhead
- P** Parking

Shaganappi is not supervised or patrolled during the ski season but it is open 24 hours a day. Use the course at your own risk.

Skiing on Golf Turf

- Stay on the set ski trails. Venturing off these areas will create long term damage to the sensitive turf below.
- If you have a walker in your party, please ensure they **do not walk** on the prepared tracks.
- Snowshoers are encouraged to walk to the side of the Packed Trails and avoid the Classic Tracks.
- These courtesies will ensure that Shaganappi continues to be a joint use site between the summer golfers and the winter skiers.

Thank you for your co-operation.

Special Notes and Ski Trail Changes

are posted on the main bulletin board at the parking lot by the clubhouse. Please familiarize yourself with this information before skiing.

- Stay on the marked, mapped and groomed trails.
- Keep clear of signed **caution** and **trail closure** areas and active trail grooming equipment.
- Respect the trackset trails and teaching areas.
- Ski within your ability and fitness level and maintain control at all times.
- Be aware of changing snow and weather conditions.
- Follow road sense – keep to the right.
- When overtaking another skier pass on the left.
- Yield to downhill skiers.
- Respect beginner skiers and ski lesson groups.
- Ski in groups of at least two people.
- Give assistance to others when required.
- **DO NOT SKI** in the parking lot or roadways – it is dangerous and can wreck your ski bases.
- Place all litter in the receptacles provided around the course.
- Please use the clubhouse washrooms. Washrooms will be open only when Calgary Ski Club volunteers are present. Supplementary portable toilet units may be located in the main parking lot for special ski events.

