



Camp Yowochas

Activity Guide

Cross Country Skiing

Cross-country skiing is a form of skiing in which participants will propel themselves across, generally flat, groomed and prepared snow-covered trails. Camp Yowochas provides all the equipment for participants to have a fun and educational cross-country experience.

Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Led by trained Camp Yowochas Staff
- ◆ Available December - April depending on snow fall
- ◆ After learning how to size and put on the equipment and participants are taught the basics of stationary turning, how to deal with small inclines and declines, efficient forward motion and how to recover from a fall.
- ◆ A choice of trails is available depending on conditions



Safety Considerations

We have all the equipment needed to size each participant correctly. Each group is led by Camp Yowochas staff and an adult participant will be at the back of the group acting as a sweeper. Regular stops along route are made to regroup and check-in. Trails are groomed and maintained daily throughout the winter.