

Welcome to Lost Lake Park

and its **30 kms** of ski trails (4 kms lit for night skiing) and **10 kms** of dedicated snowshoe trails. Whatever your needs, a visit with us will be a highlight of your stay in Whistler — see you on the trails!



LESSONS

Learn from certified **CANSI** instructors
(Canadian Assoc. of Nordic Ski Instructors)

Whether you are just beginning or have years of experience, fundamental skills improve technique. We will teach you about:

- Proper body position
- Efficiency along the flats
- Climbing techniques
- Stopping techniques

LESSON PACKAGES

Includes lesson, rental, trail pass and unlimited free skiing.

• **DISCOVER CROSS COUNTRY** ● (1 or 1.5 hrs)

An excellent introduction. Learn the fundamentals of the sport as we make it fun, safe and easy. The ultimate confidence builder!

Classic Ski Packages (1 hr): Adult \$69 - Youth \$49 - Child \$39
Lesson only: Adult \$39 - Youth \$29 - Child \$19

Skate Ski Packages (1.5 hrs): Adult \$79 - Youth \$59 - Child \$49
Lesson only: Adult \$49 - Youth \$39 - Child \$29

Times: 9, 10, 11:30AM, 1 PM (5 or 6 PM)

• **THE WORKS** ■◆ (1 hr)

Expanding on the fundamentals, this class will take your skiing to the next level.

Packages: Adult \$79 - Youth \$59 - Child \$49

Lesson only: Adult \$49 - Youth \$39 - Child \$29

Times: 10AM, 12 noon, 2PM (5 or 6 PM)

• **THE PRIVATE** ●■◆

Geared to your specific needs this is the best way to advance efficiently. Focus on one skill or touch on many - the choice is yours!

Package: First person, first hour \$99,

Additional person, hour or lesson only: \$69

Times: Flexible to your needs - please call

●=easiest; ■=more challenging; ◆=most challenging

Please call ahead to book lessons.

- All programs are available in Classic (in the track) and skate technique
- All lessons require a minimum of two.
- Group rates available, please contact us for details.

CROSS COUNTRY SKIING and Snow- shoeing

LOST LAKE PARK WHISTLER

OPEN ALL WINTER 2010

Get here:

A quick walk from the Village, next to the ticket booth off Lorimer Road. Or take the Free Village Shuttle.



crosscountryconnection.ca

Lessons • Rentals • Tours • Service

604-905-0071