

XC Groups and Ratings:

Unlike hiking and snowshoeing, XC skiing choices are heavily influenced by technical ability in specific conditions, which is often influenced by personal fitness.

The trip classification system in the new website has descriptions with two components:

LEVEL: a description of the trail & required skills (assume packed, with little new snow cover, and no ice).

D Gently rolling with no hills requiring more than basic ½ plough speed control in track. For the skier who prefers short distances (6 - 7 km) with some elevation gain.

D-: Similar distance as a D trip with no hills requiring speed control or steering.

C Requires reliable downhill control by any method without removing skis, and able to climb a short steep or longer less-steep hill without back-sliding. Shorter distances (10-15 km) with less elevation gain (100-200m).

C+: A C trip that is extra-long or has extra elevation gain, and/or requires reliable downhill control.

C-: Same elevation gain and distance as a C trip, but may need to walk some downhills.

B Requires reliable downhill control without removing skis and multiple uphill techniques. Distance 10-20 km, elevation gain of 200 - 400 m.

B+: A B trip that is extra-long or has extra elevation gain, possibly with long cruising downhills.

B-: Same elevation gain and distance as a B trip, hills less technical.

A Requires sustained steep-terrain skills. These trips are usually longer (10-30 km.), with a greater elevation gain (up to 500 m).

A+: An A trip that is extra-long or has extra elevation gain, and may contain technical challenges including deep snow, exposure and obstacles.

A-: Usually similar elevation gain and distance as an A trip, just a little less technical.

LEVEL DETAIL: the planned speed and rest frequency, which influences time required to complete trip.

D pace: For the less efficient or inexperienced skier who needs extra time and frequent stops.

C pace: For the skier who prefers a variable pace and frequent stops.

B pace: For the skier who prefers a steady moderate pace with occasional stops.

A pace: For the fast skier who likes to reach their destination quickly with minimal rests.

Guides pace: The leader assesses then matches the best pace the party can maintain without creating a gap. ie. the speed and needs of the weakest member.