



splore
open for adventure



CROSS COUNTRY SKIING ADVENTURE PACKET





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CROSS COUNTRY SKIING

HISTORY

Cross country skiing is the oldest type of skiing. It emerged from a need to travel over snow-covered terrain and developed as a sport at the end of the 19th century.

NORWEGIAN ORIGINS

For centuries in the snow-covered North, skis were required to chase game and gather firewood in winter time. With long distances between the small, isolated communities and hard, snowy winters, skiing also became important as means of keeping in social contact. The word "ski" is a Norwegian word which comes from the Old Norse word "skid", a split length of wood.

EARLIEST FORM

Different types of skis emerged at various regions at about the same time. One type had a horizontal toe-piece binding. The modern ski bindings are based on the Fennoscandian model of the 19th century. The East Siberian type was a thin board with a vertical four-hole binding. Sometimes it was covered with fur. The Lapps used a horizontal stem-hole binding. Present-day cross country skis were developed from the type used by the Lapps.

SCANDINAVIAN DOMINANCE

Cross country skiing debuted with a men's event at the first Winter Olympic Games in Chamonix in 1924 and the women's event debuted at the 1952 Oslo Games. The sport has traditionally been dominated by the Nordic countries.





ADVENTURE LOCATIONS

Spend the day cross country skiing in some of Utah's most beautiful spots. With multiple scenic locations to choose from, we will customize an adventure to fit your group's needs.

EAST CANYON

Just beyond the main vein of Parleys Canyon lies East Canyon. As a wider canyon, it offers sunny days that make it an ideal place to learn the basics of cross country skiing.

MILLCREEK CANYON

Millcreek Canyon is located just north of Big Cottonwood Canyon. During the winter the US Forest Service closes the upper 4 miles of the road. They also groom the snow, which makes it a great playground for learning and honing your cross country skiing skills.

UINTA MOUNTAINS

An hour and a half outside of the city, the Uinta Mountains are a jewel. We offer day and overnight trips in the Uintas. Enjoy getting away from the city and experiencing all that winter can offer.

MOUNTAIN DELL

Tucked in Parleys Canyon the Mountain Dell recreation area is a great place for everyone. The rolling hills and sunshine provides for a fun day playing in Utah's winter wonderland.



SAMPLE ITINERARY

- You will meet the Splore guides in the morning at your trip location.
- Once everyone has arrived, we will start our trip with an opening circle in which we get to know everyone's names and goals for the day.
- After introductions, we will provide a safety briefing, in which we lay down some general rules to keep the group safe, how to use the gear, and how to keep warm. Then we will pass out gear and make sure everyone is fitted appropriately.
- Next, we will teach specific cross country skiing techniques. We will practice skiing through a skills progression, using games and drills. We will make sure everyone is comfortable on their skis before we get started.
- Once on the trail, your group will continue to improve their skiing skills, building on some of the basics we covered and challenging themselves with different activities, games, and terrain.
- At the end of the trip, we will gather once again for a closing circle, during which we'll share highlights and lessons learned from the trip.

**This is a sample itinerary. Your trip may vary per your goals and requests.*

EQUIPMENT

BOOTS

Cross country boots are similar to running shoes – they often use laces or velcro to secure to your foot. They tend to be soft-sided and much more comfortable than alpine (downhill) skiing boots.

SKIS

The skis used in cross country are lighter and narrower than those use in alpine skiing and have long curved tips.

BINDINGS

The bindings secure only the toe of the boot to the ski.

POLES

For classic technique, the poles should extend to the armpit while standing. Baskets at the bottom of the poles provide a base for a strong push-off.





WHAT TO EXPECT AS YOU PREPARE FOR THE TRIP

If you have any other questions that are not addressed in this section or the FAQ section, please call (801) 484-4128 or email info@splore.org.

AFTER BOOKING

After you have paid your deposit, we will send you a link to fill out your paperwork electronically. If you're unable to fill out the forms electronically, please contact our office for other arrangements. Paperwork must be completed for everyone on the trip.

TWO WEEKS BEFORE THE TRIP

If your numbers have changed, please contact our office at least two weeks prior to your trip so you are not charged for extra people, or if you want to add people, to ensure that we can accommodate additional people on your trip.

If you, or a member of your group, has experienced a change in health or experienced a recent injury, please contact the Splore office so we can make necessary accommodations.

THE DAY OF

You will meet Splore staff at the designated time and location on your trip confirmation. Have fun!

AFTER THE TRIP

Within a week after your trip, a Splore staff member will be checking in with you to see how your trip went and if there is anything we can improve upon for next year. These surveys assist us in improving our programming, and in getting grants that provide scholarship funds. We appreciate your participation.



PACKING LIST

WHAT SPLORE PROVIDES

Splore will provide skis, poles and boots. We require everyone to use Splore's equipment—please do not bring your own.

DRESSING FOR WINTER WEATHER

In order to be prepared for any weather, it is important to dress in loose fitting clothing which can be layered. Wearing long sleeves and long pants is a good way to protect your skin from cold and wind. If possible, avoid anything cotton (e.g., jeans, hoodies, etc.), as it is a poor insulator when wet. Additionally, snowstorms can happen unexpectedly in the winter so it is important to bring along a waterproof jacket & pants and an additional warmer layer with you.

WHAT YOU SHOULD BRING

- Waterproof Long pants
- Waterproof Jacket
- Warm top and bottom layers
- Gloves or Mittens
- Warm hat
- Waterproof boots
- Warm socks
- Snacks or lunch, if needed
- Water bottle
- Sunscreen & Sunglasses

NOT INCLUDED

- The cost of emergency evacuation and medical care beyond first-aid
- Gratuity for guides

WHAT NOT TO BRING

- Weapons
- Drugs or Alcohol
- Pets





OTHER CONSIDERATIONS

EMERGENCIES

Our guides are capable of handling emergencies as they arise (although they are generally few and far between). Trip leaders and guides are certified in Wilderness First Aid and CPR. Our emergency equipment includes wilderness oriented first-aid-kits and satellite communications systems. We are able to call for medical assistance or evacuation if necessary. If an evacuation is necessary, you will be evacuated to the nearest medical center. The cost associated with evacuation and subsequent medical treatment is the financial responsibility of the ill or injured person.

CLIMATE

You can visit www.noaa.gov for up-to-date weather information. Winter conditions can be extreme. Be prepared for snow, icy roads and trails, and possible road closures. Roads up the canyons are plowed when needed. Canyon views may be temporarily obscured by fog during passing storms.





ESSENTIAL ELIGIBILITY CRITERIA

In order to participate on a Splore trip, each individual must meet the following essential eligibility criteria. Participants must:

1. Be 18 years or older, or be accompanied by an adult;
2. Be able to manage all personal care and mobility independently or with the assistance of a companion (friend or family member);
3. Be able to breathe independently, not require medical devices to sustain breathing;
4. Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance;
5. If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a companion;
6. Be able to travel in a physically demanding, remote backcountry environment for the uninterrupted period of the trip length, which can range from one to six days. Trip conditions may vary from cold (below 32 degrees F) to hot (above 90 degrees F) depending on trip location and season and may include, but are not limited to, rain, snow, hail, uninterrupted sun, wind. The remoteness is such that it may require at minimum an hour, but perhaps in excess of 2 days travel, to reach the nearest road and advanced medical care;
7. Be able to move about the campsite independently or with the assistance of a companion, on trips that include overnight camping;
8. Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite; and
9. Be able to wear all safety equipment correctly such as, but not limited to, helmet, harness, or personal flotation device.
10. Move on skis over flat to steep snow-covered terrain independently or with the assistance of a companion as required by the trip being participated in;
11. Walk one to two miles on trail independently or with the assistance of a companion or with adaptive equipment.



FREQUENTLY ASKED QUESTIONS

Q: How young can you be to go on a Splore trip?

A: Splore requires participants to be at least 5 years old.

Q: What is the minimum number of people that can go on a trip?

A: There is no minimum, however the more people you bring on a trip, the cheaper the price per person. Please refer to our Dates & Rates page on our website www.splore.org.

Q: Do I need to bring my own food?

A: Our Salt Lake City day trips do not provide meals. All overnight trips include meals, as well as Moab day trips.

Q: Do you provide transportation?

A: If you need transportation, please call the Splore office at (801) 484-4128. We charge \$250 for round trip transportation in the Salt Lake City area. Moab area rates vary.

Q: I have a disability that limits my ability to take care of my own personal needs. Will Splore guides be able to assist me?

A: Splore guides are trained in transfers and assisting participants in getting around camp, they are not trained personal care attendants. If you need assistance with any of the following: toileting, eating, taking medication, dressing, and getting in/out of bed, then you will need to bring a personal care attendant with you. There is no additional cost for one attendant to accompany you.

Q: What if I can't afford the full cost of the trip?

A: Splore staff work tirelessly to get grants to underwrite the cost of our trips for low-income individuals and families. If you need a scholarship, please contact the office or visit the scholarship page on our website. Please keep in mind that everyone must contribute at least 10% of their trip cost.

Q: Is there anyone you won't take on a trip?

A: It is Splore's mission to get everyone outside to experience amazing adventures, however, we do have some criteria that participants need to meet to be able to go on trips with us. See page 9 for Essential Eligibility Criteria.





DIRECTIONS TO ADVENTURE LOCATIONS

The following directions are from Salt Lake City. Refer to your trip confirmation for the location of your trip.

If you get lost, you can call the Splore Office at 801-484-4128. If the office is closed, please leave a voicemail at extension 504 – the guides will periodically check it for messages and will get back in touch with you.

MOUNTAIN DELL GOLF COURSE RECREATION AREA

1. Take I-80 East towards Cheyenne.
2. Take Exit 134 (East Canyon).
3. Turn left after getting off the exit.
4. Continue past the off ramp for I-80 West.
5. Make the next right.
6. Continue east until you see the parking lot.

EAST CANYON

1. Take I-80 East towards Cheyenne.
2. Take Exit 134 (East Canyon).
3. Turn left after getting off the exit.
4. Continue past the golf course.
5. Go 2 miles up hill. There will be a parking lot on your right.

MILLCREEK CANYON

1. Take I-80 East to I-215 South, take Exit #4 3900 S. Turn left off the exit.
2. Take the first left onto Wasatch Blvd, heading north.
3. Take the first right onto 3800 S (Millcreek Canyon Road).
4. Follow until the toll booth.
5. From the toll booth, continue up the canyon road about 4 miles.
6. We'll meet you at the gate.
7. On the way out, please don't pay. We have an agreement with the County and USFS, and you are covered on our permits.

SILVER LAKE AT THE SOLITUDE NORDIC CENTER

1. Take I-80 East to I-215 South.
2. Take "Cottonwood Canyons" exit #6 and head east towards Big Cottonwood Canyon.
3. Turn left at the mouth of Big Cottonwood Canyon (7200 South). There is a 7-11 store at this junction.
4. Continue up the canyon past the Solitude Ski Resort.
5. The road will split and turn into a one way.
6. The Nordic Center is on the right just as you enter a one way circle at the top of the canyon that brings you to the Brighton parking lot.
7. We will meet you in the parking lot.

ALTA – SUMMER ROAD

1. Take I-80 East to Exit 128 I-215 Belt Route.
2. Take I-215 to Exit 6, 6200 S.
3. Turn left, following signs for east, at the end of the exit onto 6200 S.
4. Continue on 6200 S. (turns into Wasatch Blvd) up past the mouth of Big Cottonwood Canyon.
5. Continue on Wasatch till you enter the mouth of Little Cottonwood Canyon (UT-210).
6. Continue about 18 miles till you pass Alta Ski Resort.
7. Stay to your left as the road splits to head down to Albion Basin part of Alta.
8. Pull in and park anywhere after the split. We'll meet you there.

THE UINTAS – CAMP OAKLEY

1. Take I-80 East to Exit 146 US-40 towards Heber/Vernal.
2. Take US-40 to Exit 4 towards Park City/Kamas.
3. Turn left onto UT-248 East.
4. After 1.8 miles, turn left onto Brown's Canyon Rd.
5. After 6.9 miles, turn right onto UT-32 South.
6. After 3.7 miles, turn left on Weber Canyon Road.
7. Follow for 5.3 miles. You will see a white fence on the right side of the road. Turn in at the first right. The parking lot will be immediately to the left.

The following are used if Splore is providing transportation:

REI IN MILLCREEK

1. Take I-80 East and merge onto I-215 South.
2. Take Exit 3, 3300 South.
3. Turn right off the exit ramp and head west on 3300 South.
4. Go past the first traffic light.
5. At the second traffic light turn right.
6. Turn right into the parking lot and head towards the REI.
7. Splore will be waiting behind the car wash.

3900 PARK & RIDE

1. Take I-80 East and Merge onto I-215 South.
2. Take Exit 3, 3300 South.
3. Turn left off the exit ramp and cross over the interstate.
4. Turn left onto Wasatch Blvd.
5. Follow the road past one traffic light.
6. Turn right into the Park & Ride located across from Wells Fargo.
7. Splore will meet you there.

6200 PARK & RIDE




1. Take I-80 East and merge onto I-215 South.
2. Take Exit 6, 6200 South.
3. Turn left onto 6200 South.
4. Follow up the hill and at the traffic light at the Wasatch Blvd intersection turn left.
5. Follow till the entrance to the Park & Ride.
6. Splore will meet you at the south end of the Park & Ride.



774 East 3300 South Suite 105
Salt Lake City, UT 84106
www.splore.org
(801) 484-4128



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