

# Nordic Events Schedule 2022-2023

**Dec. 30<sup>th</sup>** **Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.

**Jan. 7<sup>th</sup>** **Cross Country Ski Lesson (SP&R)** **Cross Country Ski Lesson 49 Degrees North 1** day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, and instruction. Bring a lunch and plenty of water. Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Jan. 8<sup>th</sup>**, **Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Jan. 15, 2023** **Wintersportsfest** Tons of free and fun activities for skiers, snowshoers, alтай skiers, and fat tire bikers. In partnership with Spokane Parks & Rec., Altai Ski, and North Division Cycle.

**Jan. 21-22<sup>nd</sup>** **Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian

**Jan. 28<sup>th</sup>** **Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.

**Jan. 29<sup>th</sup>** **Cross Country Ski Lesson (SP&R)** **Cross Country Ski Lesson 49 Degrees North 1** day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, and instruction. Bring a lunch and plenty of water. Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Feb. 5<sup>th</sup>** **Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Feb. 12<sup>th</sup>** **Cross Country Ski Lesson (SP&R)** **Cross Country Ski Lesson 49 Degrees North 1** day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes

basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, and instruction. Bring a lunch and plenty of water. Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Feb. 17<sup>th</sup> Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.

**Feb. 19<sup>th</sup> Chewelah Peak Challenge Fat Tire Bike Race** 7 km race on lower trail system with single track downhill sections, conditions permitting. Register 9:30 – 10:30 am start 11 am. Demos available in partnership with **North Division Cycle**.

**Feb. 25-26<sup>th</sup> Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian.

**Feb. 25<sup>th</sup> Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Mar. 4<sup>th</sup> Cross Country Ski Lesson (SP&R) Cross Country Ski Lesson 49 Degrees North** 1 day | Ages 13+ Learn to cross country ski and tour the trails of 49 Degrees North Nordic Area! You will be taught the basics of cross country skiing by 49 Degrees North certified P.S.I.A ski instructors. Instruction includes basics of equipment, techniques on how to glide on your skis, how to travel uphill and how to stop going downhill. After a fun lesson we will hit the trails for a tour of the area trying out our new skills. Beautiful scenery and exercise is what cross skiing is all about! Includes: skiing equipment, trail pass, and instruction. Bring a lunch and plenty of water. Additional information emailed after registration [through Spokane Parks and Recreation](#).

**Mar. 5<sup>th</sup> Fat Tire Bike Day** Demos, rentals, and race. Demos available in partnership with **North Division Cycle**.

**March 11<sup>th</sup> Snowshoe Tour (SP&R)** 1 day | Ages 15+ Tour the trails of 49 Degrees North! Your guide will give you tips leading to better control and more fun on your snowshoes in this non-competitive atmosphere. Beautiful scenery and healthful exercise followed by a tasty lunch in the yurt. Includes trail pass, guide/instructor, poles, snowshoes and lunch! Additional information emailed after registration [through Spokane Parks and Recreation](#).

**March 18-19<sup>th</sup> Family Nordic Weekend** Kids under 18 receive trail pass and equipment rental for free when accompanied by parent or guardian.

**Mar. 25<sup>th</sup> Gone to the Dogs and Skijor Day** Dogs allowed on lower trail system all day when accompanied by their human with a pass.