

Fernie Nordic Society



How good of shape do you need to be in? What about age or physical problems?

Although Cross Country Skiing definitely lives up to its reputation as the "world's best aerobic workout", newcomers should not be frightened by images of sweating figures struggling through the wilderness. Cross Country Skiing can be as easy as a pleasant glide through a neighborhood park...or it can be the best overall fitness experience of your life. Go at your own pace, pick a destination, and off you go. That's all there is to it!

The quick learning curve, low injury rate, and natural motions of XC Skiing allow folks of all ages, fitness levels and interests to participate. Even toddlers just learning to walk can often be found on XC skis. (Interestingly, many alpine ski instructors encourage parents to make Cross Country Skiing a child's very first experience on snow due to the lightweight, inexpensive equipment and the general freedom of movement.). At the other end of the spectrum, super-Masters up to 100+ years young come out every winter to enjoy the rhythmic, low-impact feeling of gliding across gentle terrain.

Because you can XC Ski just about anywhere with snow, you can match the terrain to suit your fitness level and interests. Medical problems, intimidation factors, and low fitness levels are only rarely an obstacle to participation in XC skiing. As always, check with your physician before trying any new fitness activity. *Note: Disabled skiers are commonly found out on the ski trails including sit skiers in specially built sit-ski sleds.*
