

Fernie Nordic Society



What is the best way to go skiing the first couple times?

The best possible way to go skiing for the very first time (or after several years) is to head for a commercial cross country ski center. There you can rent an equipment package, get a professional lesson, and ski on packed ski trails all for a very reasonable price. Even if you just plan to ski off-track, this is a great investment for future enjoyment of the sport. Packed trails make learning or re-learning the basic motions a snap and the quality instruction available at most commercial areas will yield benefits for years to come. Usually you can get a package including lessons, trail pass, and rentals for less than the cost of a lift ticket at a major Alpine resort.

Most commercial areas recommend learning how to Classic ski first before trying to master the Skating technique. The basics of the Classic motion can be learned within an hour for most folks while the Skating technique can be a frustrating activity to try to learn without any Classic background. The exception to this rule-of-thumb would be individuals with an extensive alpine skiing background and/or experts in ice skating or roller blading. Even then, most top instructors and coaches advise learning the Classic technique as your first introduction to cross country skiing.

If you live in an area without cross country ski centers you can always give the sport a try on your own--preferably at a fairly flat and well-protected location such as a park. Word Of Warning: Although snow-covered golf courses offer attractive terrain and can be great places to ski, always check with the owners before venturing out! Please note, however, that skiing for the first time or first couple times on ungroomed snow and without professional instruction can often yield a less-than-optimal day on snow.

One last thing...if you have a hard time your first time out, DO NOT QUIT! Just make a point of going to a groomed area the next time and getting a professional lesson.