



Cross Country and Snowshoeing Program
January – March of 2010
Tuesdays at 9:00, meet at the Bozeman Senior Center – 586-2421
Program Coordinator: Regina Demis

Program Description: This program is designed to be enjoyable for all and to let seniors take advantage of the area in which they live while being in an environment that is safe, friendly, and scenic. Enclosed, you will find more detailed information about each trail. The meeting place will be at the Bozeman Senior Center at 9:00 a.m., Tuesday mornings starting in January 2010. You may meet at the trailhead if this is more convenient. Please dress appropriately for the weather. Layering is encouraged and you can always take sweaters and long sleeves off. *We encourage those who have their own equipment to bring it in addition to walking sticks or poles; these are important for keeping balance.* We will try to be back to the Bozeman Senior Center by Noon, 12:00 p.m. unless that day has specified to bring a lunch then we will extend the time.

The cross country skiing and snowshoeing program will be geared to those who have never done this kind of recreational activity or who are not experienced and would like to be with a group. Those who are at an intermediate level or advanced are also encouraged to participate. Adults only please. Adult children, over the age of 20, may participate as guests. No one under 20 is allowed to come cross country skiing or snow shoeing.

Items to have:

Equipment

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| Skis with bindings | Boots |
| Poles | Daypack or fanny pack |
| Drinking water in an insulated container | Map of ski area in a waterproof case |
| Extra clothing (socks, mittens, hat) | Food or snacks |
| Sunscreen and lip balm | Sunglasses or goggles |
| Small first-aid kit | Ski wax and waxing tools |
| Money for ski pass and lunch | |

Clothing

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| Wicking long underwear top and bottom (such as MTS®, SmartWool or Capilene®) | Fleece jacket or wool sweater |
| Fleece tights or wool pants/knickers | Ski socks (wool or synthetic) |

Wicking liner socks

Outerwear

Windproof soft-shell jacket or windproof/waterproof/breathable shell jacket (such as Gore-Tex® or REI Elements®)

Windproof soft-shell pants or windproof/waterproof/breathable shell pants (such as Gore-Tex® or REI Elements®)

Waterproof gloves or overmitts or shelled ski gloves

Fleece or wool mittens or gloves

Neck gaiter or balaclava

Fleece or wool hat or headband

Helpful Hints: Stores that you can make purchases of gear or get advice are Bangtail and Round House. For online purchases there is www.rei.com, www.Costco.com, and www.LLBean.com.

1. No longer can you select the right cross-country ski length by simply raising your arm and measuring to your wrist. Body weight is much more the determining factor in ski selection, along with skiing ability and terrain.
2. Waxable skis typically outperform nonwax models when they're prepared and cared for correctly. However, many recreational skiers prefer the ease of use of nonwax skis.
3. Make sure the boots you buy fit comfortably and hold your feet solidly in place. They must also be compatible with your bindings.

Transportation and fees: You may be required to drive your own vehicle to the start trail. The Bozeman Senior Center encourages carpooling. Fees may apply to some trails, specifically those that are groomed. Please give a donation when asked. If you decide to cross country ski more than what this program allows and on groomed trails then it is asked that you purchase a Community Nordic Trail pass at either Northern Lights or Bangtail for \$40.00 for individuals or \$80.00 for a family pass.

Cancellation policy: The Bozeman Senior Center will not do cross country skiing or snow shoeing if the weather is twenty degrees (20 °F) or lower, in the areas that are specified for the particular day designated.

January 12, 2010

Centennial Park

Distance: .5 mile around the park

Amount of scheduled time: 1 hour

Elevation gain: Mostly level

Summary of area: This is a great area due to its location, being behind the Bozeman Senior Center. It is convenient and you are able to test out the activity of cross country skiing or snowshoeing. You may also step back into the Senior Center to grab some coffee or hot chocolate and warm up as well as use the bathroom. Those who are interested in trying cross

country skiing or snow shoeing are *strongly encourage to participate here so they may understand and experience the activity and can then determine whether they would like to go on other trails*. We will circulate the park a number of times so that a workout is achieved.

Driving Directions: Park in the Bozeman Senior Center parking lot, 807 North Tracy. You can then head out through the back patio door and start putting your gear on.

January 19, 2010 **Centennial Park**

Distance: .5 mile around the park

Amount of scheduled time: 1 hour

Elevation gain: Mostly level

Summary of area: This is a great area due to its location, being behind the Bozeman Senior Center it is convenient and you are able to test out the activity of cross country skiing or snowshoeing. You may also step back into the Senior Center to grab some coffee or hot chocolate and warm up as well as use the bathroom. Those who are interested in trying cross country skiing or snow shoeing are *strongly encourage to participate here so they may understand and experience the activity and can then determine whether they would like to go on other trails*. We will circulate the park a number of times so that a workout is achieved.

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January 26, 2010 **Valley View Golf Course**

Distance: Several miles can be done depending on the size of loops one takes.

Amount of scheduled time: 9:15 a.m. until 11:30 a.m.

Elevation gain: 250 feet

Summary of area: Local golf course in town.

Driving Directions: Start out going south on N Tracy toward E Aspen St. and turn left on E aspen Str. Turn right on N Rouse Ave and then left onto East Main. Turn right on South Church Ave and right onto East Kagy Blvd. You will then need to make a u-turn and then turn right into the parking lot of Valley View Golf Course. PHONE: (406) 587-9751

February 2, 2010 **Lindley Park**

Distance: One can probably make several loops around the park, getting in a few miles.

Amount of scheduled time: Begin skiing at the park at 9:15 am and stop at 11:30 am.

Elevation gain: 100 feet

Summary of area: Lindley Park is one of Bozeman's largest and most used parks. It is located on East Main Street, north of the Sunset Hills Cemetery. The east side of the park was purchased by the city in 1918 from Rachel M. Lindley. The west side of the park was originally a landfill that was reclaimed and turned into parkland. The Park is home to the Sweet Pea Festival during the first week of August. The park has a large pavilion that can be reserved for gatherings.

Driving Directions: From the Bozeman Senior Center you will start going south on North Tracy Ave toward East Aspen Street and then turn left onto East Aspen Street. Turn left on East Aspen Street and then right onto North Rouse Ave and then left on East Main and then right on to Cypress Street, this street then becomes East Curtiss Street. This is a total of 1.5 miles and will take roughly 10 minutes.

February 9, 2010

Bridger Creek Golf Course

Distance: 7 miles

Amount of scheduled time: Begin at 9:30 am and done by 11:30 am and back at the Bozeman Senior Center by Noon

Elevation gain: 250 feet

Summary of area: This is a great beginners area because it is mostly level but can still present some challenges with inclines and declines.

Driving Directions: The Bridger Creek is on the north east side of Bozeman, Montana, within the city limits. From the I-90, 7th Avenue Exit go north 200 yards and turn right on Griffin Drive. At the next stop light which is Rouse Avenue turn left follow Rouse past Zigs Lumber and turn left on Story Mill Road, go 1/3 mile to McIlhattan Road and turn left. The Pro Shop is on your right about 1/2 miles past Story Mill and McIlhattan. We're less than 5 minutes from 7th Avenue and I-90 and about 5 minutes from downtown Bozeman.

February 16, 2010

Centennial Park

Distance: .5 mile around the park

Amount of scheduled time: 1 hour

Elevation gain: Mostly level

Summary of area: This is a great area due to its location, being behind the Bozeman Senior Center it is convenient and you are able to test out the activity of cross country skiing or snowshoeing. You may also step back into the Senior Center to grab some coffee or hot chocolate and warm up as well as use the bathroom. Those who are interested in trying cross country skiing or snow shoeing are *strongly encourage to participate here so they may understand and experience the activity and can then determine whether they would like to go on other trails*. We will circulate the park a number of times so that a workout is achieved.

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February 23, 2010

Bohart Ranch

Distance: Varies

Amount of scheduled time: Start skiing around 10:30 until 12:30 and back to Bozeman Senior Center by 2:00 pm

Elevation gain: Beginning elevation is 6,050 feet – 6,580 feet

Summary of area: The Ski Center is well known for having impeccably groomed trails. Our 25k of trails are groomed on a regular basis to provide smooth and consistent skiing. We use the latest in grooming technology. Currently Bohart trails are groomed with a Bombardier BR-180. In addition snowmobiles with specialized attachments are used for supplemental grooming. Trails are 15 feet wide and laid with a set of classic tracks next to a skate lane. The base area of Bohart is located at 6,100 feet. Our plentiful cold snow conditions and grooming perfection make us known for the best Nordic skiing this side of Norway! Bohart Ranch Cross Country Ski Center grooms of 25k of quality trails appropriate for both the recreational and competitive skier on private and Forest Service terrain. Trails are 15 feet wide and laid with classic tracks and a skating lane.

DAILY TRAIL FEES for Bohart Ski Resort

Adult: \$15

Youth 7 - 12: \$8

Children 6 and under: FREE

Adult 70 and over: FREE Ski Free on Your Birthday! Cash or Check Accepted. No Plastic.

RENTAL EQUIPMENT

Our Ski Shop has rental equipment to suit the needs of classic and skate skiers of all ages and abilities. We rent quality Madshus skis with NNN bindings and Alpina boots. Our knowledgeable staff is able to advise you on choices of touring or performance packages. The technicians keep our equipment in peak condition for your skiing enjoyment.

Adult Classic Package (boots, skis, poles): \$15

Child Classic Package (12 and under): \$10

Skate Package: \$20

Snowshoes: \$15

Classic Boots: \$8

Skate Boots: \$10

Classic Poles: \$4

Skate Poles: \$6

Classic Skis: \$10

Skate Skis: \$12

Driving Directions: From I-90 take the Main Street exit to downtown Bozeman. After approximately one mile turn right onto Rouse Avenue North. Rouse Avenue becomes Bridger Canyon Road (Hwy 86). Continue 16.6 miles up Bridger Canyon. Bohart Ranch Cross Country Ski Center is just past mile marker 16 on your left.

March 2, 2010

Valley View Golf Course

Distance: Several miles can be done depending on the size of loops one takes.

Amount of scheduled time: 9:15 a.m. until 11:30 a.m.

Elevation gain: 250 feet

Summary of area: Local golf course in town.

Driving Directions: Start out going south on N Tracy toward E Aspen St. and turn left on E aspen Str. Turn right on N Rouse Ave and then left onto East Main. Turn right on South Church Ave and right onto East Kagy Blvd. You will then need to make a u-turn and then turn right into the parking lot of Valley View Golf Course. PHONE: (406) 587-9751

March 9, 2010

Bohart Ranch please look at Feb. 17 for details

March 16, 2010

Lindley Park

Distance: One can probably make several loops around the park, getting in a few miles.

Amount of scheduled time: Begin skiing at the park at 9:15 am and stop at 11:30 am.

Elevation gain: 100 feet

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that was reclaimed and turned into parkland. The Park is home to the Sweet Pea Festival during the first week of August. The park has a large pavilion that can be reserved for gatherings.

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March 23, 2010

Valley View Golf Course

Distance: One can probably make several loops around the park, getting in a few miles.

Amount of scheduled time: Begin skiing at the park at 9:30 a.m. and stop at 11:30 a.m.

Elevation gain: 100 feet

Summary of area: Local golf course in town.

Driving Directions: Start out going South on North Tracy Ave toward East Aspen Street. Turn left onto East Aspen Street. Turn right onto North Rouse Ave/MT-86. Turn left onto East Main ST/I-90 BL/US-191. Turn right onto South Church Ave. Turn right onto East Kagy Blvd. Make a u-turn onto East Kagy Blvd. 302 East Kagy Blvd. is on the right.

March 30, 2010

Mill Creek & Chico Hot Springs

Distance: 8 miles round trip

Amount of scheduled time: This will be an all day trip so please pack a lunch, water, and some snacks. For those who are interested they may continue their journey for a nice soak at Chico Hot Springs and then may stay the night. If this is something you would like to do I suggest you call as soon as possible and make reservations, their number is 406-333-4933.

Elevation gain: Summary of area: Mill Creek is one of two corridors that extends deep into the Gallatin National Forest. From the Mill Creek drainage, hikers and horseback riders can get to numerous trailheads that provide access to dozens of lakes and destination points. Mill Creek also provides access to Passage Creek Falls.

Driving Directions: Take I-90 east towards Billings to get to Livingston take the second exit and head south on Highway 89 about 15 miles, then east on Mill Creek Road #486 for 12 miles.