

Nordic Centre



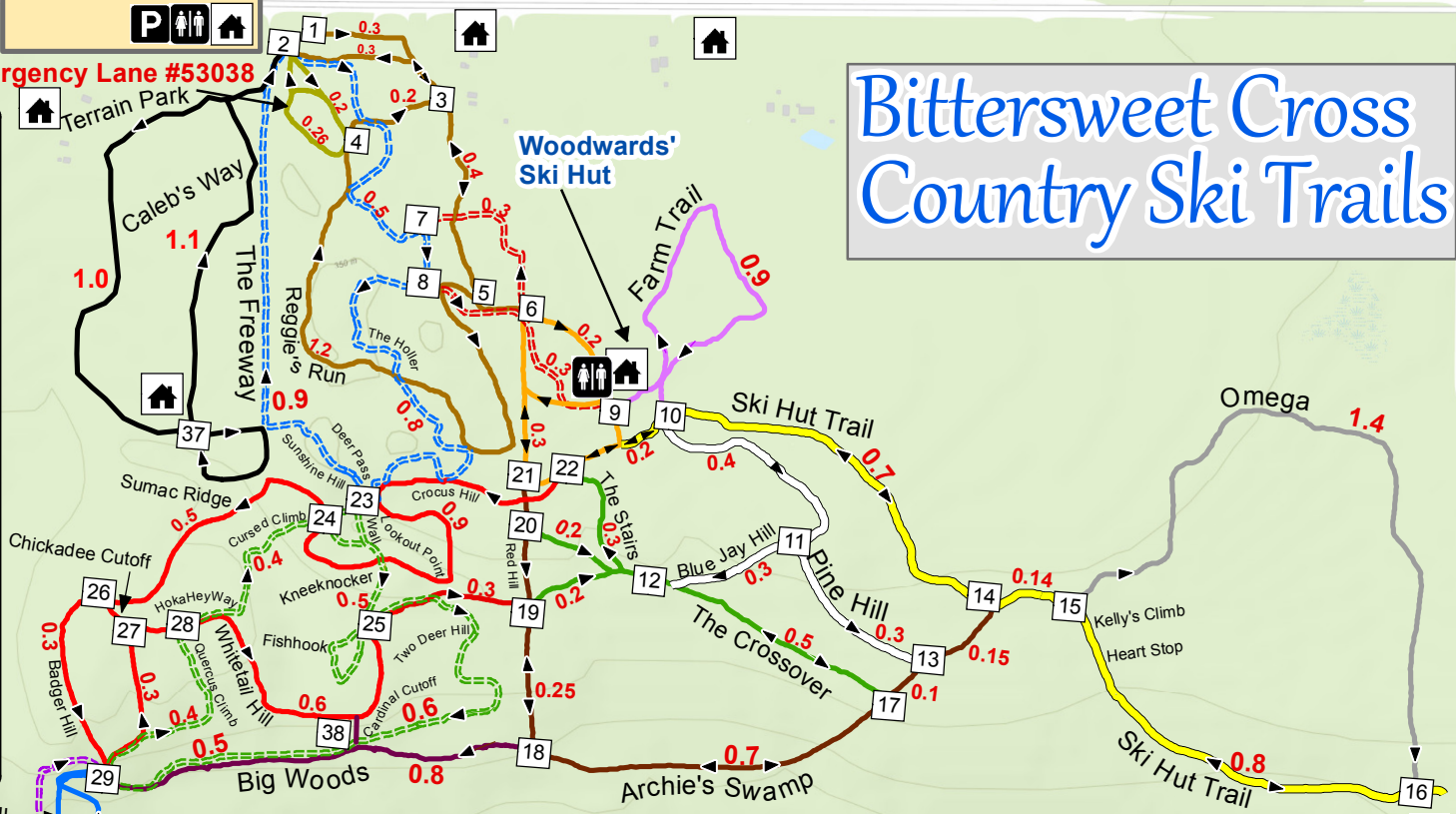
Emergency Lane #53038

Terrain Park

- In an Emergency:
- (1) Note your location by trail name and junction number.
 - (2) Call the Local Help numbers provided on signs at the trailheads.
 - (3) If Local Help is not available, call 911.
 - (4) Direct responders to the Emergency Road Number on map closest to your location.
 - (5) Proceed to nearest Emergency Road and wait there to direct responders.
 - (6) Ask other skiers to help move the injured skier to the trailhead. Emergency sleds are located at the Nordic Centre and Ski Hut.

Assiniboine Hills Trail

Bittersweet Cross Country Ski Trails



Highway 242



Emergency Lane #52030

Emergency Road #54W
Emergency Lane #51137

Trail Name	Style	Length (km)	Difficulty
Caleb's Way		2.1	Easiest
North Star		2.5	Easiest
Blues Trail		0.8	Easiest
Farm Trail		0.9	Easiest
White's Way		1.0	Moderate
Ski Hut		2.0	Easiest
Omega	Classic	2.2	Easiest
Archie's Swamp		2.3	Easiest
Raven's Ridge		1.2	Moderate
Cottonwood		3.1	Challenging
Oak Ridge		4.5	Challenging
Skater's Waltz		1.1	Easiest
Oak Meadow	Skate	2.3	Moderate
Ridge Runner		2.5	Challenging
World Cup		2.8	Challenging
Terrain Park	Both	0.46	Easiest

Special Hills: These hills require SKILL and CAUTION and are dangerous when icy. When in doubt remove your skis and walk down the SIDE of the track. Red Hill, Coyote Hill, Badger Hill, Timberdoodle, Whitetail Hill, Sumac Ridge, Pine Hill, Hoka Hey Way, The Holler, Knee Knocker.



Distance between trail junctions in km: 1 0.5 2

House or Shelter Parking Outhouse

Direction of Travel: Classic Skate

Background: Forest Meadow River