



# 2002-2003 Denare Beach Crosscountry Ski Trails

0 100 200 metres



### Trail Legend

☆ — ☆ Segment length (m)

Amisk Lake

Mosher Lake

Docks  
Rocky View Lodge

Campground Loop = 707m

To Denare Beach →

Mosher Creek

### Safe Skiing Guide

Let someone know where you will be skiing and what time you will be returning.

Check your equipment before you leave to ensure that it functions properly and that you have everything that you will need.

Carry a map of the area where you are skiing. If trails are not marked, take a compass.

Ski within your ability - don't over exert yourself with difficult trails and distances.

Ski in groups so if someone is injured, one person can stay with the victim while the other goes for help.

Know the symptoms of and remedies for frostbite and hypothermia. Check the other members of your group for symptoms at regular intervals.

Before crossing ice over lakes or streams, ensure that it is thick enough to support your weight.

Stay alert to other skiers, problems, and dangers on the trails.

Be courteous to others on the trails.

