

Nordic Ski Lessons

Know your level, signs below will assist


Wilderness Sports Snowsports School has created an easy self evaluation guide to assist in determining ability levels. The green circle ●, blue square ■ and black diamond ◆ are consistent with the symbols used to mark the trails on the mountain.

* Please note the Nordic Trails are ONLY signed by distance NOT ability or 'difficulty'. *

● = **First Timer**, New to Skiing on Nordic equipment.

■ = **Intermediate**, Nordic Skiing: Basic Striding & Skating up to strong changes in direction.

◆ = **Advanced**, Nordic Skiing: Refined Gliding skills up to Dynamic turns & skating.

Adult & Child – Nordic Skier			
	Nordic Skier	Present Ability	Goal
	Level 1 Find my Program	First time Cross Country or Nordic skier.	Learn basic skills; gliding on snow, stopping, going uphill easily and changing direction.
	Level 2 Find my Program	Have a little experience on Nordic skis previously. You can stop and do basic skills – a refresher.	Refine gliding skills & stance; learn to change direction on the move and use terrain.
	Level 3 Find my Program	You can glide but want to develop rhythm and change direction confidently to control speed.	Learn to glide and stride with confidence, gain confidence on varied terrain and snow conditions.
	Level 4 Find my Program	You are confident with glide and balance to progress to skate skiing. Can ski with finesse and balance.	Improve skills to ski with glide and work on skate skills. Can use terrain.
	Level 5 Find my Program	You can utilise the terrain with some confidence. Skate or Stride with balance AND Rhythm.	Refine style and technique to enhance glide whether you diagonal stride or skate.
	Skill Workshop Find my Program	Minimum standard: You can confidently ski most of the Trail network in various conditions.	Sample topics: Dynamic skate skiing & turns, refine gliding skills, adapting to ungroomed and varied conditions.