



# Introduction to and basics of cross country skiing

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NMCCSC instruction

# Topics for Beginner Skiing class

- Fitness and Altitude
- Clothing
- Equipment
- Food and water
- Safety and what to Pack
- Rentals and On-the-Snow session
- Questions?



# — Fitness and Altitude

- ***The more fit you are the more fun you will have.***
  - Squats for leg strength (also one leg lunges, split squats)
  - Arm strength for poling (tricep dips, push-ups, pull ups)
  - Balance (Yoga, One leg hops, balance disc)
    - The key to good balance is strong ankles
- ***Altitude***
  - We have a responsibility to ourselves and to our traveling companions to know and self monitor to keep everyone safe



# — Fitness and Altitude

- ***“Acute mountain sickness is much better prevented than treated,”*** Peter H. Hackett. M.D. *Mountain Sickness, ISBN 0-930410-10-6*
  - *Gradual Ascent (not as important in a short-day trip)*
  - *Prevention of Dehydration (drink enough water)*
  - *Overexertion (take it easy)*
  - *High energy diet*
  - *Meds*



# — Fitness and Altitude

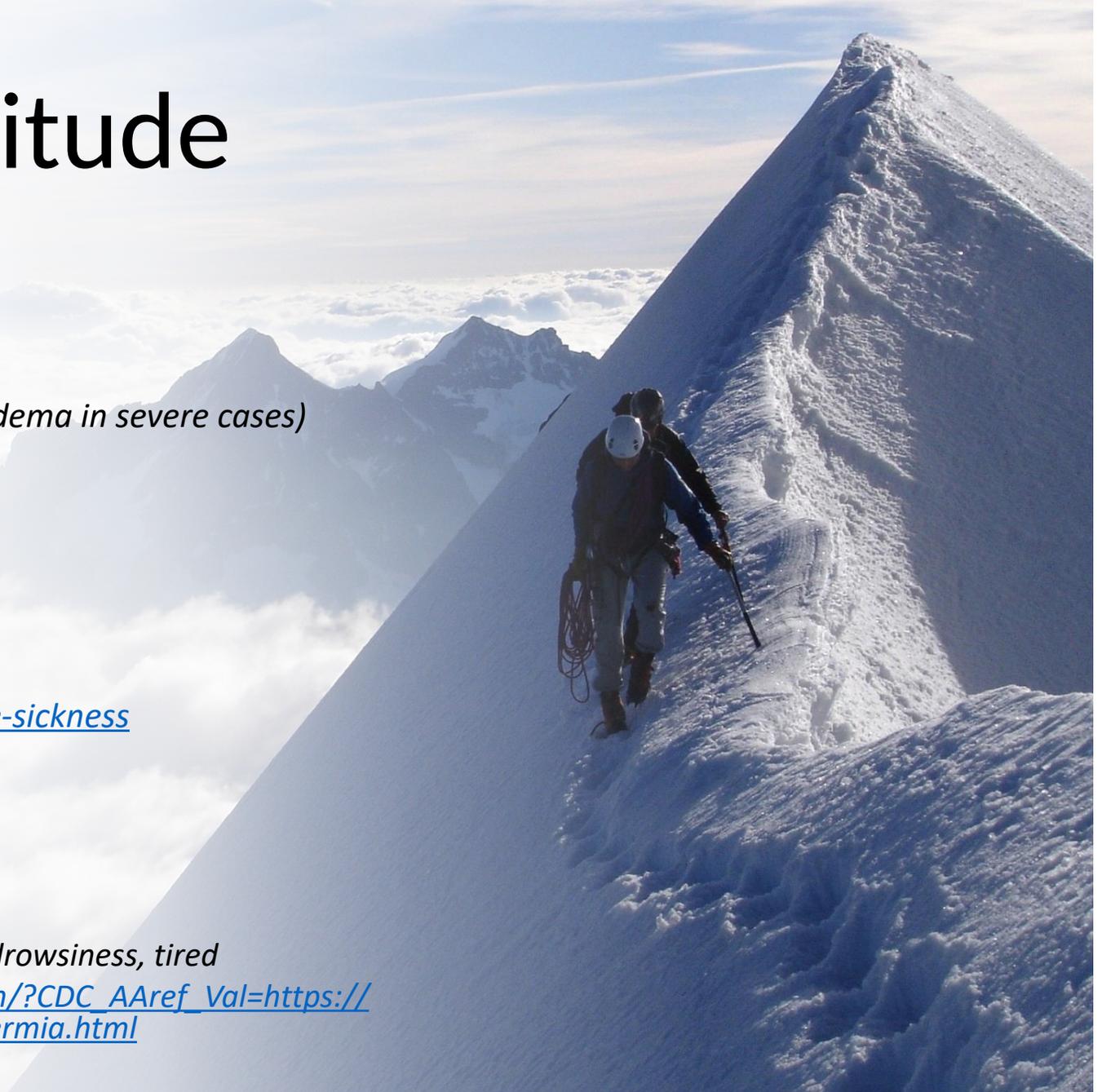
- *Altitude/ Mountain Sickness Symptoms*

- *Headache*
- *Gastrointestinal (Loss of appetite, nausea)*
- *Pulmonary (shortness of breath, pulmonary edema in severe cases)*
- *Dizziness, weakness*
- *Ataxia (Loss of Coordination)*
- *Muscle aches*
- *Insomnia*
- *Lassitude*
- *Reduced urine output*

<https://www.webmd.com/a-to-z-guides/altitude-sickness>

- *Hypothermia*

- *The “Umbles” (Stumbles, grumbles, fumbles...)*
- *Uncontrollable shivering*
- *Loss of coordination, confusion, slurred speech, drowsiness, tired*
- [https://www.cdc.gov/winter-weather/prevention/?CDC\\_AAref\\_Val=https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html](https://www.cdc.gov/winter-weather/prevention/?CDC_AAref_Val=https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html)



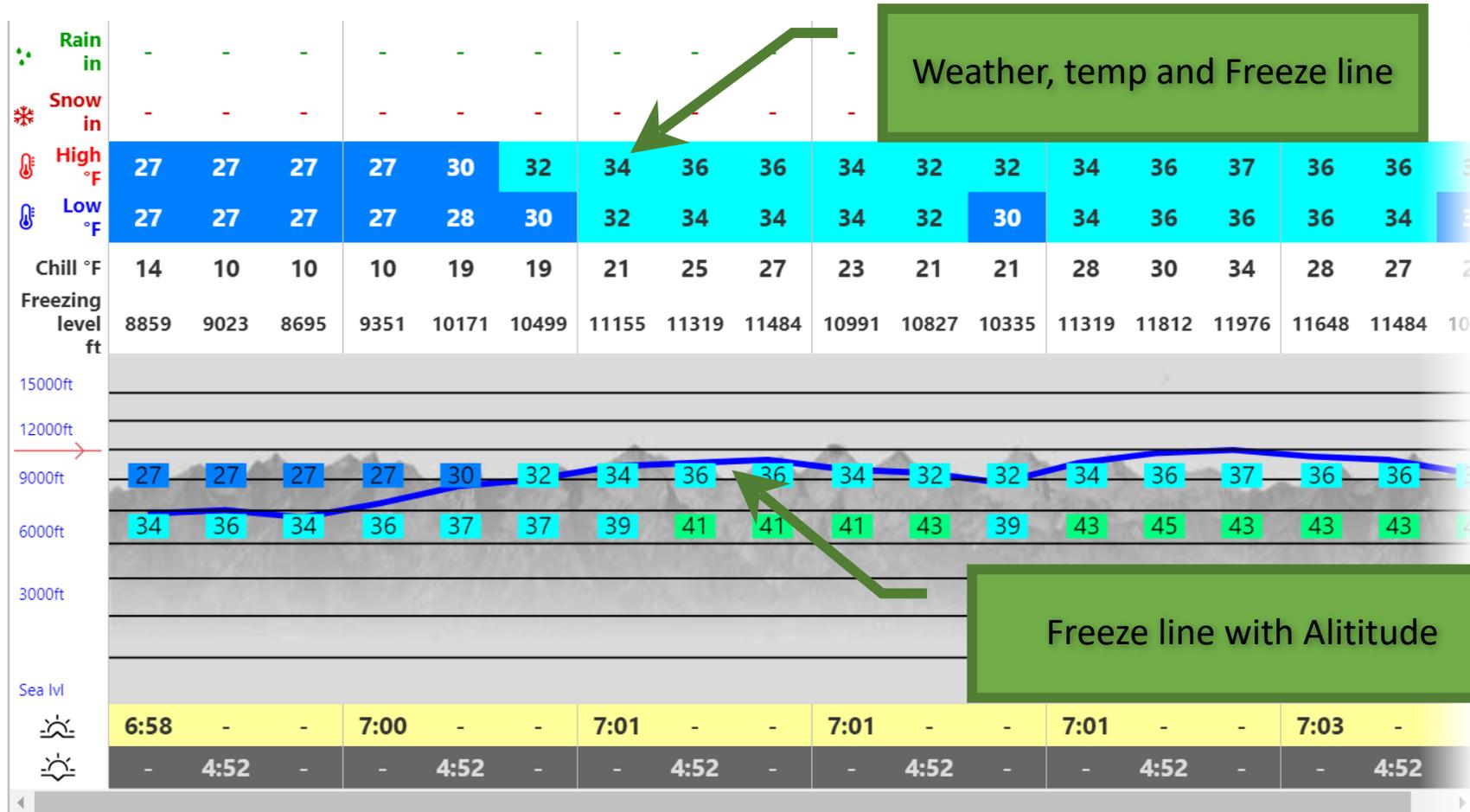
# Clothing (“Be prepared”, scout motto)

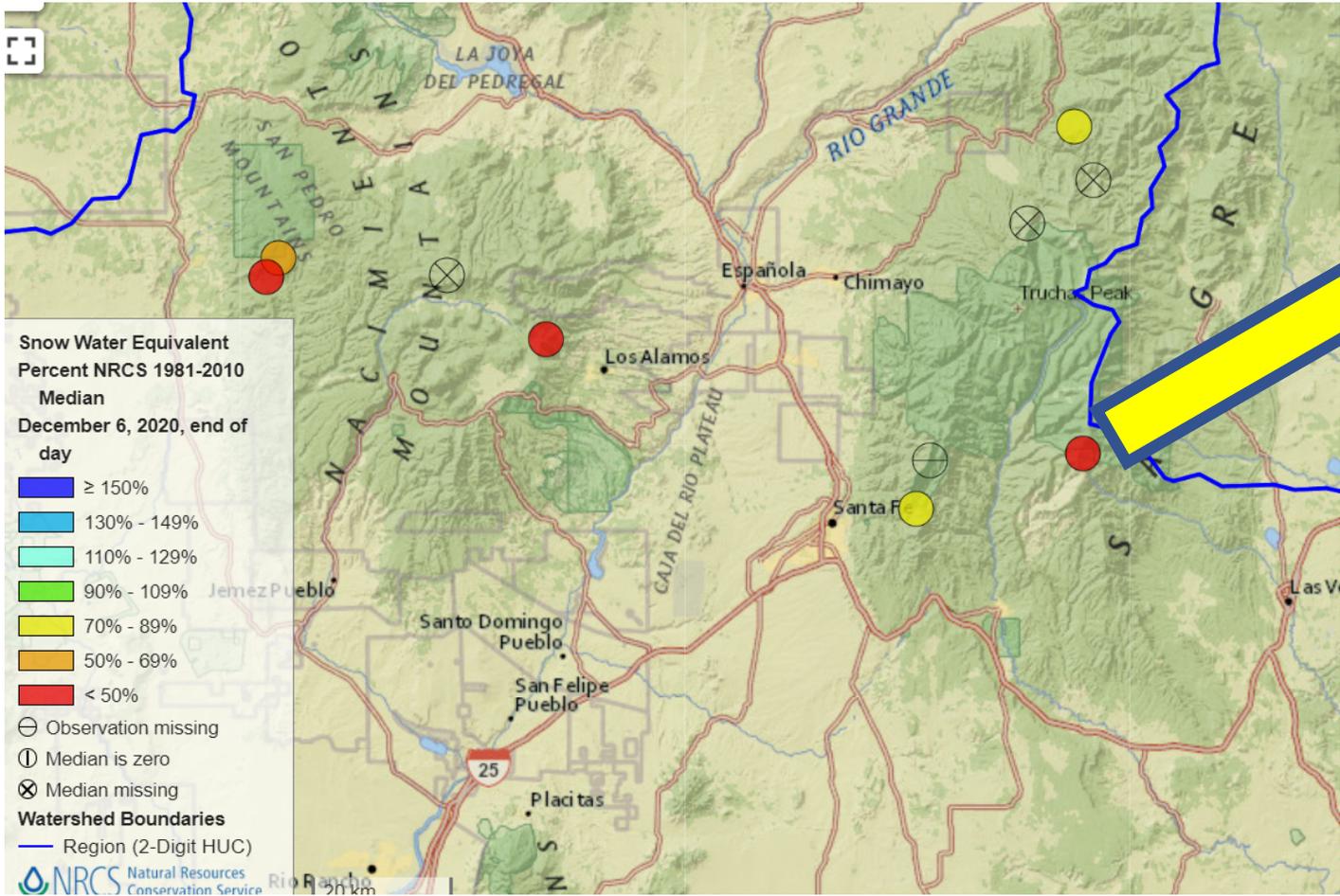


- ***Goal is to maintain comfort in conditions you expect to encounter and for your exertion.***
  - Conditions can range for sunny and ‘warm’ to cloudy, windy, and extremely cold.
- ***Planning***
  - Weather forecast for altitude you’ll be at
  - [Nmccskiclub resources](#)
  - <https://www.mountain-forecast.com/>
  - [SNOTEL](#)
  - <https://www.snow-forecast.com/maps/dynamic/col>
- ***Knowing yourself and your clothing***
- ***Chance of Injury?***

# Clothing: Planning (example Sandia 2020-Dec 4)

<https://www.mountain-forecast.com/>



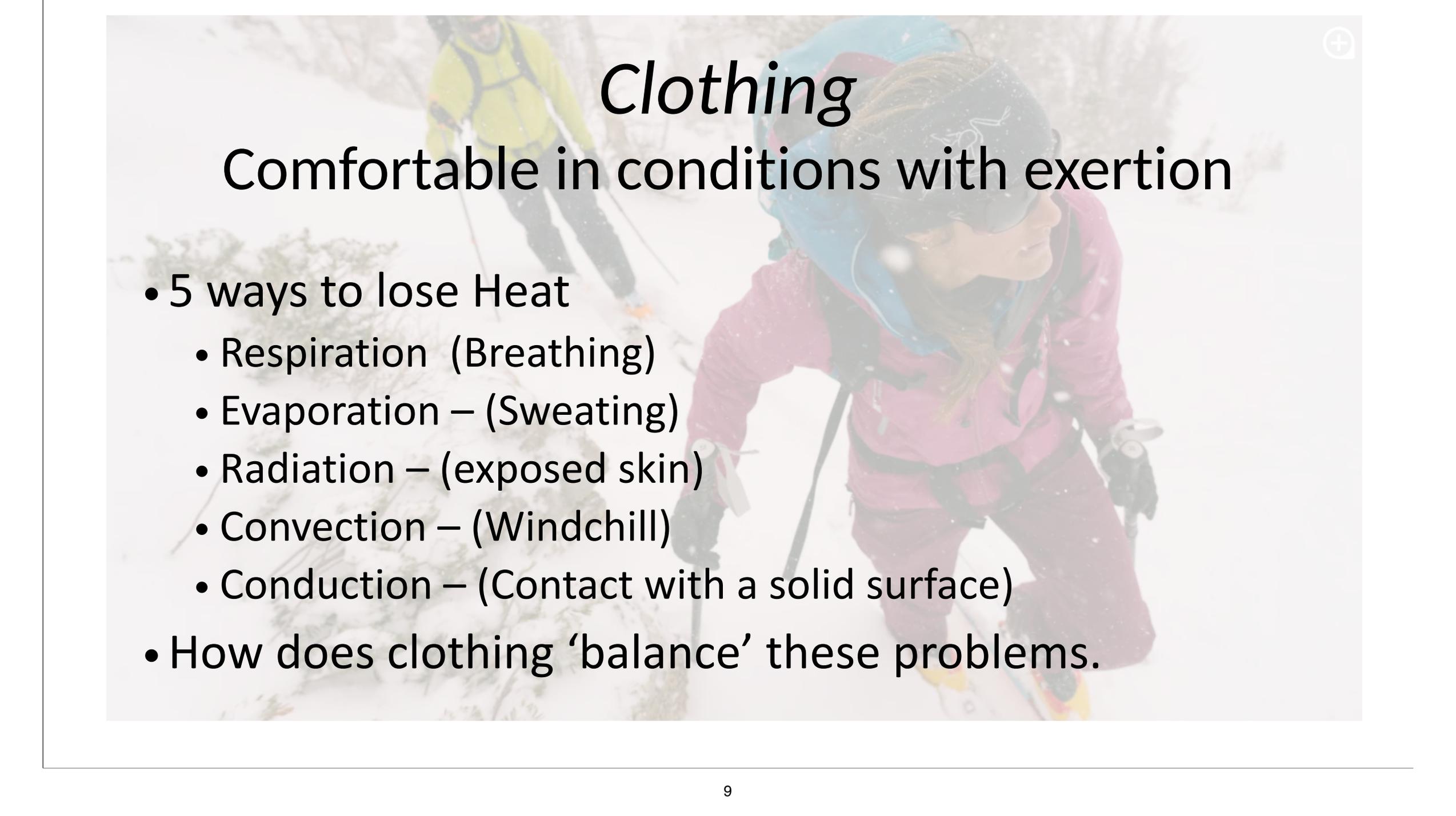


**Wesner Springs**

Station ID: 854  
 State: New Mexico  
 Network: SNOTEL  
 County: San Miguel  
 Elevation: 11120 ft.  
 Latitude: 35.78  
 Longitude: -105.54  
 HUC: 130600010802

Snow Depth (inches) on December 7,	
Value:	5
ANOMALY (	
POR	NRCS 198
% of POR Median:	63%
POR Average:	11.75
	NRCS 198

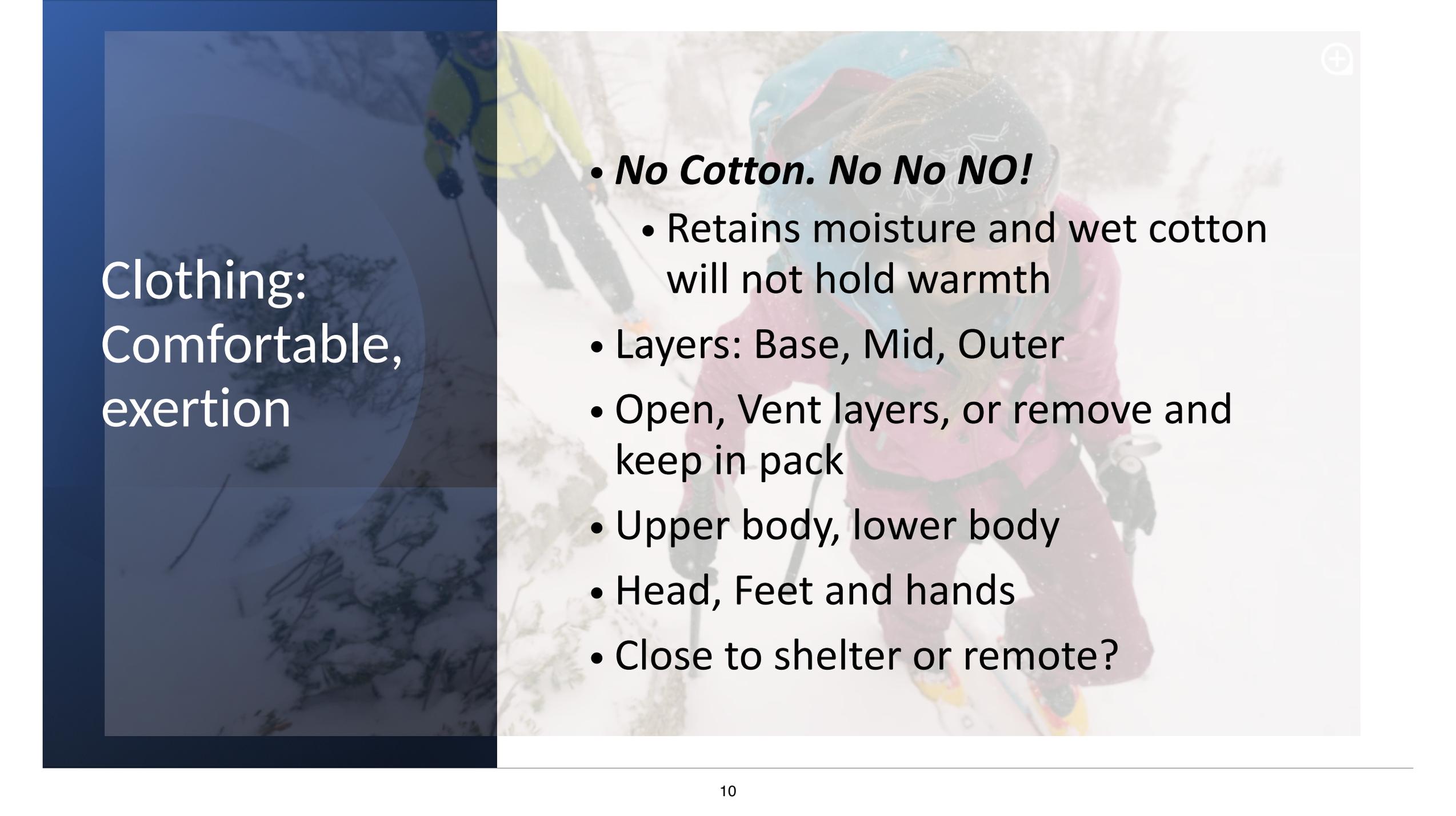
**SNOTEL** map  
 and reports  
 5" of snow



# Clothing

Comfortable in conditions with exertion

- 5 ways to lose Heat
  - Respiration (Breathing)
  - Evaporation – (Sweating)
  - Radiation – (exposed skin)
  - Convection – (Windchill)
  - Conduction – (Contact with a solid surface)
- How does clothing ‘balance’ these problems.



Clothing:  
Comfortable,  
exertion

- ***No Cotton. No No NO!***
  - Retains moisture and wet cotton will not hold warmth
- Layers: Base, Mid, Outer
- Open, Vent layers, or remove and keep in pack
- Upper body, lower body
- Head, Feet and hands
- Close to shelter or remote?



# Clothing

- What clothing should I bring?
  - *The real truth; what you already got*
  - Start with cold weather hiking (athletic) gear that you may already have
  - Think: Base-layer, mid-layer, outer-layer
  - Wind and sun protection
  - Water repellent if it's snowing

Base Layer 

Mid Layer 

Outer Layer 



Thermals



Fleece



Ski Jacket

NewToSki.c

Clothing  
Upper body

# Clothing

Comfortable in conditions, exertion



- **Base layer**

- Inner most layer: wicking thin layer (snug running shirt)
- Merino Wool, Synthetic (polyester, Poly pro) or blend
  - Synthetics dry quickly and are easier to wash
  - Wool doesn't stink but is more delicate

- **Mid-layer**

- Real warmth, but easy to get on or off, packable
- Down vest, fleece jackets

- **Outer layer**

- wind proof, water resistant, snow repelling, breathable
- Lots of ventilation openings (pit zips, zips from top and bottom)



**Base Layer**

**Outer Layer**

Thermal Pants

Ski Trousers

Clothing

Lower body  
Hands, head,  
feet.

# Odds & Ends

- Gloves, socks, hat
- Pit-zips
- Full, Mid-Zipper
- Hand and Foot warmers



# *Skies, poles, and boots ... Oh, my!*

- **Classic skiing , Skate Skiing, BC, AT, Telemark?**
- **Touring, metal edged Touring, racing performance?**
- **3-pin binding, cable bindings, New Nordic Norm (NNN) Back Country?**
- **Aluminum or Composite poles?**
- **How long, how wide at the tips and waist?**

**If you rent, you are going to get what the shop has.  
Most likely light touring skis.**

<https://ski.nmccskiclub.org/xc-bc-at-skiing-information-links/>

<https://www.rei.com/learn/expert-advice/crosscountry-ski-touring-gear.html>

# *Ski types – Form Follows Function*

- Nordic and XC – mostly in a prepared track
- Ski touring – on unmaintained trails
- Back Country - to more remote locations and wilder conditions
- Telemark – alpine touring

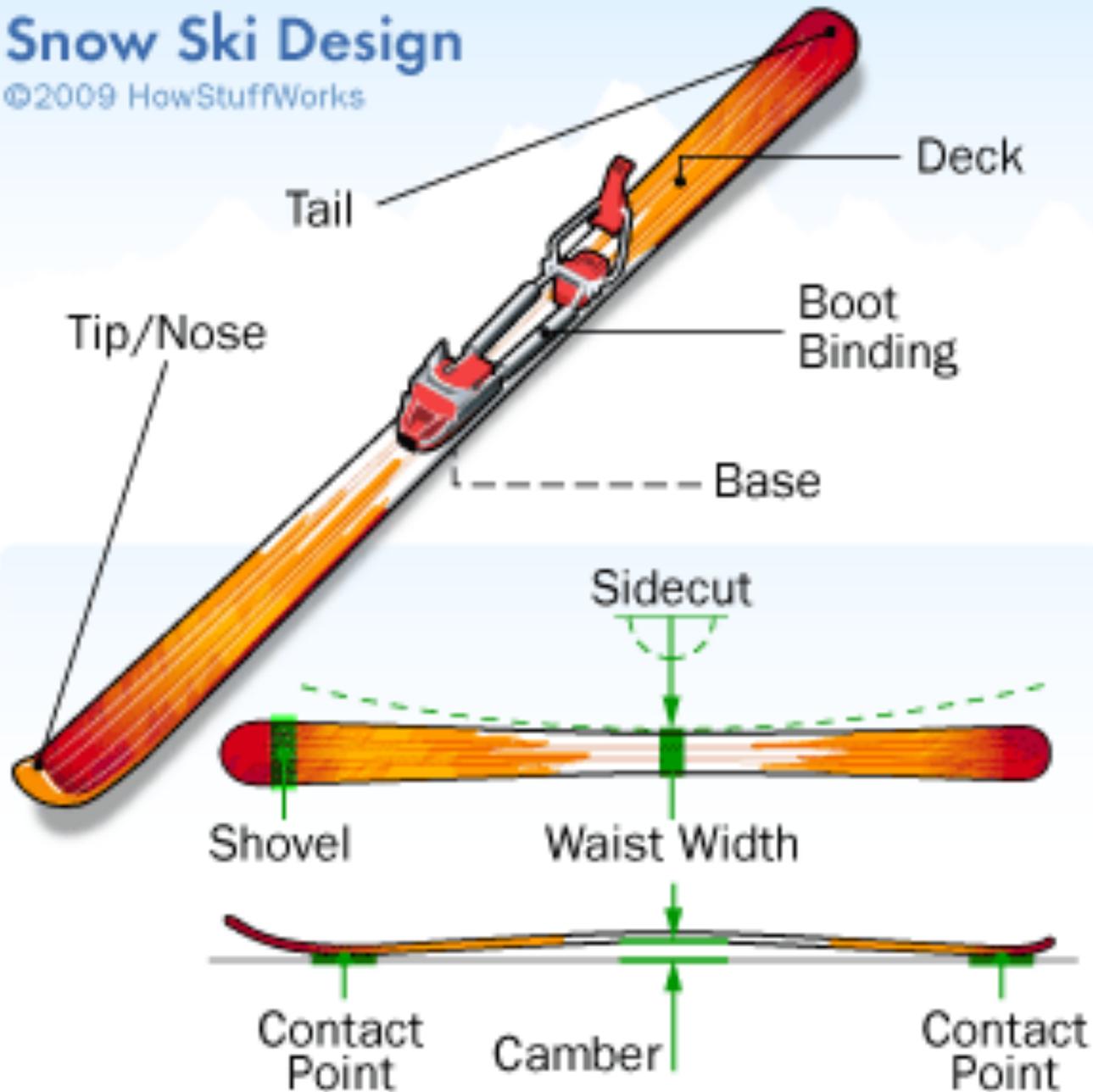
Generally, the harsher the conditions, the larger and heavier the gear.

<https://nmccskiclub.org/xc-bc-at-skiing-information-links/>

<https://www.rei.com/learn/expert-advice/crosscountry-ski-touring-gear.html>

# Snow Ski Design

©2009 HowStuffWorks



.....

Ski basics  
Length  
widths  
camber  
kick area  
binding  
boots



## **Classic or Skate Ski**

**For prepared tracks**

**For speed and**

**racing**

**performance?**

**Narrow, light, fast**



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## Classic or Skate Ski

- Boots & binding
- For prepared tracks for speed and racing performance?  
Narrow, light, fast
-



*Light touring*

NNN binding and boots

Note ridges in binding foot to align to boots for handling turns



*Touring skis*

3-pin bindings

Stiffer boots for handling tougher conditions

Higher boots to transmit forces in turns

Larger scales for better climbing



## *Telemark Skis*

3-pin bindings w/ cables for locking boot

Very high demand Tele - turns

Tall boot to transmit forces of boots to the legs



# Tech bindings

“A Definitive Guide to Telemark Gear and Norms in 2025”

<https://www.powder.com/gear/guide-to-telemark-gear-and-norms>

NTN (New Telemark Norm)

TTS (Telemark Tech System)

AT (Alpine Touring) - allows heel to lock in for downhill; a more alpine style of skiing that still allows for climbing and touring





*SKINS*  
For very demanding climbs, skins can be attached

# *In your pack*

- What you bring depends on where you are going
- Ski resort – backcountry : less-to-more
  - Food and water
  - Warmth
  - Skiing related
  - Navigation
  - Safety and Emergency



## In your pack: Food and water

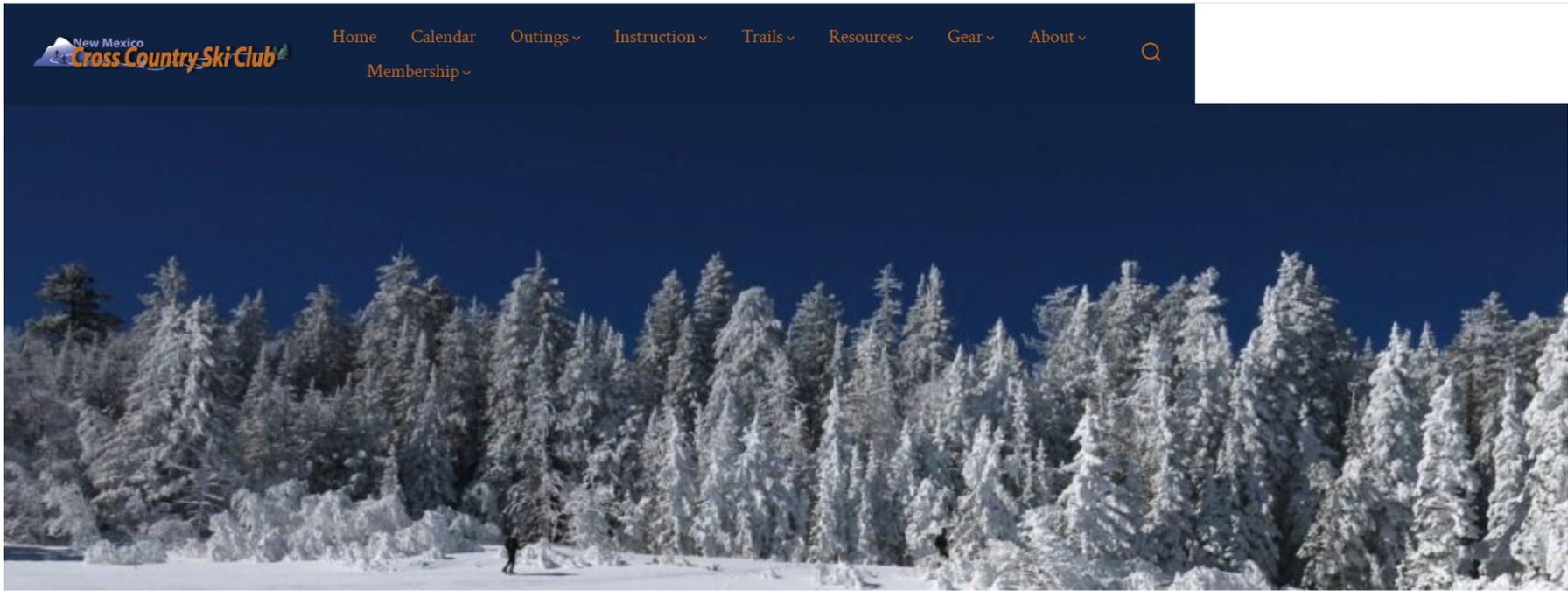
- Skiing is a high energy sport
- Motion energy –vs – staying warm
  - Energy bars
  - Eat a good breakfast!
  - Full on Lunches or frequent snacks
- Water (Altitude Acclimation)
  - High altitude and cold weather will cause you to lose water
  - Hydration packs - not great if very cold
  - Keep from freezing by draining drinking tubes; insulated tubes
  - Thermos with hot sweet drink



# Ski and Safety

- Glide wax or candle
- Sun protection
- Cell Phone (Sandia)
- Satellite emergency messaging?





## Instruction

We offer free instruction to members every season, with opportunities ranging from beginning instruction to telemark and backcountry skills. Check out the [Instruction page](#) for more information.

## Outings

We organize ski outings for our members, ranging from day trips in the Albuquerque area to weeklong bus/hotel trips in the Rockies and more. Check out the [Outings page](#) for more information.

# Tour of [ski.nmccskiclub.org](http://ski.nmccskiclub.org)

# Instruction

## Beginner Instr

Beginner  
Intermediate  
Telemark  
Backcountry Skills

Each winter the ski club offers free lessons for beginning cross-country skiers. Everyone is welcome, so don't be shy! Basic cross-country ski techniques are not difficult to learn. Later in the winter, there's usually a trip where beginning skiers can practice in good snow conditions. Trips are usually traveling to Chama or Red River. Other members are welcome, but beginning skiers are especially encouraged to join to enjoy the great snow and beautiful scenery at Cumbres Pass near Chama or Enchanted Forest Trails near Red River. Check the website calendar, newsletter and your eGroup emails for dates and announcements or contact the Instruction Chair at [Instruction@NMCCSkiClub.org](mailto:Instruction@NMCCSkiClub.org).



## What to Expect

These lessons provide you with the basic techniques to cross-country ski on gentle terrain and have fun. With more practice on your own, you will develop stamina and technique so that you can go several miles with ease and will be able to climb and descend moderate hills. If you haven't skied in years and feel rusty, or started but never took a lesson, consider reviewing with beginner instruction.

Beginner lessons include a 90-minute classroom session where new skiers learn about winter preparedness, clothing layers, ski equipment, ski rentals, basic fitness and logistics for a day on the snow. Anyone is welcome to attend the classroom session. **Outdoor lessons are free, but one must be a ski club member to attend.** Outdoor lessons focus on learning balance and control, kick-and-glide technique, side-step, and kick turns. Participants also practice herringbone steps uphill and the

## Get Prepared:

### Fitness, Clothing, Food & H2O

Read this section  
before the snow class!

The better shape you are in, the better you will enjoy learning and skiing. Cross country skiing in New Mexico and Colorado is at relatively high elevations in all sorts of weather. In the Sandias we ski at about 9500-10,500 ft and air temperatures can be in the teens and 20s. Wind chill can make it feel colder. Beginners also have a chance to ski near Chama, NM in the Rio Grande National Forest, or near Red River, NM, at elevations between 10,000-11,000 ft.

**Start to get yourself in shape.** Hiking or snow shoeing at the higher elevations or other aerobic training, weight lifting, pilates and yoga can contribute to leg and upper body strength and balance. When you take your first lessons you will fall down (that's normal) but getting up can wear you out. Many ski club tours spend the entire day outside, traveling miles into the wilderness. Fitness is a safety factor.

**Clothing layers** are best for active winter sports. A **wicking** inner layer (long underwear), an **warming** middle layer and a **water and wind-protection** outer layer make the best combination to keep you warm and dry. Hats and gloves are essential. **No cotton!** No blue jeans. Cotton gets wet, stays cold and can induce hypothermia.

Cross-country skiing in the cold takes a lot of energy. It can burn a lot of calories. **Eat snacks, bring lunch, drink water!** At higher elevations, altitude sickness is a possibility. If you feel ill during a lesson, let the instructors know and feel free to excuse yourself from the day's



## Resources for Beginners

Bottom of page menus- skill videos and info

### ▼ Beginner Documents

- [Types of Skiing](#)
- [XC & BC Terminology](#)
- [Beginner On-The-Snow Curriculum](#)
- [Rental Options in Albuquerque](#)
- [Ski Equipment Tips](#)

### ▼ Beginner Skill Videos

- [Introduction to On-The-Snow](#)
- [Falling & Getting Up](#)
- [Side Step](#)
- [Balance & Control on Skis](#)
- [Kick & Glide Technique](#)
- [Uphill](#)
- [Downhill](#)
- [Step Turn](#)
- [All Videos](#)

### ▼ Additional Videos

- [2020 Classroom Instruction Video](#)

# What's Going On?

11:47 PM Wed Dec 3 ski.nmccskiclub.org 34%

[Show](#) [Subscribe](#) [Add New Event](#)

[Home](#) [Calendar](#) [Outings](#) [Instruction](#) [Trails](#) [Resources](#) [Gear](#) [About](#) [Membership](#)



Jan 2 2026 Jan 3 2026  
 Jan 4 2026 Jan 5 2026 Jan 6 2026 Jan 7 2026 Jan 8 2026 Jan 9 2026 Jan 10 2026  
 Jan 11 2026 Jan 12 2026 Jan 13 2026 Jan 14 2026 Jan 15 2026 Jan 16 2026 Jan 17 2026  
 Jan 18 2026 Jan 19 2026 Jan 20 2026 Jan 21 2026 Jan 22 2026 Jan 23 2026 Jan 24 2026  
 Jan 25 2026 Jan 26 2026 Jan 27 2026 Jan 28 2026 Jan 29 2026 Jan 30 2026 Jan 31 2026

				January General Meeting		Beginners' On-the-Snow Instruction Day
Avalanche Rescue Review						Chama Chile Ski Classic
Chama Chile Ski Classic				January Board Meeting	Grouse Creek Yurt Trip	Grouse Creek Yurt Trip
Grouse Creek Yurt...						Intermediate Downhill

# Nordic Centers and

Newsletters  
Snow & Weather  
Road Conditions  
Avalanche  
Huts and Yurts  
Nordic Groups

Below are links to Nordic centers and organizations in New Mexico and Colorado.



- [Sandia Nordic Ski Club](#)
- [Enchanted Forest XC Ski Area, Red River, NM](#)
- [Pajarito – Los Alamos, NM Nordic Trails](#)
- [Angel Fire, NM Nordic Center](#)
- [Colorado Nordic Ski Guide](#)
- [Pagosa Springs, CO Nordic Trails](#)
- [Pagosa Nordic Club \(CO\)](#)
- [Crested Butte, CO, Nordic Center](#)
- [XC Ski Area Search Page](#)

# Snow & Weather

The quality of snow and the weather are important variables in any ski outing. Below are useful links for determining conditions in



- [NOAA Weather Forecasts](#)
- [SNOTEL](#)
- [Snow Forecasts](#)
- [Mountain Forecasts](#)
- [OpenSnow Snow Reports and Forecasts](#)
- [Ski Santa Fe Snow Report](#)
- [Taos Snow Report](#)
- [Red River Snow Report](#)
- [Wolf Creek Snow Report](#)
- [Sandia Ski Report](#)
- [Pajarito Snow Report](#)

- Newsletters
- Snow & Weather
- Road Conditions
- Avalanche
- Huts and Yurts
- Nordic Groups

find a mountain:

> search mountain or country

or navigate by:

range: Intermountain We

subrange: Southwest Basins

mountain: Sandia

Go

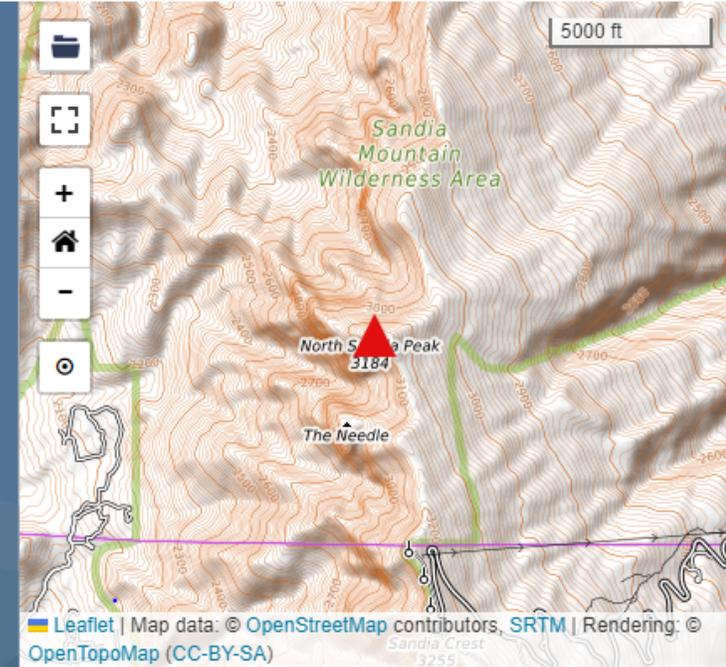
[Intermountain West](#) > [Southwest Basins and Ranges](#) – Lat/Long: 35.24° N 106.46° W

# Sandia

## Weather Forecast, United States

Issued: 4 pm Sun 26 Nov Local Time

Updates in: 1hr 2min 03s



Use Mountain Forecast to get detailed weather predictions at altitude

**2 Forecast Elevations:**

**Peak: 10680ft**

Base: 8203ft

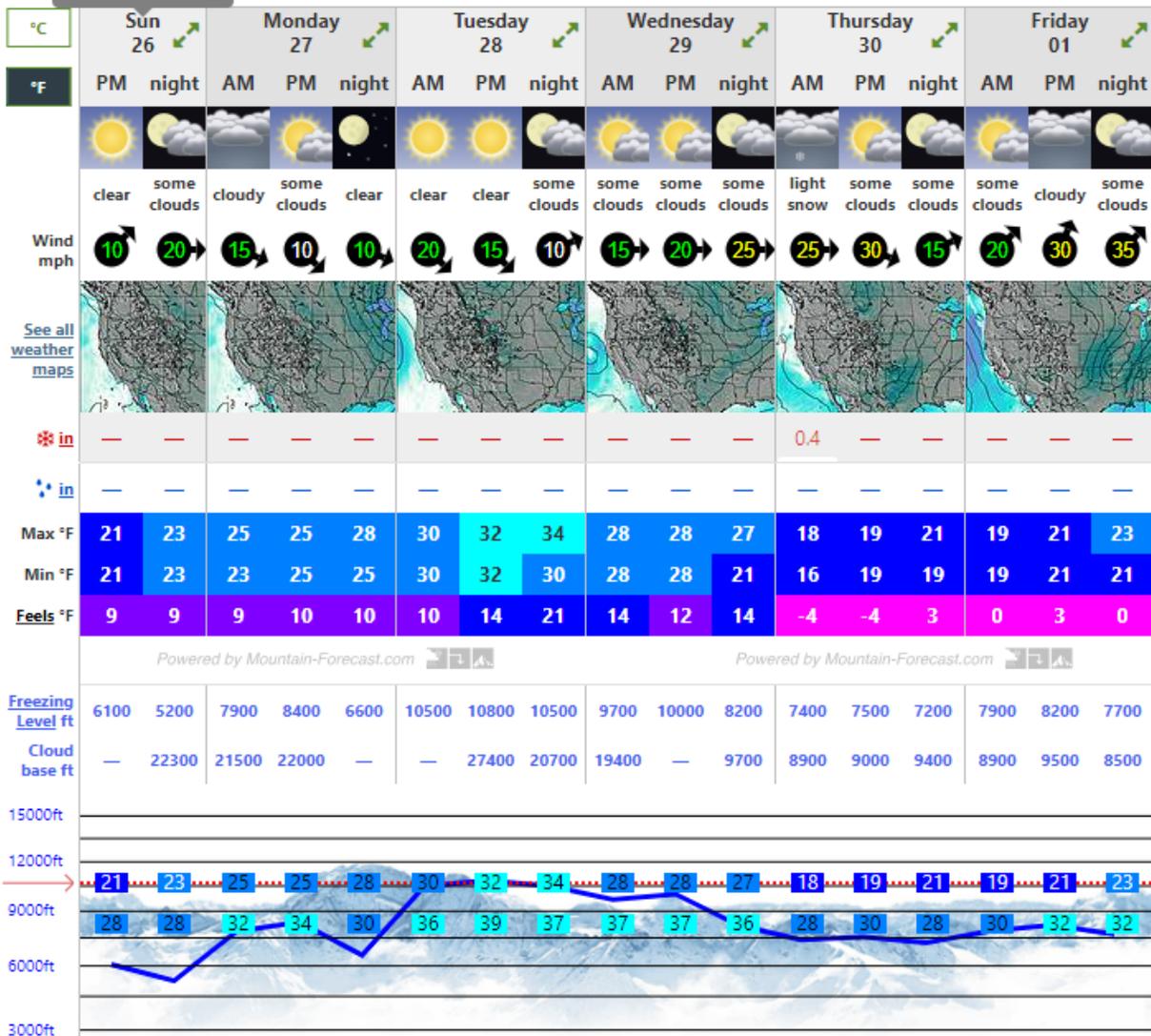
**Sandia Weather (Days 0-3):**

Mostly dry. Freeze-thaw conditions (max 34°F on Tue night, min 21°F on Sun afternoon). Winds decreasing (fresh winds from the NW on Tue morning, light winds from the WNW by Tue night).

**(Days 3-6):**

A dusting of new snow. Temperatures will be below freezing (max 28°F on Wed afternoon, min 16°F on Thu morning). Winds increasing (moderate winds from the WSW on Wed night, near gales from the SW by Fri night).

[Click for Detail](#)



# iMap | NWCC Interactive Map

NWCC Home Site Plots Basin Plots Interactive Map Report Generator Update Reports Forecast Plots Webservices Contact Us

**Selected Stations: 1014**

**Wolf Creek Summit SNOTEL 10,957 ft.**  
**Snow Water Equivalent**  
**65% of NRCS 1991-2020 Median**  
 November 25, 2023, end of day  
 Current Water Year

**Snow Water Equivalent (SWE) Graph:**  
 The graph shows SWE in inches on the y-axis (0 to 50) and months on the x-axis (Nov 1 to Sep 1). The data shows a typical seasonal cycle with a peak in March (approx. 45 inches) and a minimum in July (0 inches). The current year's SWE (red line) is significantly lower than the 1991-2020 median (blue shaded area).

**Legend: Snow Water Equivalent Percent NRCS 1991-2020 Median November 25, 2023, end of day**

- ≥ 150% (Dark Blue)
- 130% - 149% (Light Blue)
- 110% - 129% (Cyan)
- 90% - 109% (Green)
- 70% - 89% (Yellow)
- 50% - 69% (Orange)
- < 50% (Red)

**MAP CONTROLS**

**Map Mode:**

Station Inventory	Station Conditions
Basin Conditions	Station/Basin Conditions

**Conditions**

- Snow Water Equivalent**
  - Snow Water Equivalent
  - Delta
  - Water Year Peak
  - Date of Water Year Peak
  - Date of Water Year Onset
  - Date of Water Year Melt Out
- Snow Depth**
  - Snow Depth
  - Delta
  - Water Year Peak
  - Date of Water Year Peak
- Snow Density**
  - Snow Density
  - Delta
- Precipitation**
  - Precipitation
- Soil Moisture** 8 in.
  - Soil Moisture
  - Delta
  - Water Year Peak
  - Date of Water Year Peak
- Soil Temperature** 8 in.
  - Soil Temperature
  - Delta
  - Water Year Peak
  - Date of Water Year Peak
- Reservoir**
  - Reservoir Storage
  - Delta
- Streamflow**  Active Forecast Points Only
  - Adjusted Volume - Observed
  - Adjusted Volume - Forecast
  - Exceedance Probability: 50%
  - Use Mixed Past

# Public Reports | Air & Water Database Public Reports

NWCC Home Site Plots ▾ Basin Plots ▾ Interactive Map Report Generator Update Reports Forecast Plots ▾ Webservices ▾

**SNOTEL Site:** Wolf Creek Summit  
**State:** Colorado  
**Site Number:** 874  
**County:** Mineral  
**Latitude:** 37 deg; 29 min N  
**Longitude:** 106 deg; 48 min W  
**Elevation:** 10957 feet  
**Reporting since:** 1985-10-01



**Site notes:**

- **Data is provisional and subject to change.**
- [More site notes.](#)
- Photograph is of the Wolf Creek Summit.
- [2023-November-26 National Water and Climate Center Report](#)
- **To Obtain the Daily Normals for this site:**
- Daily Snow Water Equivalent [Media](#)
- Daily Accumulated Precipitation [Media](#)

[Questions about this site.](#)

- [View Daily Sensor Descriptions](#)
- [View Hourly Sensor Descriptions](#)
- [View Sensor History](#)

**Site Reports:**

Report Type	Daily	Current Water Year*	Historical	Hourly
<b>Standard Sensors† (Most Current Data)</b>	<a href="#">Last 7 Days</a>	<a href="#">Daily Readings</a>	<a href="#">Daily (.Csv Delimited)</a>	<a href="#">Last 7 Days</a>
<b>Precipitation, Accumulated</b>	<a href="#">Last 7 Days</a>	<a href="#">Daily Table</a>	<a href="#">Daily Table</a>	<a href="#">Last 7 Days</a>
<b>Snow Depth</b>	<a href="#">Last 7 Days</a>	<a href="#">Daily Readings</a>		<a href="#">Last 7 Days</a>
<b>Snow Water Equivalent</b>	<a href="#">Last 7 Days</a>	<a href="#">Daily Table</a> • <a href="#">Daily Graph</a>	<a href="#">Daily</a> • <a href="#">Monthly</a>	<a href="#">Last 7 Days</a>
<b>Temperature</b>	<a href="#">Last 7 Days</a>	<a href="#">Max</a> • <a href="#">Min</a> • <a href="#">Avg</a>	<a href="#">Max</a> • <a href="#">Min</a> • <a href="#">Avg</a>	<a href="#">Last 7 Days</a>
<b>Soil Moisture/Temperature</b>				Select # of

**Element Reports:**

Check to view temperatures in degrees Fahrenheit. Default is degrees Celsius.

Select Report Content	Select Time Series	Select Format	<a href="#">View Current</a>	<a href="#">View Historic</a>
Standard SNOTEL (1985-10-01)	Daily	table	Last 30 days	1986
All Sensors (no chart)	Hourly	csv	Last 7 days	1987
Soil Moisture & Temperature (2003-08-07)	12 AM	chart	Last 24 hours	1988
Soil Moisture (2003-08-07)	3 AM		Water Year	1989
Soil & Air Temperature (2003-08-07)	6 AM		Calendar Year	1990
Accumulated Precipitation (1985-10-01)	9 AM			1991
Accumulated Precipitation & Snow (1985-10-01)	12 PM			1992
Wind (2020-10-07)	3 PM			1993
===Individual elements===	6 PM			1994
Air Temperature (1985-10-01)	9 PM			1995

Check here to view reports in new window.

## Report Generator | Air & Water Database Report Generator

NWCC Home Site Plots ▾ Basin Plots ▾ Interactive Map Report Generator Update Reports Forecast Plots

### Report Generator 2.0

View Station Information

[Create/Modify Report](#) [View Report](#) [Report Details](#)

Output Format ▾ Layout ▾ Time Period ▾ Fit Table To Screen

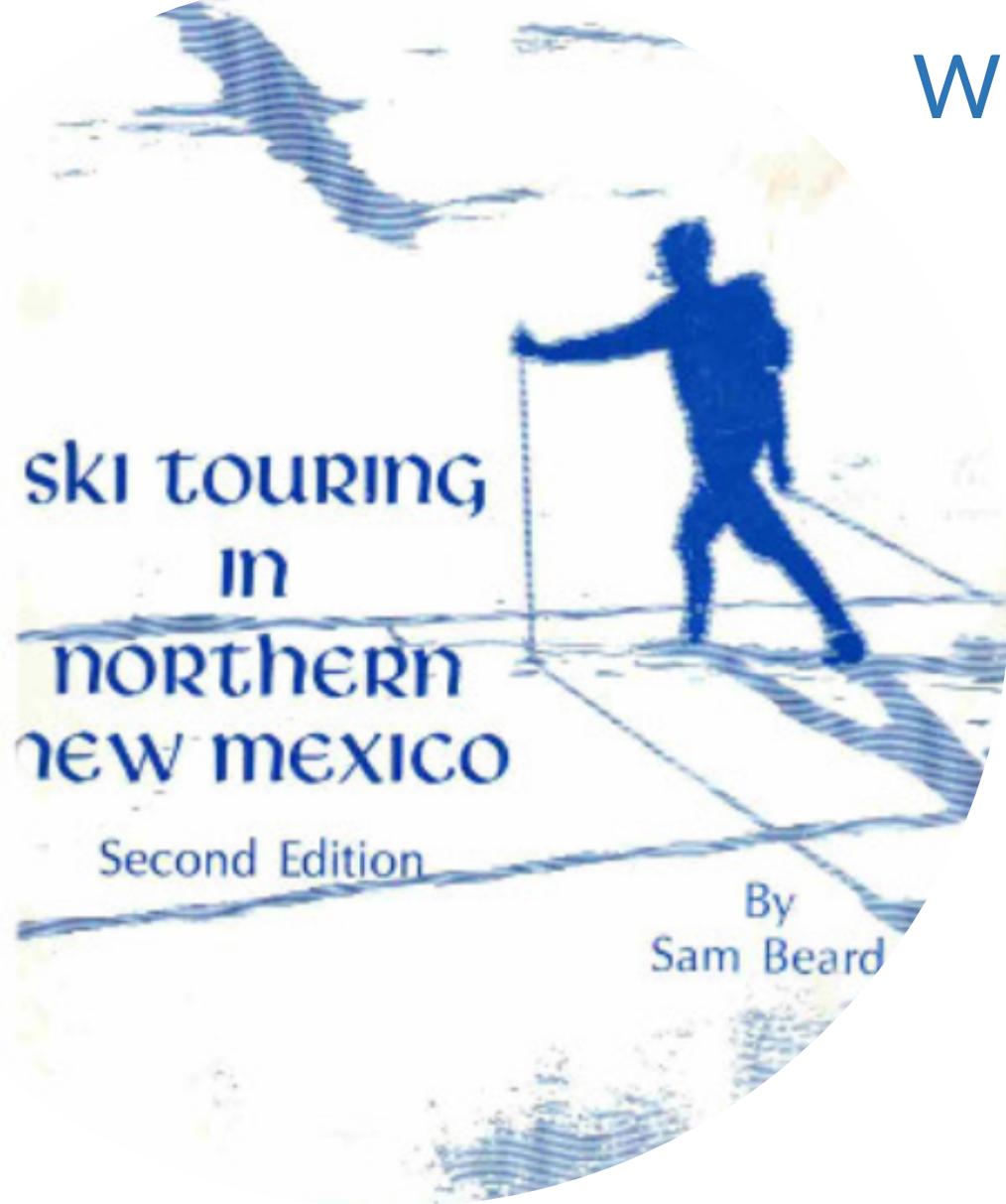
**Wolf Creek Summit (874)**  
**Colorado SNOTEL Site - 10957 ft**  
**Reporting Frequency: Daily; Date Range: 2023-11-21 to 2023-11-28**

(As of: Tue Nov 28 02:16:19 GMT-08:00 2023)

\*\*Provisional data, subject to revision\*\*

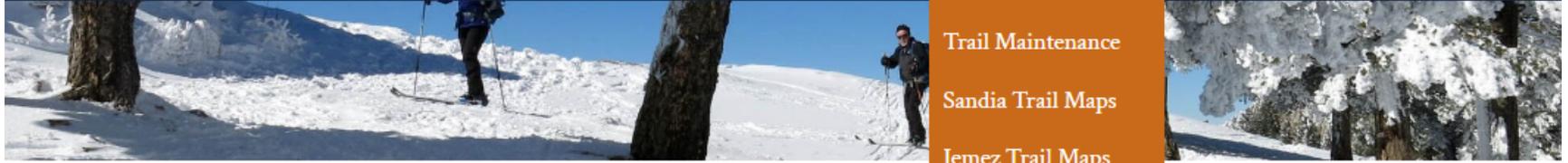
Date	Snow Water Equivalent (in) Start of Day Values	Snow Depth (in) Start of Day Values	Precipitation Accumulation (in) Start of Day Values	Air Temperature Observed (degF) Start of Day Values	Air Temperature Maximum (degF)	Air Temperature Minimum (degF)	Air Temperature Average (degF)
2023-11-21	2.3	10	2.9	21.4	40.1	18.3	28.2
2023-11-22	2.3	7	2.9	30.7	45.5	29.3	35.8
2023-11-23	2.3	7	2.9	34.3	39.2	24.8	31.6
2023-11-24	2.3	7	2.9	25.0	25.0	16.3	22.1
2023-11-25	4.3		4.6	16.3	25.9	9.7	16.2
2023-11-26	4.4		4.7	9.7	26.8	9.1	15.6
2023-11-27	4.3		4.6	10.0	33.8	10.0	21.6
2023-11-28	4.4	20	4.7	20.5			

# Where Can I Go Skiing?



Sam's book is the definitive guide to trails.

Get the book for great ideas and reviews!



Trail Maintenance

Sandia Trail Maps

Jemez Trail Maps

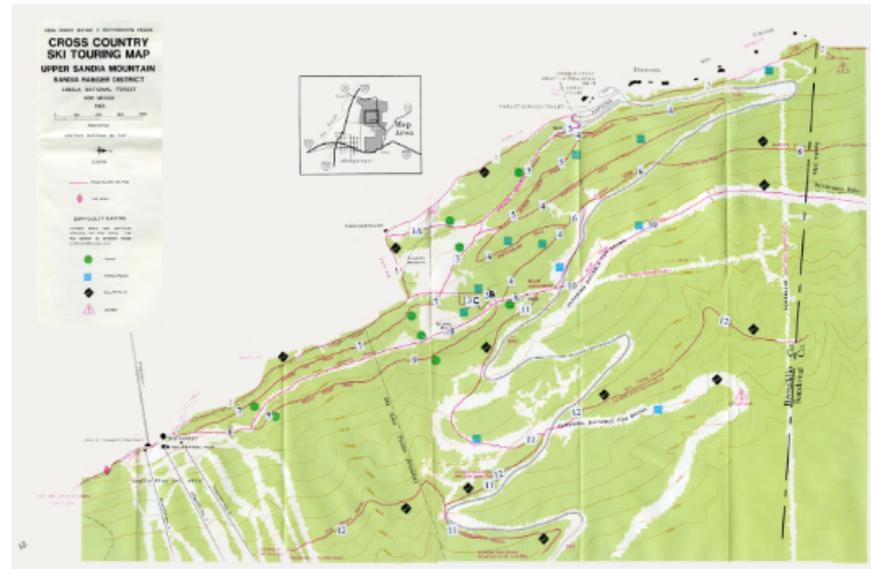
Colorado Trail Maps

# Sandia Mountains

As the mountain range closest to Albuquerque and the bulk of our club membership, the majestic Sandias are an easy and obvious destination when snow conditions are good. Touring maps and trail descriptions can be found below and groomed trail info can be found at <https://www.sandianordic.org/>

<https://www.fs.usda.gov/main/cibola/maps-pubs>

Sandia Crest Trails and Trailheads Map



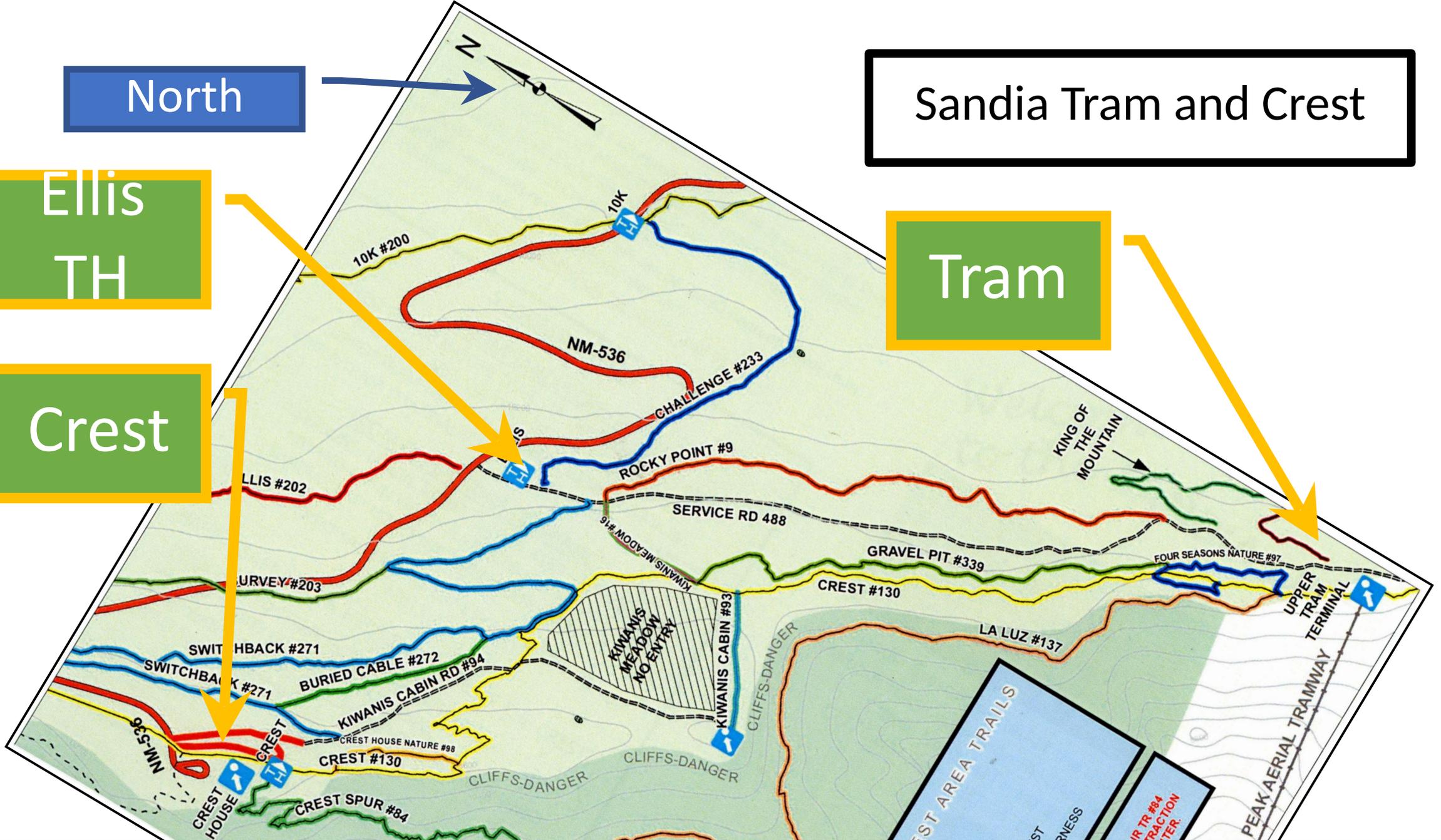
North

Sandia Tram and Crest

Ellis  
TH

Tram

Crest



# Sandia Tram and Crest

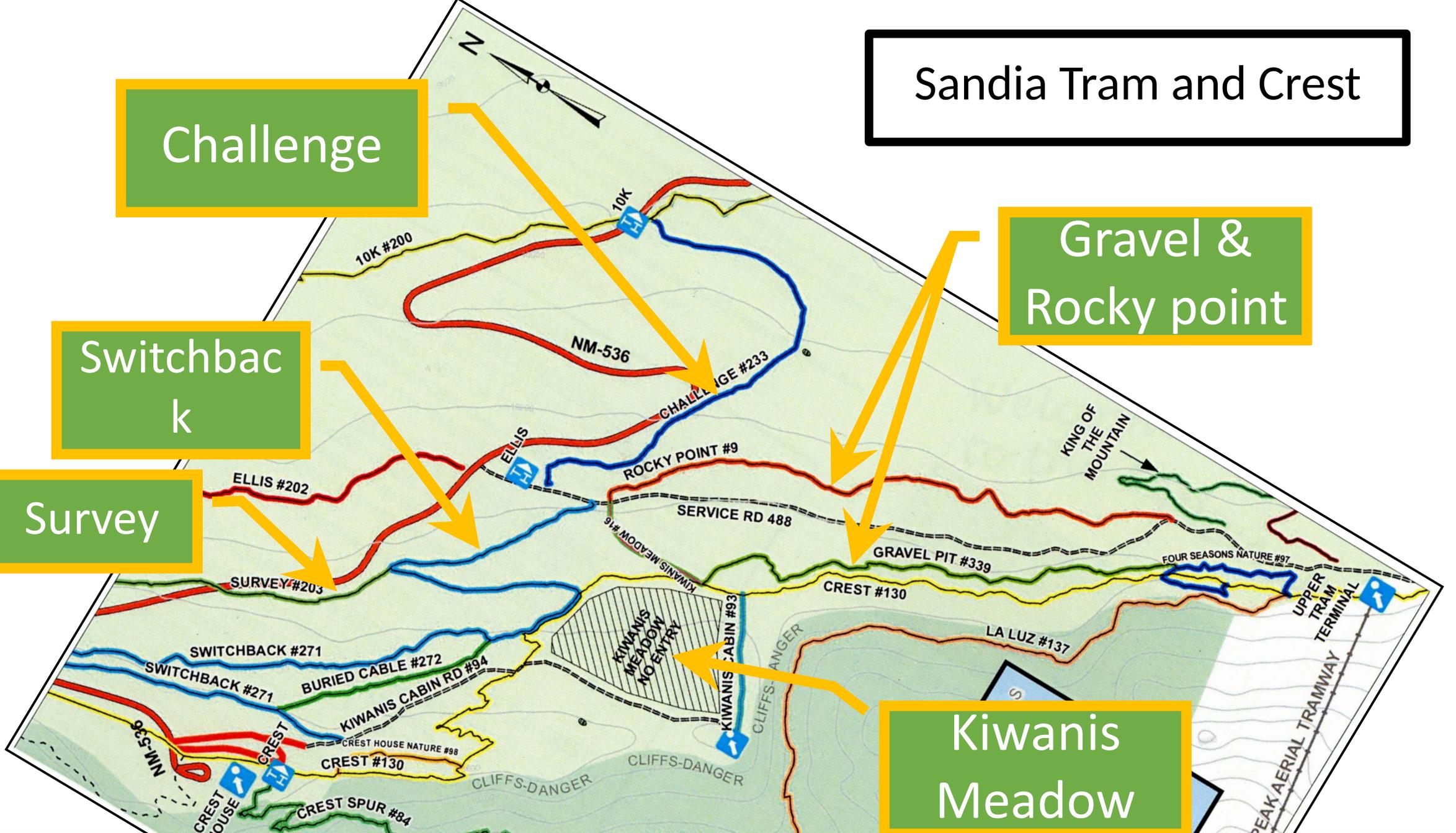
Challenge

Gravel & Rocky point

Switchback

Survey

Kiwanis Meadow





## Jemez Mountains

# Jemez Mountains and Valles Caldera

There are a number of cross-country skiing areas in the Jemez Mountains with trailheads along state route NM4. Traveling from west to east on NM4, they are, in order, Los Griegos/East Fork Ridge, Corral Canyon/Calzada, Coyote Call/Rabbit Ridge, and the Upper Frijoles trails in Bandelier National Monument. These areas, and many others, are discussed in detail in Sam Beard's book "Ski Touring in Northern New Mexico". Sam and other members of the New Mexico Cross-Country Ski Club laid out many of these trails and maintain them for skiers and hikers.



### Los Griegos and East Fork Ridge

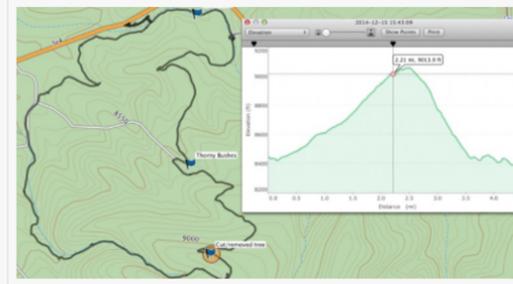
The adjacent figure shows the trail networks accessible from the Los Griegos parking area, which is just west of mile marker 35 on the south side of NM4. The trailhead for the Los Griegos network is at the west side of the parking area, and the East Fork Ridge trailhead is on the north side of NM4, a little east of the parking area.

The Los Griegos (LG) area has the most extensive network of trails in the Jemez. It has been spared wildfire damage so far (2016), and, as a result, is forested and is an aesthetically inviting winter outing. Most of the trails in the network are shown in the above figure. The trailhead is at 8420' and most of the trails climb to Griegos Junction (GJ) at 9090'. Trips can be extended from GJ up to Upper Road at 9320'. Los Griegos trailhead is not the highest one in the Jemez, but because of the sun-shielding forest and the north-facing slope, on which the trails have been developed, it frequently has the best snow

# Some other Jemez trails

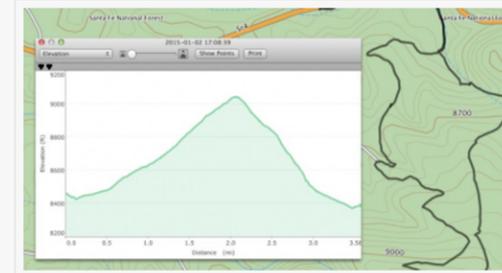
- Jemez is reasonably easy to get to most of the time.
- Jemez has great trails for the beginner and advanced skiers
- The Jemez has many popular trails. Some can be challenging and wonderful
  - Ladera, Los Griego, Coyote Call shown here.
- Sam (our club's hero) put in and continues to maintain many of the trails.
- If Sam offers a trip – Sign up.

## Ladera Trail



Jan 23, 2015 In spite of only 7" in our yard, we decided to check out Los Griegos on Thursday. We broke trail under mostly cloudy skies with intermittent snow showers, in a couple of inches of new, over a packed track. Unpacked snow at the sides of the trail was 18+". First picture shows Frances near the trailhead. At Griegos...

## Los Griegos



Dec 15, 2014 Frances and I started skiing up Ladera ~3:30 today (Friday). The trail was snowshoe packed and in good shape with 4-6" on the side of the trail. Above Lower Road, the snowshoers abandoned Ladera and we followed an earlier skier up to Griegos Junction. Near GJ the snow was close to 12" deep. At sun-exposed GJ...

January 7, 2015 [Rav Bera](#) [Blogs](#)

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## Coyote Call



Dec 25, 2014 On Christmas, Frances, daughter Mag, and I set out from the Alamo Boundary Trailhead on a ribbon-thin track of snow amidst abundant flora on an out-and-back toward the south leg of Coyote Call (Sam Beard's "Most Beautiful Mile"). The preceding Monday, there were high winds here in Los Alamos, so it was not surprising that a...

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# Chama Area- Cumbres Pass



Yurts and Chama Chile Classic race



Chama Chile Ski Classic & Winter Fiesta

January 26 · 🌐

50th Annual Chama Chile Ski Classic Photos. [#skichama](#)





## Enchanted Forest Red River, NM

### Cross Country Skiing

Skinny skiing—aka cross-country skiing —is popular for all ages because it is accessible to beginners, it is affordable, and it is a fun way to enjoy winter!

One of the best things about the sport is its versatility — you can stroll at your own pace or go out for a serious workout; but regardless of how strenuous you make it, you're still strengthening nearly every muscle in your body, including your glutes, core, back, chest shoulders arms and legs — all while enjoying the scenery.

While it is possible to go on your own and get the hang of the basic movement, you'll learn faster and progress more quickly if someone teaches you. Additionally, a groomed area like Enchanted Forest offers the best environment to learn to cross-country ski — sort of like learning to kayak in a pond before heading for the rapids.



#### Daily Trail Use

Groomed skiing with "backcountry" views!

[LEARN MORE](#)

# Preparing for the “On the snow” class

- Whether you’re renting, borrowing, or have your own skis, practice getting the boots into and out of the bindings. Practice until you can do it smoothly. It’s much easier in your warm house!
- If you have a carpet or soft surface, practice getting down on the ground (as if falling, but gently) and getting up with skis on. Getting up after falling is very tiring.
- Watch some of the skills videos for a preview of what we’ll be doing. Or search for other instructional videos.
- Wear comfortable layers. Review the “Get Prepared” section on the beginner instruction page.
- Most of the lesson will be within several minutes of the parking lot, so you can keep some of your extras in the car. Do keep some extra clothing, water and snacks with you in a small pack.
- We usually have the lesson in the Sandias at Ellis Trailhead and organize carpools from Tramway and Central.
- The snow class is tentatively scheduled for Jan. 10, but may change due to snow/ no snow. Signups for class will start when we’re reasonably sure there will be enough snow. Keep checking the calendar event for updates.

# Rentals

## Considerations when renting ski gear

Few options for rental in ABQ- UNM Recreational Services; Kirtland AFB Outdoor Recreation Program; Sandia Employee Recreation Program

Alpine Sports in Santa Fe: <https://www.alpinesportsonline.com/alpine-sports-santa-fe-rental-menu-process-policy--reservations.htm>

Most rental skis will be light classic skis with NNN or NNN-BC bindings.

- There is a bar in the toe of the boot that slots into the binding.
- BC are a little wider than standard NNN bindings.
- These are best for classic cross-country skiing on well-tracked and groomed trails and ski touring with kick and glide forward motion.

Before you leave the shop, be sure to engage the boots in the bindings. Ask the staff to show you how they work.

Boots must match type of binding, size and, sometimes, brand.

Reserving equipment in advance is a good idea.

[Many Nordic centers rent skis \(Enchanted Forest, Angel Fire, Crested Butte\)](#)



Questions?