

## 2023/2024 Membership Prices

Adults: \$50  
Children: \$25

*\$22.00 of every membership covers liability insurance through Nordiq Canada and supports provincial and national cross-country skiing through Nordiq Alberta and Nordiq Canada. The remainder of each membership supports BNSC programs and operations.*

## Memberships helps BNSC:

- Continue operating as a registered society that serves to expand and enhance cross-country skiing in the Lakeland
- Offer lessons, ski rentals, and ski events
- Advocate for cross-country skiing and trail development in the M.D. of Bonnyville.

## Purchase a Membership

1. Go to [www.Zone4.ca](http://www.Zone4.ca)
2. Search for "Bonnyville Nordic"
3. Purchase a 2023/2024 Membership. On the same form, you have the option to rent skis for a full or half season.

## TRAIL ETIQUETTE

- 1 Skiers coming downhill have the right-of-way.
- 2 Walk or snowshoe to the side of the ski tracks, not on top.
- 3 Keep the trails clean. Pack out what you pack in.
- 4 Yield to faster skiers
- 5 Do not stop in the tracks or in areas poorly visible to oncoming skiers. Move off the track quickly if you fall or need to rest.
- 6 Show courtesy to others who use the trails – walkers, bikers, skiers, and snowshoers.

## APPENDIX B CONTACT US

Email BNSC to subscribe to our newsletter. Join our Facebook group to connect with other cross-country skiers, see trail reports, stay up to date on events and opportunities.



@bonnyvillenordicskiclub



bonnyvillenordic@gmail.com

## Donations for Volunteer Trail Grooming

Cross-country trail grooming and track setting at Moose Lake and Cold Lake Provincial Park and along Jessie Lake in Bonnyville is done by BNSC volunteers under the authorization of Alberta Parks and the Town of Bonnyville, respectively.

These volunteers use their personal equipment, track setters, and, at times, cover their fuel costs.

Scan the QR code below to donate towards these efforts if you enjoy cross-country skiing at either Moose Lake or Cold Lake Provincial Parks or Jessie Lake. 100% of your donation will be transferred from BNSC to these five volunteers.

Cross-country ski trails at Muriel Lake M.D. Park are maintained and track set by staff of the M.D. of Bonnyville at no charge to skiers.



Updated November 2023

## Cross-country skiing at Muriel Lake & Cold Lake and Moose Lake Provincial Parks



# Bonnyville Nordic Ski Club



@bonnyvillenordicskiclub

## About Bonnyville Nordic Ski Club

Bonnyville Nordic Ski Club (BNSC) is a friendly community of cross-country (nordic) skiers that was established in 2021. BNSC skiers embrace winter by enjoying wilderness adventures on skis. The club welcomes individuals and families, beginners and experienced to join. BNSC promotes cross-country skiing in the Lakeland area by increasing awareness of the diverse trail systems in the region, organizing events and skill development opportunities, and connecting skiers.

## Ski Equipment Rentals

Waxless ski equipment for classic technique are available to rent for ages 3 and older for full and half season terms. Weekend rentals are unavailable.

- BNSC membership required for ski rentals.
- Payment for ski rentals can be collected at the same time you purchase a BNSC 2023/2024 membership.
- Email [bnscl.rentals@gmail.com](mailto:bnscl.rentals@gmail.com) for more details.

## Kids' Ski Program

Starting November 29<sup>th</sup> and every Wednesday following from 6-7pm, a weekly kids' ski program called Jackrabbits will take place at Jessie Lake Splash Park, depending on snow conditions. Kids ages        are welcome.

Email BNSC for more information or registration details. A BNSC 2023/2024 membership is required.

Jackrabbits will also host adventure skis 1 to 2 Saturdays or Sundays per month at Muriel for kids to explore trails in the wilderness.

## Interested in Ski Racing?

There are several recreational and competitive ski races that take place in Alberta. Email BNSC at [bonnyvillenordic@gmail.com](mailto:bonnyvillenordic@gmail.com) for information or join BNSC's Facebook group for upcoming races.

# Where to Ski?



## New to cross-country skiing?

### Free Open House Events

Free ski rentals and an introductory lesson for beginner skiers are offered for adults and children ages 4+ by BNSC.

The goal is to introduce people to cross-country skiing or re-engage past skiers in the sport. Follow BNSC on Facebook or subscribe to the BNSC newsletter for event dates.

### Ski Lessons

For adults and youth ages 12 and older. Beginner and intermediate group lessons will be scheduled at Muriel Lake M.D. Park with Coach Les upon sufficient interest. Email BNSC at [bonnyvillenordic@gmail.com](mailto:bonnyvillenordic@gmail.com).

## Local Ski Trails in the Lakeland

### Public Ski Trails

- Muriel Lake M.D. Park – 13 km of trails\*
- Moose Lake Provincial Park – 6 km
- Cold Lake Provincial Park – 40 km\*
- Cold Lake Golf & Winter Club – 7 km\*
- Vermilion Provincial Park Trails – 15 km\*
- Lac La Biche trail systems
  - Sir Winston Churchill Provincial Park – 8 km\*
  - Shaw Lake – Lakeland Provincial Park – 20 km\*

### Fee-based Trails

- Hamilton House Inn (Cherry Grove) – 17 km\*
- Westcove Trails (NW of St. Paul) – 10 km\*  
(fee waived for BNSC members)

*\*Groomed for skate and classic technique*

## SAFETY TIPS FOR SKIING

Ski trails are not patrolled and skiers should be prepared for emergencies.

- |   |                                      |
|---|--------------------------------------|
| • Dress in layers                       | • Carry healthy snacks               |
| • Wear a Buff around your neck and head | • Ski with company                   |
| • Pre-hydrate                           | • Carry a cell phone for emergencies |

## Grooming Reports

[Bonnyville Nordic Ski Club Facebook page](#)  
[@bonnyvillenordicskiclub](#)

Local skiers and BNSC post updates on trail condition in the area.

[Northern Alberta Trail Report](#)  
[nordiqalberta.ca/trail-conditions/](http://nordiqalberta.ca/trail-conditions/)

For detailed grooming reports of ski trails in northern Alberta, click on "Northern Region Trail Report" under the Northern Alberta section at the link above.

[Nordic Pulse](#)  
[nordicpulse.com](http://nordicpulse.com)

GPS live grooming reports on select ski trails, including Muriel Lake M.D. Park and Westcove Trails.