



In Wax Room at Mt. McIntyre



SAFETY:

- Trails are designated as easy, intermediate and difficult. However, an easy trail can become difficult in poor snow or icy conditions. Even difficult trails can be skied by novice skiers in good snow conditions. Steep hills can be walked or side stepped when in
- Rest before you feel tired! Drink before you feel thirsty! Eat before you feel hungry! Know your limits and plan your outing so that you can return safely.
- 3. Wear layered clothing so that you can adjust as you warm up and cool off.
- 4. On long tours take matches, fire starter, snacks, water, extra mitts and toque.
- Always take wax and cork. Take a wax for the present temperature range and one for warmer weather. Wax when you start slipping to avoid fatigue and frustration.
- Let somebody know where you plan to ski and when you will return.
 If skiing alone or on an extended outing use sign out book located by Wax Room entrance.
- 7. Know the symptoms of frostbite and hypothermia.
- 8. Trails are randomly patrolled by the Canadian Ski Patrol.
- Emergency supplies located at trail huts and other locations as indicated on map: matches, spare hats, mitts and other warm clothing.
- Outdoor pay phone is 25 metres south of the Wax Room entrance.
 Dial 911.
- 11. AED (defibrillator) is located in Wax Room and Mt Mac lobby.

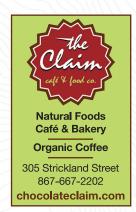
TRAIL ETIQUETTE

- Faster skiers should step around slower skiers when it is safe to do so and provide a warning call.
- Trails are two-way unless noted use caution on hills and keep right.
- When stopping to re-wax or chat, step aside so other skiers can go by.
- 4. Downhill skiers have the right of way.
- Please pack out all litter.
- If walking is necessary, stay to one side and avoid walking on set tracks.
- 7. If you fall, fill in holes left behind so it is safe for the next skiers.
- Skaters should move to the right when approaching another skater.
- Avoid skiing directly behind grooming equipment allow one hour for snow to harden.

DOGS

- Dogs are allowed on Dog, Sundog, Copper beyond Harvey's Hut, Valley Loop, Logan Burn, Copper Haul Road, Copper Connector, Jeff Link and Valley Link.
- 2. Dogs must be under control.
- Access for dogs at the Dog/Sundog parking lot, and at the Mt Mac parking lot. Use designated access route to the ski trails.
- 4. Maximum of 2 dogs per skier or 4 dogs per group of skiers.
- City Bylaws regarding dogs apply to the ski trails. Please obey 'Dogs on Leash' signs where posted.

SKI TRAIL LEGEND Easy Intermediate Difficult **One Way Travel ONLY Recommended Direction of Travel** Singletrack: Summer (hike and bike) Singletrack: Winter (snowshoe and Snowbike/Fatbike) P **Parking** \oplus **Trail Junction Emergency Supply Kit (Fire Starter (** Shelter 0.5 **Distance Between Points (km)**





Trail Information current as of January 2016. Mapping courtesy of EDI Environmental Dynamics. Singletrack GPS data, cover photo and layout by Tarius Design. GPS data and consulting also provided by Jim Gilpin. Contour interval: 5m.

