

OUTDOORS

Super
Dave
facts

If you are up for some fun cross-country ski racing then check out the Tuesday Night Series Races at Cypress Cross Country (yokopoles.com/race.html). It's all for fun, so serious racers need not apply. Dave's hot sites this week are: www.cypressmountain.com, www.nordic-racers.bc.ca, www.callaghancountry.com.

Cypress offers pristine trails, views

Cross-country skiing is just a 20-minute drive from downtown

By DAVE NORONA
for Metro Vancouver

ON MANY MORNINGS after a quick breakfast, I head off to enjoy one of the best cross-country areas in North America, Cypress Mountain Cross-Country. Drive 20 minutes from the hustle and bustle of downtown Vancouver and you can be up in the Coastal Mountains cruising along 19 kilometres of pristine trails and enjoying spectacular views of the city.

Whether you enjoy classic skiing or skate skiing, Cypress Cross-Country has everything you need to have a great time out on the trails. Half of the trail system is lit up at night so you can sneak out after work and get in a great workout before calling it a day.

If you are new to cross-country skiing, I suggest you sign up for the Learn to Classic (\$299.00) or Learn to Skate Ski Lessons (\$339.00). Each package includes equipment and professional instructors that will have you skiing with ease over five one-hour lessons. As a bonus, each of these lesson packages comes with a Nitetimer Ski Pass which will allow you to ski for the rest of the season from 3 p.m. to closing seven days a week. All you have to do is grab a friend and join in. For more information check out www.cypressmountain.com.

If you are looking at buying your own cross-country ski gear, check out Sigge's Sport Villa on 4th Ave near Arbutus in Kitsilano. They are the only specific cross-country store in the Lower Mainland and have been in the business since the early 60s.



Kim Duess enjoys the skate skiing at Cypress Cross-Country. Whether you enjoy classic or skate skiing, Cypress has everything you need to have a great time on the trails.

They have all the latest and greatest equipment and some of the best prices on beginner and intermediate ski packages that will serve you well for many seasons.

Spend the most money on your boots as they provide you with the stability and warmth to make your skiing more enjoy-

able. Buying a mid range ski is a perfect way to save money as they are very similar to race models but are just a bit heavier. If you plan to ski a lot or are taller or heavier than the average skier, make sure you upgrade your poles to a stiffer model. This will cost a bit more but will provide you with a

much better and longer-lasting pole.

Sigge's Sport Villa also runs a bus service to Manning Park every Sunday from December to March. The bus has three pickups from the Lower Mainland before heading off to Manning where you can spend the day enjoying some of the most scenic

cross-country trails around. You can also take lessons from their CANSI ski instructors or head off with your own group to enjoy the winter wonderland of Manning Park before rejoining the bus for a comfortable ride home complete with wine and cheese. More details can be found at www.sigges.com.

GEAR *guide*

SALOMON RACING CLASSIC 9

Description: Salomon Cross-Country boots are the best on the market. These Classic 9 boots feature a 2-part outsole with a high cradle, moulded heel counter with adjustable heel strap, and a lycra inner boot for warmth. **Price range:** \$239

Where to find it: www.salomonssports.com



HELLY HANSEN WOMEN'S DYNAMIC CREW

Description: Helly Hansen's Lifa is the best undergarment you can own. The polypropylene material transfers moisture away from your skin to keep you warm and dry while doing any activity. **Price range:** \$59

Where to find it: www.hellyhansen.com



YOKO EAGLE POLE (ABOVE)

Description: The Yoko Eagle is the perfect pole for someone new to cross-country skiing. This 100 per cent fiberglass composite pole is durable, light and stiff with a small race basket that makes it very easy to swing. Heavier or more advanced skiers should consider the Yoko Mistral or Unica pole. **Price range:** \$79 **Where to find it:** www.yokopoles.com



FISHER RCR CROWN CLASSIC SKI (BELOW)

Description: The Fisher RCR waxless classic ski is the ultimate ski for classic skiing on the West Coast. This ski is fast, extremely stable, and the best part is that you don't have to wax them for grip. **Price range:** \$469 **Where to find it:** www.fischer-ski.com

