



CROSS COUNTRY SKIS

**A Buying Guide to Telemark, Touring & Sport
XC Skis, Boots, Bindings & Poles**

2010

**WILDERNESS SHOP
B O X H I L L**

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You are one with your skis and nature. This is something that develops not only the body but the soul as well, and it has a deeper meaning for a people than most of us perceive.
- Fridtjof Nansen

The Wilderness Shop has specialised in telemark, touring and sport skis for over 20 years. Come and look through our extensive range then speak with our experienced staff who, together with this buying guide, will find the ski, boot and binding for you. Brands include Fischer, Karhu and G3 skis, Garmont, Andrew, Alpina and Salomon boots, 7TM, G3, Voile, Rottefella and Salomon bindings.



Technical Advice, Servicing & Mounting from experienced staff !

Your Ski Package:	Skis
	Boots
	Bindings
	Poles
	Mounting Fee.....
	TOTAL

SKIS		Edge	Base	Width	Lengths	Weight (pair)	Price
RESORT TELEMAR							
<i>G3 Spitfire, all mountain ski, fantastic turning ability in all conditions, reduced weight for tours</i>							
G3 Spitfire	New in 2010 !!	Steel	Sintered	123-89-111	170, 177	3.5 Kg	\$949
BACKCOUNTRY TELEMAR & TOURING							
<i>Best of both worlds: Pattern for Grip & Sidecut for turning</i>							
KARHU 10th Mountain	Steel	Omnitrack pattern	99-68-84	195	2.3 Kg	\$669	
FISCHER Outtabounds Crown	Steel	Turning crown	88-68-78	159,169 179,189	2.4 Kg	\$569	
BACKCOUNTRY TOURING							
<i>For overnight and off-track day trips; robust; good Grip and Glide characteristics Note: Snowbound & Solstice are not suitable for plastic boots or release bindings.</i>							
KARHU XCD GT	Steel	Omnitrack pattern	83-62-70	165, 175, 185, 195	1.9 Kg	\$625	
FISCHER Snowbound Crown	Steel	Turning crown	78-60-70	169,179,189	2.1 Kg	\$495	
KARHU Solstice XT	Steel Half Edge	Omnitrack pattern	65-55-60	160, 175, 190	1.9 Kg	\$399	
DAY TOURING							
<i>For groomed tracks; lightweight; optimum Grip and Glide characteristics</i>							
KARHU Solstice XT (as above)	Steel Half Edge	Omnitrack pattern	65-55-60	160, 175, 190	1.9 Kg	\$399	
KARHU Rendezvous	None	Omnitrack pattern	65-55-60	160	1.9 Kg	\$299	

POLES	Suitable for Skiing Type	Price
SWIX Horizon Adjustable	Telemarking & Touring	\$169.00
SALEWA Altithon	Touring	\$79.95
SWIX Powder	Touring	\$99.95
SWIX Nordic Tour	Touring	\$44.95
REX Astra Carbon Fibre	Skating	\$119.00

7TM All Mountain
Integrated Release
Telemark Binding



BOOTS	<i>Best for Skiing Type</i>	<i>Recommended Binding</i>	<i>Price</i>
GARMONT Syner-G G-Fit Venus womens	Resort Telemarking	Release Cable	\$899
GARMONT Evo	Backcountry and Resort Telemarking	Release Cable	\$799
GARMONT Excursion	Backcountry Telemarking and Touring	Cable, Release optional	\$589
ANDREW Zenith	Backcountry Touring and Telemarking	Cable or 3 Pin HD	\$469
ANDREW Cornice / Claut	Backcountry Touring (day & overnight)	3 Pin HD	\$359
ALPINA NBC 1550	Day and Backcountry Touring	NBC	\$279
SALOMON Pro Combi	Skating and Classical Day Touring	Salomon Profil	\$349



BINDINGS	<i>Suitable for Skiing Type</i>	<i>Description</i>	<i>Price</i>
7TM Tour	Resort & Backcountry Tele	The latest telemark release binding, DIN-ISO 9462 approved with improved touring ability	\$599
7TM All Mountain	Resort & Backcountry Tele	The latest telemark release binding, DIN-ISO 9462 approved	\$499
G3 Targa & Targa Roxy (All Mountain Cartridge)	Resort & Backcountry Tele	Cable, Riser, S.Steel, use with adapter for release plate	\$349
VOILE VP-II	Resort & Backcountry Tele	Plate binding, increased control	\$379
VOILE 3 Pin HD	Backcountry Touring	Heavy Duty 3 pin	\$129
VOILE Release Plate	Backcountry Tele	Release plate for cable binding without/with brake (2 widths)	W/out \$189 With \$199
ROTTEFELLA Chili	Backcountry Tele & Tour	Cable with riser, can be mounted on release plate	\$269
ROTTEFELLA NBC Magnum	Backcountry & Day Touring	Manual NBC binding	\$149
ROTTEFELLA NBC Auto	Day touring	Auto step-in NBC binding	\$129
ROTTEFELLA NNN Auto	Day touring	Auto step-in NNN II binding	\$89.95
ROTTEFELLA NNN R3	Skating	Manual NNN II skate binding	\$119
SALOMON Profil Equipe	Skating	Profil skate binding	\$109

CHILDRENS SKI EQUIPMENT

The Wilderness Shop is one of the few stores in Melbourne which offers a range of junior equipment. Stocks are limited, so if these items interest you, please discuss your requirements with us as soon as possible



Boots	Alpina Junior NNN II	sizes 26,28,29	\$119
Bindings	Rottefella Junior NNN II		\$65.00
Poles	Exel Junior		\$39.95

Skis	Suitable for Skiing Type	Base	Width	Lengths	Price
SPLITKEIN Junior	Recreation	Step	56-52-54	140-160cm	\$159
MOROTTO Marathon Junior	Sport	Fishscale	44-44-44	160 cm	\$249

Accessories

We stock a full range of accessories such as waxes, scrapers, base cleaner, goggles, snow shovels, climbing skins, ski bags, riser plates, hill climbing posts, skins, ski tips, gloves and mittens etc. Spare parts for some bindings and poles are available.

Naturally, as one of Melbourne's leading wilderness outfitters, we carry all the equipment required for snow camping.



Care for your new Skis & Boots

A little care for your skis will greatly improve their performance and your enjoyment.

Regular waxing protects the ski base from oxidisation and maximises their glide characteristics. Scratches can be readily repaired before waxing.

Check that your bindings have not become loose each time before you use them. Always use a ski bag, especially to keep the road grime off while on the roof of your car.

After a ski trip, dry your boots away from direct heat. Leather boots should be reproofed using Snowseal, Nikwax, Grangers or Revivex. Nikwax also produces products specifically for the lightweight materials of your sport ski boots.



Ski Length Chart	Body Weight	Correct Length
G3: Spitfire	52 Kg to 70 Kg (shorter skiers) 52 Kg to over 79 Kg (taller skiers)	170 cm 177cm
K2: Super Stinx	under 68 Kg 68 Kg to 77 Kg Over 77 Kg	167 cm 174 cm 181 cm
Fischer: Outtabounds	under 64 Kg 57 Kg to 73 Kg 66 Kg to 82 Kg over 75 Kg	159 cm 169 cm 179 cm 189 cm
Fischer: Snowbound	45 Kg to 64 Kg 64 Kg to 82 Kg over 82 Kg	169 cm 179 cm 189 cm
Karhu: XCD GT	Under 57 Kg 54 Kg to 68 Kg 66 Kg to 79 Kg Over 77 Kg	165 cm 175 cm 185 cm 195cm
Karhu: 10th Mountain	40 Kg to 55 Kg 55 Kg to 68 Kg 68 Kg to 82 Kg Over 82 Kg	165 cm 175 cm 185 cm 195cm
Karhu: Solstice XT Rendezvous	under 66 Kg 63 Kg to 79 Kg over 77 Kg	160 cm 175 cm 190 cm