



Trip Review: Beginners Skiing at Lake Mountain, by Kerry

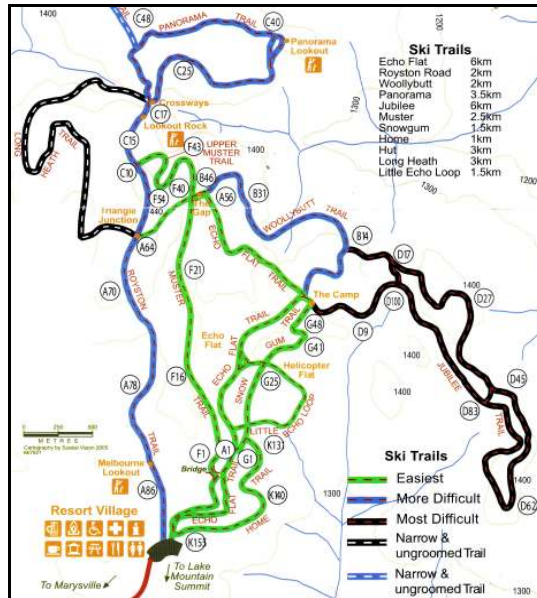


*Kerry; Up, Up and Away
At Lake Mountain*

Winter 2007 gave us a decent dump of snow early on, so I decided it was time to give cross country skiing a crack. Until then I had been snow shoeing and snow camping, but had no ski experience at all. I grabbed a pair of our hire skis, boots, poles, and with a few technique tips from the experts at The Wilderness Shop, set off for a day of action at Lake Mountain!

Located 120km from Melbourne via Marysville, a weekend mountain pass (car park) will cost you \$35 and then \$12 for your trail pass. The easy graded *Echo Flat* trail is 6km long, and was where we made our start. Skiing via *Helicopter Flat* to complete a loop allowed us to gain some confidence and practice falling over, before returning to the visitors centre for lunch.

Fuelled up and ready for more, we set off along the *Echo Flat* trail once again but headed further up towards *The Gap*. I found the motion of XC skiing similar to roller skating. Once you get into the rhythm of it, you can build up some serious speed!



My friend that I had dragged along on snow shoes was soon eating my powder! We continued up to *Lookout Rock*, then finished



..... And Down!

what had been an awesome day in the sunshine along the Muster Trail, 2.5km long, over the bridge and linked back up to the end of *Echo Flat* and back to the car. I had a few stacks on my first attempt, which is to be expected, but no bruises or sore butt, just wet gloves and damp socks!

The right gear for XC skiing is important. I did see a few people getting around in jeans; not a good idea. To stay warm and dry you will need waterproof overpants and jacket, fleece jumper, thermals and gloves. All these are available at The Wilderness Shop, along with our hire ski equipment and snow shoes, not to mention great advice!

I still consider myself a beginner, and I am very keen for another crack this season. I may even consider the more challenging Panorama Trail. Lake Mountain offers 37km of groomed trails with varying degrees of difficulty.

Cross country skiing is definitely heaps of fun, a real winter wonderland experience. So don't hesitate, just get out there and enjoy the crisp cool air and beautiful snow gums!