

FAQ's

Is cross-country skiing hard to learn? No more so than any other sporting activity. Through a range of balance and technique skills presented, you will find skiing to be a fun way to experience the winter months. You can go as fast as you like for an exhilarating workout: or just meander through the trails and take in the countryside. There is usually something for everyone.

Will the hills be hard to navigate? You will learn proper downhill technique which will take you through a progression from easy to manage hills up to hills that will be challenging based on your desire to do so.

Where can I go to ski? The instructors will provide you many local options and destination ski venues to satisfy your skiing adventures.

What to wear? Dress in layers. For both top and bottom start with a synthetic base layer; add warm, thin layers based on the temperature; end with a wind shell as the outer layer for windy and/or wet days. Wear pants with nylon or softshell material or snow pants. Wool socks keep your feet warm and dry. For gloves a nylon outer and warm lining are best (avoid light knit gloves). Hats are a must. Neck gaiters are great and can serve as a face covering as well. **Face masks are required due to Covid.**

What kind of skis should I get? Basic **waxless** cross-country skis fit to your weight and body size. Buy/rent from a ski shop that knows how to fit or use sizing charts if ordering online. *Be sure boots and bindings for skis are compatible.* Be careful buying used skis as they must be matched to your weight - this could impact your ski experience.

The average ski width for kids is about 50mm and adults 60mm.

How to size adult skis? Skis usually come sized by weight. 90-120 lbs small; 120-150 lbs medium; 150-180 lbs large; 180lbs and up XLG. Check with shop employees or see size charts on-line.

How to size kids ages 7-12? Kids sizes run 140-170 and should be just a couple of inches above head height, but no higher than 5" above head

height. The average use expectation is 2 years until kids grow out of sizing. If you can find used kids sizes, they are usually in good shape.

How to size poles? Poles should fit snugly under your arm. When standing the pole next to you it should be no higher than 2" below shoulder.

How to size Boots? Boots should be fitted with midweight wool sock on and should fit snug. Measure for fit by sliding your forefinger down behind the heel of your foot and boot with no wiggle room.

Where can I buy/rent cross-country skis? Here are some suggested places to buy or rent xc ski packages. *Please be aware that rental options are limited this year due to increased popularity of the sport so do not delay in securing your skis!*

Rentals:

Sport Loft in Leominster 978-534-9745

Sales:

REI in Natick 508-270-6325

Ski Haus in Framingham 508-875-5551