

Not All Trails Go Down

Worth Crossing the Country For

Nearly 25 miles of groomed trails range from "easy does it" to "feel the burn," so there's plenty of fun for everyone at every level at the Sun Valley Nordic & Snowshoe Center. Our crosscountry skiing is among the best in the US, now with options for snowshoeing and fat biking on our state-of-the-art trail system. You can enjoy the stunning views and fresh air either from the trail or sipping a hot beverage and bite to eat by the fireplace. We have everything you need to complete the experience training programs, clinics, rentals, locker rooms, retail, and a world-class dining room with full-service bar where you can warm up before heading out.

Nordic Skiing Facts

Nordic skiing is any skiing that involves a free heel, and at the Sun Valley Nordic & Snowshoe Center, we offer both classic and skate skiing options.

What Is Classic Skiing?

The traditional style of cross-country skiing is referred to as "classic." When using classic technique, the arms and legs and skis move straight in the direction of travel. Classic skis have a "kick zone" (the part of the ski under the foot) and a "glide zone" (the tips and tails of the ski). A skier moves forward by "kicking" and gliding on the skis.

What Is Skate Skiing?

Skate skiing, also known as "skating," is a newer method of crosscountry skiing. When using skating technique the skier pushes laterally, "skating" from ski to ski to move forward. This movement is similar to that used during in-line roller skating or speed skating. The skate ski base is completely smooth, allowing for maximum glide.

Private and group lessons, clinics, rentals, and training programs are available at the Sun Valley Nordic & Snowshoe Center. Please call 208.622.2250 or visit sunvalley.com/nordic for more information or to sign up.





Clubhouse Comforts

Luxury Amid a Legendary Setting

The 58,000 sq. ft. Clubhouse offers the perfect shelter from the elements. It houses a full-service bar and restaurant, open for lunch. and a luxuriously appointed lounge with flat-screen TVs, locker rooms and showers, and a balcony with outdoor heating. The Clubhouse, which is open to the public year-round, is the ideal place to unwind and enjoy a drink with friends or to hit the showers in between ski sessions.

Services & Amenities

All the Gear You Need to Tame the Trails

Before you hit the trails, stop by the Sun Valley Nordic & Snowshoe Center to chat with our professionals about all your Nordic skiing, snowshoe, and fat biking needs, including:

- Seasonal locker rental (includes free ski storage)
- Full-service cross-country ski tuning, repair, and rental center
- Snowshoe equipment rental
- Retail facility offering top-of-the-line Nordic and golf apparel

Partners















Although many people come to the Sun Valley Nordic & Snowshoe Center to cross-country ski, there are plenty of other activities to enjoy, including virtual golf, snowshoeing, or fat biking on our new trails!

What Is Fat Biking?

Fat biking is pure fun on two wheels! An off-road bicycle with oversized tires (typically 3.8" wide), and lower tire pressure enables easier bike handling over snowy surfaces. Fat biking can be enjoyed by all ages and ability levels. See reverse for trail map.

Fat Bike Etiquette

- Fat bikes are only allowed on designated trails, in the same direction as skiers (clockwise-no backwards traffic).
- Mountain bikes are prohibited (tires must be at least 3.6" wide).
- · Bikes must vield to all other users.
- Ride on the firmest part of the trail. Do not ride in classic ski tracks, and please leave room for skiers to pass.
- Do NOT ride if the trail is soft—it will ruin the trail!
- Be an ambassador of the sport—be polite, make yourself known when passing, have fun, and be safe!

Go for a Snowshoe Tour

If you can walk, you can snowshoe! A pristine and meticulously groomed network of trails awaits, taking you across diamondstudded snow fields along Trail Creek or up to the White Coulds trail system with stunning 360° views. All abilities and ages are welcome! Rental gear is available. See reverse for trail map.

Brush Up on Your Golf Game

Even though it's the season for snow in Sun Valley, you can still brush up on your golf game. Our virtual golf course lets you drive balls in the indoor comfort of the Clubhouse 365 days a year. Call 208.622.2251 or email golf@sunvalley.com for availability and lessons.



Sun Valley Nordic & Snowshoe Center

208.622.2250 • nordic@sunvalley.com • sunvalley.com/nordic















SUN VALLEY NORDIC & **SNOWSHOE CENTER**

WINTER TRAIL MAP

