

## *Cross-Country Skiing at the Frost Centre*

The Frost Centre ski trails are narrower than most and are groomed and track set for Classic style cross-country skiing only.

A few of the trails, such as the Marten Trail do have some technical downhill sections making speed control essential but on the whole the trails are suited for almost any level of skier. Due to their distance from main roads we do suggest that you ski the Deer and Moose Trail with a partner in case of an emergency. Also we suggest that you don't head out on the Moose Trail from the Deer Trail any later than 2:00 PM to avoid skiing back after dark.

## *Check out our trails...*

### *Fox Trail*



**Trail Length:** 2.2kms  
**Return Distance from Parking Lot:** 3.5kms  
**Graded:** Intermediate

This trail is an access point to all the other trails. The Fox trail terrain is generally suited to the intermediate with small ups and downs throughout the body of the trail. This trail is most memorable for the hills at the start and finish.

### *Bunny Trail*



**Trail Length:** 1.1km  
**Return Distance from Parking Lot:** 2.2km  
**Graded:** Beginner

This trail lives up to its name very well. This is an excellent beginner or first time skier trail. It is short, flat and even. It makes a perfect first time ski or a warm up before attempting a more challenging trail. Beginners might choose to walk up the first hill on the Fox Trail as they start from the parking lot.

### *Sawmill Trail*



**Trail Length:** 1km  
**Return Distance From Parking Lot:** 2.5kms  
**Graded:** Beginner

This 1km Trail connects the South end of the Bunny Trail to the Eastern portion of the Bear trail near the Otterslide and can be skied in both directions. Skiers will glide past the historic sawmill which was used for many years as a demonstration site for students attending the Leslie M. Frost Natural Resources Centre. This sawmill is no longer maintained and users are to refrain from entering any of the buildings.



### *Beaver Trail*

**Trail Length:** 2.7km

**Return Distance From Parking Lot:** 4.7km

**Graded:** Intermediate

This trail has an excellent mix of everything cross-country skiing is about. Nice flat areas to get you into the groove, a series of ups and downs as well as several majestic views from the trail. If you only have a chance to ski one of the Frost Centre trails this is the one to choose. A beautiful blue ice waterfall can be viewed along the North portion of the trail.



### *Marten Trail*

**Trail Length:** 1.6km

**Return Distance From Parking Lot:** 3.6km

**Graded:** Advanced

Speed control on this trail is essential. There is a steep but straight hill before two breathtaking vista lookouts. They alone are worth the ski to anyone who feels comfortable with the steep downhill that follows them. The Flying Furlong is an excellent challenge for a skier who enjoys a more thrilling ride.



### *Bear Trail*

**Trail Length:** 4.0km

**Return Distance From Parking Lot:** 8.1km

**Graded:** Intermediate

This trail is not only an access trail for the Deer and Moose trail but also an excellent trail by itself. It starts off with several kilometers of flat groomed trail to get you in the groove and then changes to some gradual sloping hills. There is a challenging descent just before the Bear warm-up cabin, which is a perfect spot to relax by the woodstove. The second half of this trail has some other fairly challenging and technical hill sections making it a perfect choice for anyone who wants a good workout.



### *Otterslide Trail*

**Trail Length:** 1.2km (one way) – return from other trails

**Rating:** Advanced Intermediate

The Otterslide has the most exHILLarating descent in the system. It seems to go on and on although the trail is only a little over a kilometer in length. (The Flying Furlong on the Marten is a more serious challenge!). A good command of speed control is suggested. With the new Sawmill Trail, the Otterslide gives the option of returning to the parking area from the Bear Trail warm-up cabin via the Otterslide, Sawmill, Bunny, and Fox. This route avoids the Hwy. #35 tramp from the end of the Fox to the parking area.



### *Deer Trail*

**Trail Length:** 6.5km

**Return Distance From Parking Lot:** 14.6km

**Graded:** Intermediate

Due to the distance of this trail it is not for every skier. However, those who decide to take the time to ski the Deer Trail will be rewarded with breathtaking winter scenery as they meander through rolling hills amidst hardwood forest. The Deer Trail warm up cabin, equipped with woodstove is at the perfect distance to stop for a trail lunch and chat about all the wildlife you have seen while on route.



**Trail Length:** 4.7km

**Return Distance From Parking Lot:** 19.3km

**Graded:** Advanced

This is the most distant trail at the Frost Centre but well worth the ski for those who wish to experience the true peacefulness that our wilderness trails have to offer. There is one long downhill and several short, steep climbs; otherwise it consists of long gradual slopes followed by flat sections where you can really get into the skiing. This trail is perfect for physically fit people who are searching for a truly peaceful place to ski.