



Cross Country Skiing Guide for The Links at Brunello

The Links at Brunello is excited to introduce cross country skiing throughout the golf course utilizing our cart paths. We have 8 pairs of Rossingnol skate skis along with the corresponding boots and poles for rental.

The determination to offer “skate skis” versus “classic skis” as a rental option was guided through consultation by our partners at Halifax Nordic Club, and with consideration of the terrain and typical grooming options of the trails in which the skiers are permitted to be.

The partnership between Halifax Nordic Club and The Links at Brunello works jointly to groom the trail system here as conditions permit. We are not saying now to classic as those skier groups are welcomed to the trail system which is identified throughout the property. You can classic ski on groomed and track-set snow at nordic areas or on un-groomed snow in the backcountry. For skate skiing, you must have access to groomed snow of which is the offering here through a system of designated trails that we have here.

The Trails

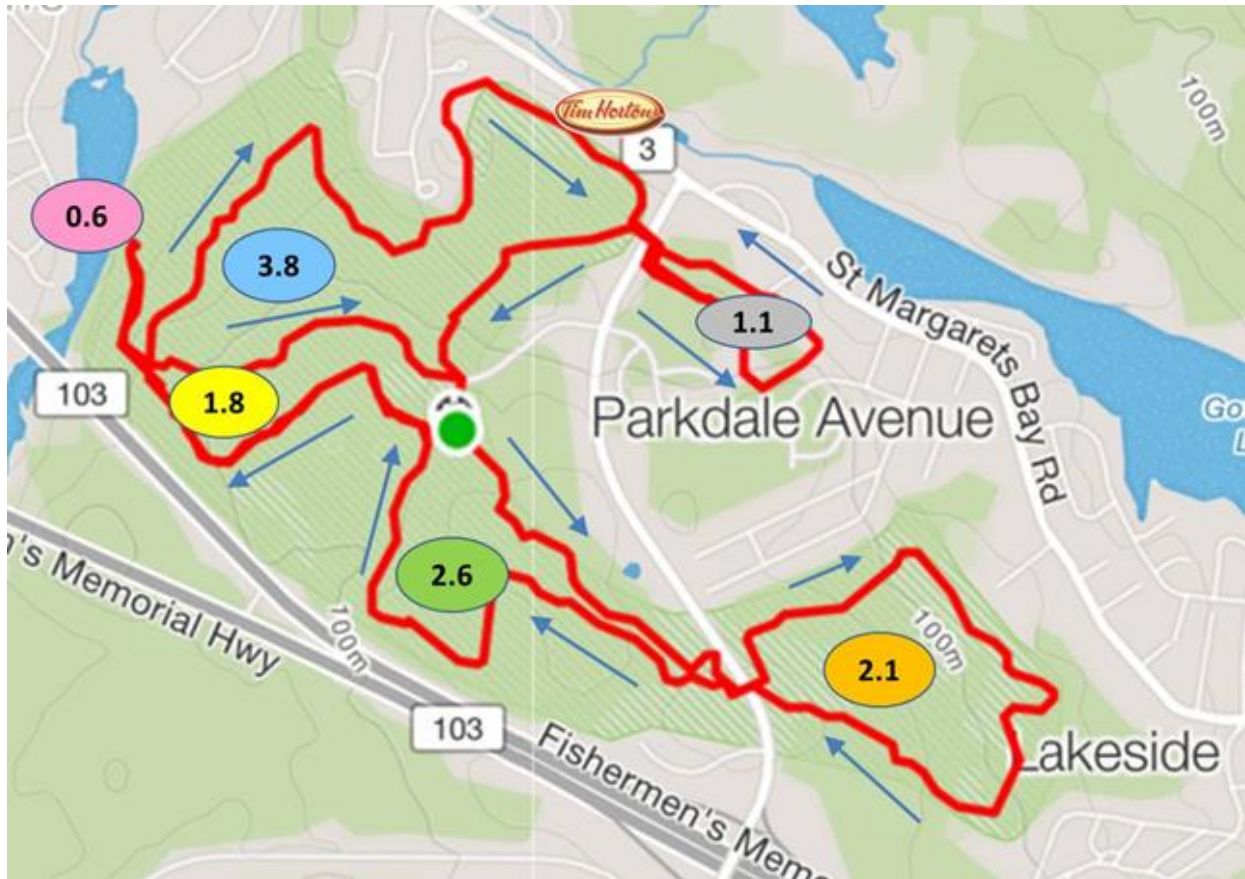
The trail map details approximate distances for the various options. The distances in the circles is the distance of the loop around the circle. The green dot is the start at the parking lot.

Two bridges take you over the Parkway for optional loops – one after 1K for the 2.1K orange loop and another after about 8K for the 1.1K grey loop. The grey loop is the only loop with a challenging and steep climb and descent, so you may want to avoid that loop unless you like living on ‘the edge’. The entire trail system is approx. 10K, but there are options for shorter skis: 2.6km if you don’t cross the bridge to do the orange loop; 4.7km back to the Pro Shop, if you do that loop.

The Trails starts at the upper left of the parking lot, opposite the Golf Pro Shop. Follow the one-way/ do-not-enter signs and always stay on the groomed trails and ask to please not cut across the fairways at any point. Doing so compromised the health of the turf grass and will not be tolerated



The Trail Map



Emergency #911

Non-Emergency - The Links at Brunello 902-876-7649 ext. 201



Fitting Skis

There are a lot of theories out there about how to size cross country ski equipment, and because of the different sizing formulas, equipment designs and technology trends, it can get confusing pretty quickly. There are a number of variables that should be considered when sizing cross country skis, including weight, height, experience level, terrain, etc., and since each company builds their skis differently, brand knowledge is also required to make the best sizing choices. To generalize, and make things ideal for a renter to determine length, it is easiest for beginners to use skis that are head high or a little taller. More experienced skiers typically go with longer skis. Typically, longer skis are faster but more difficult to control.

Your Height	Suggested Ski Length
5'5"	170
5'6"	
5'7"	
5'8"	
5'9"	170 / 180
5'10"	
5'11"	180
6'0"	
6'1"	
6'2"	

Fitting Boots

Women's	European	38 (1)	39 (2)		
	Canadian	6	8.5		
Men's	European	40 (1)	43 (1)	44 (2)	45 (1)
	Canadian	7.5	9	10.5	11.5

Getting the proper size in cross country ski boots is important for a few various reasons. Having the right size will make your boot more comfortable, warmer and will give you a great amount of performance. Cross country ski boots are going to fit very closely to the same size as your standard athletic shoe size. You can size down for a tighter more athletic fit, but we don't suggest sizing up as having too much extra room can cause issues with warmth and blisters.



Fitting Poles

Consensus is that a pole should rise to the middle of the user's shoulder joint for Classic, and to their chin for Skating use. Please note also that a pole should be measured from the strap connection, not the top of the pole, as this is the pole's actual pivot point when in use. More experienced skiers may opt for slightly longer poles (particularly Skaters), but this will be a very individual decision.

The 2018 Fees

2018 Winter Experience Rental Prices				
<i>*all items are plus tax</i>		up to 2 Hours	from 2 - 4 Hours	from 4 - 8 Hours
Cross Country Skate Skis	Brunello Resident	\$10	\$18	\$29
	Non Resident	\$20	\$36	\$58

To learn more about Halifax Nordic click <http://halifaxnordic.ca/>

To learn more about the various programs click <http://halifaxnordic.ca/programs/>

For Membership Inquires click <http://halifaxnordic.ca/membership/>