



NORDIC CENTER MAP



Proud Partner of Vail Resorts

INFORMATION (970) 496-4275

- TRAIL FEE\$11 PER DAY (MULTI-DAY PASSES AVAILABLE)
- EQUIPMENT RENTAL
 - Touring Skis or Snowshoes\$19/day
 - Performance Skis/Skate Skis.....\$21/day
 - Inner Tube\$16/hr or \$20 for 2 hours

Family Fun

- OLD FASHIONED FAMILY TUBING DAILY**
10am-2pm November-February. 9am-1pm in March.
Inner tube rental required. No personal sleds or plastic saucers permitted. Weather permitting. Slide down, walk up, great for small children.
- FAMILY NORDIC LESSON**
\$60 1 hour, afternoons. Each additional family member add \$15. Reservations required.
A family Nordic skiing lesson for adults with children.
- SNOWSHOE ECO HIKE \$35 - MONDAY, WEDNESDAY, SATURDAY**
Mon., Wed., Sat. 10:30am -12:30pm; Fridays 1-3pm
An easy, family-oriented nature hike.
- POLAR BEAR CLUB FOR KIDS**
\$38 for 45 minutes. Reservations required. For children 6 -12 years of age. \$27/child for two participants.
Start out on cross country skis by learning proper technique and having fun.
- PAINTING YOUR MEMORY**
\$20 Thursdays, 2:00pm
Capture your stay with your own painting. Instruction and supplies provided. Discount available with Adventure Passport.
- LET THE KIDS ENJOY HOT DOGS, COOKIES, & HOT CHOCOLATE WITH WHIPPED CREAM AFTER A FUN DAY ON THE SNOW.**

Nordic for Novices

- BEGINNING LESSON FOR ADULTS**
\$40 Daily, 10am - 11am. No reservations necessary.
An introduction to cross country techniques. Check in by 9:45am.
- POLAR BEAR CLUB FOR KIDS**
\$38 45 minutes. Reservations required. For children 6 -12 years of age. \$27/child for two participants.
Teach your kids to enjoy cross country skiing by learning proper technique.
- SNOWSHOE ECO HIKE**
\$35 Mon., Wed., Sat. 10:30am -12:30pm; Fridays 1-3pm
An easy, family-oriented nature hike.
- BEGINNING SKATE SKIING**
\$66. \$48 per person with two. 24 hour advance reservations required.
Learn the art of skate skiing with a professional.

Personal Attention

- PERSONAL TRAINER**
\$66, 1 hour, offered after 12 noon. Reservations required.
A private lesson in classic or ski-skating techniques. Discounts available with up to 3 people.
- EPIC DAY PRIVATE**
\$120 Available daily. \$80 per person with two. Reservations required.
A private morning and afternoon lesson of your choice. Equipment & lunch included.
- TELEMARK PRIVATE LESSON**
\$120, 1 1/2 hours. 24 hour advance reservations required. Additional student \$25.
Learn to "free-heel" or advance your skills with lessons at Keystone Resort. Equipment & lift pass not included.

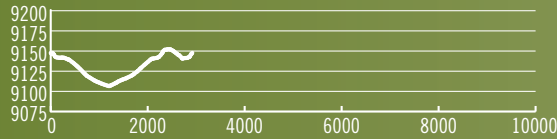
Unique Keystone Experiences

- FULL MOON SNOWSHOE TOUR**
\$40, December 29 & 30, January 29, February 26, March 27.
Reservations required. Additional dates may be added. Start time varies.
A moonlit snowshoe hike and soup buffet dinner.
- EPIC DAY PRIVATE**
\$120 Available daily. \$80 per person with two. Reservations required.
A private morning and afternoon lesson of your choice. Equipment & lunch included.
- LADIES DAYS**
\$60, Fridays, 10am -2:30pm Reservations required.
Morning cross-country lesson and afternoon snowshoe tour. Includes lunch.
- MOUNTAIN TOP SNOWSHOE TREK**
\$70, Thursdays, 10:15am -2:30pm, Reservation required. Available other days with 3+ people and advanced reservation.
Vigorous trek from the top of the gondola on Dercum Mountain to Bergman Bowl and back (conditions permitting).

Nordic Center Soup's On Bistro
Soup buffet lunch 11:45am - 2pm. Snacks and beverages served all day. Come & warm up with all the soup you can eat! Three hearty, homemade soups prepared daily and accompanied with fresh bread. Hot chocolate, sodas, wine & beer.

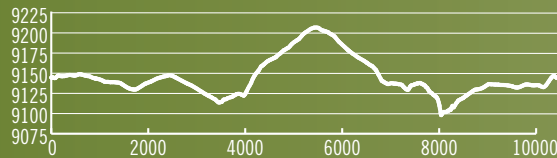
Never been, start here Beginner

TOTAL LENGTH:	1 KM	TOTAL VERTICAL:	54 FEET
LOWEST ELEVATION:	9106 FEET	DIFFICULTY:	PUPPY DOG
HIGHEST ELEVATION:	9152 FEET	ESTIMATED TIME:	15 MINUTES



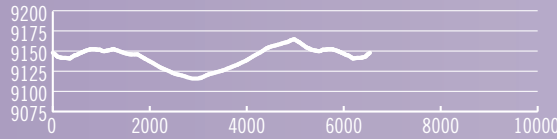
Easy Does It Beginner

TOTAL LENGTH:	3.4 KM	TOTAL VERTICAL:	191 FEET
LOWEST ELEVATION:	9098 FEET	DIFFICULTY:	PUPPY DOG
HIGHEST ELEVATION:	9206 FEET	ESTIMATED TIME:	70 MINUTES



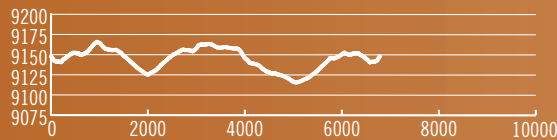
Buffalo Intermediate

TOTAL LENGTH:	2.0 KM	TOTAL VERTICAL:	73 FEET
LOWEST ELEVATION:	9115 FEET	DIFFICULTY:	TIMBER WOLF
HIGHEST ELEVATION:	9164 FEET	ESTIMATED TIME:	25 MINUTES



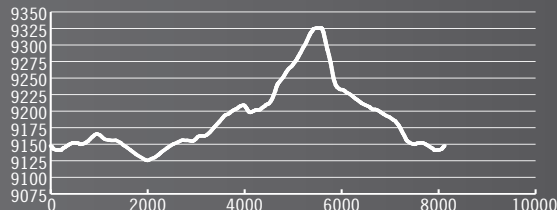
Norwegian / Fox Trot Advanced Beginner

TOTAL LENGTH:	2.2 KM	TOTAL VERTICAL:	117 FEET
LOWEST ELEVATION:	9155 FEET	DIFFICULTY:	COYOTE
HIGHEST ELEVATION:	9166 FEET	ESTIMATED TIME:	45 MINUTES



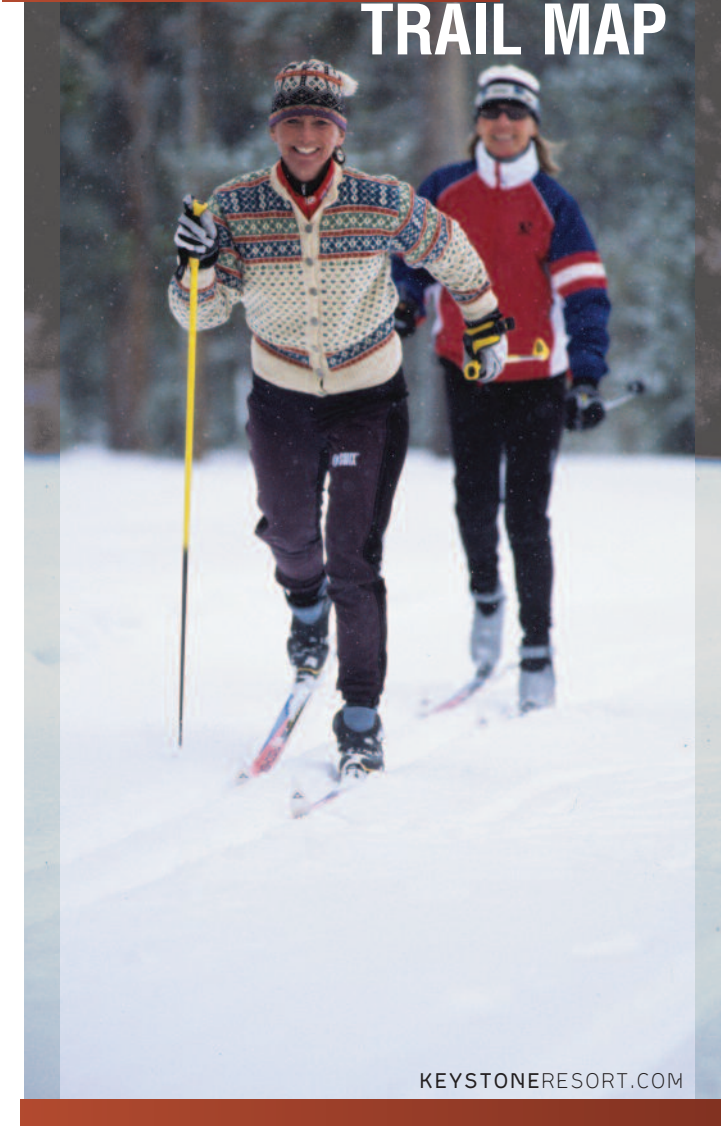
Stairway To Heaven / Double Dare Advanced

TOTAL LENGTH:	2.7 KM	TOTAL VERTICAL:	253 FEET
LOWEST ELEVATION:	9125 FEET	DIFFICULTY:	MOUNTAIN LION
HIGHEST ELEVATION:	9326 FEET	ESTIMATED TIME:	55 MINUTES



Nordic Center

TRAIL MAP



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COLORADO SKI SAFETY ACT The Colorado legislature, recognizing risks that are inherent in the sport, has passed the Colorado Ski Safety Act which provides inherent risks of the sport and relative responsibilities of the "skier" and the ski area. You must obey the Act. Under the Act, any person using the facilities of a ski area is considered a skier. A summary of the inherent risks is listed below:

WARNING Under Colorado law, a skier assumes the risk of any injury to person or property resulting from any of the inherent dangers and risks of skiing and may not recover from any ski area operator for any injury resulting from any of the inherent dangers and risks of skiing, including: changing weather conditions; existing and changing snow conditions; bare spots; rocks; stumps; trees; collisions with natural objects, man-made objects or other skiers; variations in terrain; and the failure of skiers to ski within their own abilities.

SAFETY Pursuant to the Colorado Ski Safety Act, the ski area assumes no responsibility for skiers going beyond the ski area boundary. To access the backcountry, use designated gates only. Areas beyond the ski area boundary are not patrolled or maintained. Avalanche slopes, unmarked obstacles and other natural hazards may exist. Be aware: The backcountry avalanche hazard may be extreme. Rescue in the backcountry, if available, is the responsibility of the Summit County Sheriff. It will be costly and will take time.

For snow reports, lodging, ski and ride school, activity information and dining reservations, please call 1-888-SKI-KEYSTONE or visit keystoneresort.com

Nordic Center • (970) 496-4275
open from 9 a.m. – 4:30 p.m. • 7 days a week.