

ELDORA

MOUNTAIN RESORT

TREK ABILITY LEVELS

X-Country - Classic Skiing

Each Trek participant will be placed in a class according to his or her ability level. Please read through the following level descriptions carefully and be sure you have chosen the color that describes your child's abilities AT THIS TIME, not what you would LIKE them to work towards. The color listed is the flag your child will stand in front of at 9:30am on the first day of their session.

Please Note: If you are unsure which level to place your child in, please air on the cautious side. It is better to move a child up a level rather than down a level. Having your child get frustrated and moved down a level on the first day can be discouraging to both you and your child.

<u>Color</u>	<u>Description</u>
Red	First time on Nordic skis. Has <i>never</i> Nordic skied before.
Yellow	Is able to comfortably ski flat, easiest terrain.
Green	Is able to comfortably ski flat and rolling green terrain, but finds steeper hills challenging.
Blue	Is able to comfortably ski most blue and some steeper terrain.
Black	Is able to confidently ski all terrain.