

INTERNATIONAL SKI CLUB OF GENEVA

Nordic Ski and Snowshoeing Sections

VALLÉE DE CONCHES NORDIC SKI WEEKEND

SATURDAY 09 TO SUNDAY 10 MARCH 2024

The sunny Upper Valais high valley with its quaint villages is known in winter as an attractive cross-country skiing paradise with over 100 kilometers of excellently prepared trails.

We will be staying in the small village of Ulrichen. Ulrichen lies mid-way on the Rottenloipe, an 19km ski trail that runs from Oberwald to Niederwald, passing through the picturesque high valley of Obergoms and along the young Rhône. The trail is lined with thick forests and snowy white peaks. It is possible to ski both classical and skating.

Also, in Ulrichen is the Nordic Snow Sports Centre (Nordisches Schneesportzentrum). At the sports center is an area for beginners to take lessons and practice their skills. But it is also an area for more advanced skiers to test their skills. A nearly five-kilometre shaded trail combines sharp ascents with challenging descents and is used as a training ground for professional cross-country skiers.

It is expected that most participants will ski some or all of the Rottenloipe. It is possible to take the train from several villages along the trail, so participants do not have to ski the whole length of 19 km. And of course, it is possible to ski more than 19 km by skiing back to Ulrichen. The Rottenloipe is for intermediate and experienced skiers. Beginners can arrange for lessons, or the leader will provide information on less difficult trails close to the Nordic Center. **The group is limited to 12 people.**

If there is a problem with snow conditions for X country skiing, we will substitute snowshoeing or winter hiking. There are extensive trails for both in the area.

<https://www.valais.ch/en/touren/ski-and-snowboard/cross-country-skiing/rottenloipe-obergoms>



The leader and assistant leader have made a reservation at the Hotel Restaurant Astoria. <https://www.astoria-obergoms.ch/en>. The cost for a twin room with bathroom and breakfast is CHF 196. Participants who wish to have a single room should make their own reservations at the Hotel Astoria or another hotel of their choice in the area. For participants who wish to share a twin room please, indicate if you have a partner to share with or wish the leader to assign rooms when signing up for the weekend. **No rooms have been reserved as yet.** The leader will reserve twin rooms as participants join.

Inscription: By email to Caroline Truesdell (ctruesdell@hotmail.com) by 1 February 2024. It is strongly recommended that you sign-up early. If you are making your own hotel reservations, club members must pay the club tax of 10CHF and non-members must pay 30CHF when registering. If the leader is making a hotel reservation for you, then, in addition to the club tax, a deposit of 50CHF is required. Please pay by TWINT to +41 79 290 5068. If you do not have TWINT, bank details will be provided.

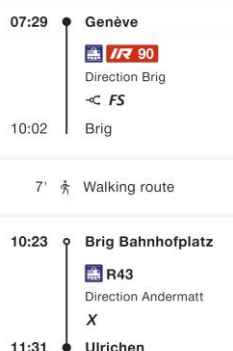
I need to know:

- 1) Your first and last name
- 2) An email address at which you can be reached on the weekend
- 3) Your mobile number
- 4) Your X country experience.
- 5) Are you a SCIG member?

To Bring: X country ski equipment, (ski rental is possible in Ulrichen. However, if you need to rent, it is strongly recommended that you do so in Geneva as the group will not wait while you take time to rent equipment.), sunglasses, sun cream, picnic and drinks for Saturday and Sunday.

Price: Participants must purchase their own train tickets. Genève Cornavin – Ulrichen– Genève Cornavin. The price with ½ tarif card is CHF 87.20. Currently there are Super Saver fares available. Ski club tax: Members 10 CHF. Non-Members 30 CHF.

Rendezvous: Gare Cornavin, platform 6 for 7 :29 train to Brig



Return: Depart Ulrichen 16:18 and Arrive Genève 20:31.

Leader: Caroline Truesdell ctruesdell@hotmail.com +41 79 290 5068

Assistant: Janice Cook Robbins

- By registering, you agree that you are fit for this level of skiing.
- By registering, you confirm that you carry insurance against accidents and mountain rescue, in particular helicopter rescue operations. (See REGA: <https://www.rega.ch/en/home.aspx>) Check with your employer to see if you are properly insured. *The outing Leader and SCIG disclaim any and all liability for accidents related to this activity.*