

Cross Country Skiing

Cross Country Skiing is offered at East River Valley Park in Ames. The Parks Division will groom a trail as noted on the map below. Grooming of the trail can only be performed with fresh snowfall. Your cooperation by staying on the groomed trail between snowfalls is appreciated. If you have any questions or comments about the ski trail, please call the Ames Parks & Recreation Department, 239-5364. The groomed trail is for cross country skiing only. If you witness misuse of the trail, please notify the P&R Administration Office 8AM to 5PM Monday through Friday at 239-5364. Other hours, contact Ames Police at 239-5133.

Helpful Hints for the Ski Trail: Every sport has its own rules and codes of conduct. Cross Country skiing is no exception. Here are a few rules established by the International Ski Federation.

RESPECT OTHERS: Ski so you don't endanger or offend others.

OBEY SIGNS: Respect trail marking signs. Ski only in marked direction on one-way trails

SKI RIGHT: Ski on the right-hand side if there's more than one track on a trail. Groups should ski single file on the right of a trail.

MEETING: Keep to the right when meeting skiers. On hills, skiers skiing downhill have the right of way over those skiing up hill.

POLES IN: Keep your poles close to your body whenever near another skier.

KEEP TRAILS CLEAR: If you stop, get out of the track. If you fall, get up and out of the track quickly.

WATCH YOUR SPEED: Suit your skiing speed to your personal ability, the terrain, visibility and number of skiers nearby, especially on downhills. Keep a safe distance from skiers ahead. As a last resort, fall intentionally if you cannot otherwise avoid a collision.

ACCIDENTS: At the scene of an accident, identify yourself, whether involved in the accident or not. Give aid if you can.

OVERTAKING: You're not required to get out of a track for an overtaking skier (except in racing), but you should allow a faster skier to pass whenever possible. You may overtake and pass another skier on either side, in any free track or outside the track.