

A little bit about Learn To Loppet Ski Lessons

So what's the big deal about being around for 21 years?

We have refined the course after every year based on student comments.

Four of the instructors have 15 years with this program. All instructors are CANSI trained (Canadian Association of Nordic Ski Instructors). The course content has been developed by the instructors. Their experience with this course and their knowledge with skiing long distance events is what makes Learn To Loppet (LTL) a valuable course. The tools and tips they will pass on were probably learned the hard way and you will get them all in only five weeks.

Who takes this course and why?

The average student has skied for 2-3 years and has average fitness and some knowledge of how to ski. Most have not experienced skiing beyond the diagonal stride while some are looking for technique improvement and guidance on how to comfortably enjoy their Birkie ski event (some first timers have completed the 55km event).

What happens on a Monday evening ski lesson?

All Monday sessions are on snow. Students have been placed in groups of like ability skiers, about 8 students per group. An instructor (same each week) will teach a technique of classic skiing, through the use of demonstrations, drills, exercises and practice. Instruction and feedback will be both group and individual. The next week, review past technique and move on to the next technique. The classic techniques covered are: diagonal stride, double-poling, one-step double-poling, uphill diagonal stride, uphill herringbone and of course, how to get down the hill.

Why is the first day devoted primarily to waxing?

Trying to ski with poorly waxed skis is like skiing without snow. It doesn't work and is just plain frustrating. Proper wax in the kick zone of the ski allows you to propel yourself on the trail. Proper wax on the glide zone allows you to glide effortlessly. We will teach you as much as you want to know about making the proper wax choice for a short ski or up to completing a 55km event.

What else do I get?

A LTL booklet with articles written by LTL instructors covering technique, waxing, diet and specific preparations for your Birkie event.

What if it doesn't snow and the Learn To Loppet course is cancelled?

Then the instructors will bank their efforts and wait til next year and your money is fully refunded.