



Winter Activities 2011-2012

CROSS-COUNTRY SKIING

The perfect powder of the Methow Valley beckons skiers from around the world for cross-country fun. 200 km of groomed trails lace Sun Mountain and the Methow Valley. Passes are good for the entire Methow Valley trail system-one of the largest and finest in the U.S. Proceeds go to MVSTA, a non-profit organization which builds and maintains all trails. Check out the grooming report at www.MVSTA.com.

- ONE-DAY TRAIL PASS -** \$20
- THREE-DAY TRAIL PASS -** \$51
- HALF-DAY TRAIL PASS (after 1pm) -** \$15
- CHILDREN PRICES -** ages 13-17 half price, 12 & under free

DOWNHILL SKIING AND SNOWBOARDING

The Loup Loup Ski Bowl, 25 miles from Sun Mountain Lodge, features a fixed grip quad chairlift, 1,240 vertical feet, PSIA Ski School, full service rental shop, day lodge, plus a junior poma lift and a beginner rope tow. Open Wednesday, Friday, Saturday, Sunday and holidays, 9:30am-4:00pm. Sno-line phone is (509) 826-2720 or visit www.skitheloup.com.

METHOW VALLEY SKI SCHOOL

Owned and directed by Don Portman, the Methow Valley Ski School is one of the finest in the nation. Don is a former member of the Professional Ski Instructors of America Nordic Demonstration Team, which sets the standards for U.S. cross-country ski instruction. All instructors are PSIA certified. They'll have you skiing better-we guarantee it!

GROUP LESSONS - \$25 per person

Basic Lesson (10:30 am daily) This is a fun, safe and easy way to start skiing. We'll teach you the skills to enjoy most of the Sun Mountain trails.

Skating Lesson (1:00 pm daily) Learn the secrets of fast and efficient skating. If you can balance on one ski while moving, you can easily learn to skate.

Children's Lesson (10:30 am, weekends and holidays)
For kids ages 6-12. Kids love it! They have tons of fun and learn to ski.

PRIVATE INSTRUCTOR - Make an appointment to have an instructor just for you or your group. You pick the time, place and instructor. Any level, beginner to racer, we'll improve your skiing- guaranteed!

	1-Hour Lesson*	1/2 Hour Lesson
1 PERSON-	\$60	\$40
2 PEOPLE -	\$35	\$26
3 OR MORE PEOPLE -	\$30	\$26

**Rates are per person*

TOUR AND LEARN: 2-hour lesson on the Sun Mountain Trails
One person \$98, two people \$60, three or more \$45*

**Rates are per person*

EQUIPMENT RENTALS, SKI SHOP - EXT. 735

We have lots of top quality ski equipment. Try touring, skating or racing. Switch as often as you wish at no extra charge. Find out for yourself how much more fun you'll have skiing on great gear. We also have plenty of snowshoes and ice skates and we are happy to take reservations for any of our rental gear.

SKI RENTALS		First Day	Additional Day	After 1pm	
Adult Full Set		\$23	\$15	\$15	
Skis only		15	11	11	
Boots only		15	11	11	
Poles only		5	4	4	
Children's Full Set		\$16	\$12	\$12	
Skis only		12	10	10	
Boots only		12	10	10	
Poles only		4	3	3	
OTHER EQUIPMENT		Two Hours	Four Hours	First Day	Additional Day
Snowshoes or pulk	\$15	\$19	\$23	\$15	
Kids snowshoes	12	14	16	12	
MULTI DAYS		2 Days	3 Days	4 Days	5 Days
Adult Ski Set	\$38	\$53	\$68	\$83	
Snowshoes or Pulk	\$38	\$53	\$68	\$83	
Children's Ski Set	\$28	\$40	\$52	\$64	

AFTERNOON KID'S PROGRAM -

\$54 per child. Ages 5-12, Saturdays and Holidays, 1-4pm.

A three-hour program for children that includes a ski lesson, sleigh ride, snowshoeing, any rental gear needed, snacks and of course, tons of fun.

SNOWSHOEING -

\$5 for one day.

MVSTA snowshoe trail passes. Snowshoe rentals are located under "Other Equipment" above.

SLEIGH RIDES -

Sleigh Ride Only - \$17/adult, \$12/child (12 and under)

Sleigh Ride & Dinner - \$40/adult, \$30/child (12 and under)

EXERCISE ROOM AND TWO HOT TUBS

SUN MOUNTAIN LODGE

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