



100 Mile Nordics

100milenordics.com

Greetings: Neil Manhard & Maryanne Capnerhurst

100 Mile Nordic Ski Society was originally incorporated as South Cariboo Cross-Country Ski Society in 1976, changing to 100 Mile Nordic Ski Society in 1986. Society Act S-12808

We are a volunteer run club, operating the 99 Mile Ski & Snowshoe Trails approx. 1.3 miles up Ainsworth Road.

We have 2-3 seasonal daylodge employees keeping our lodge open to the public from 9-3 daily, offering homemade hearty soups along with some yummy treats.

We offer our groomers fuel mileage to keep our trails in pristine shape realizing the out of pocket expenses that they incur.

We give an honorarium to our Ski S'Kool administrator who works relentlessly organizing programs for all the schools in SD#27.

That said we'd like to take you on a tour of our 100 Mile Nordic facility.



These are the original buildings with the building on the left being the original building brought from the 108 North Entrance where we had a series of trails which we ran races on. The building on the right was donated by Weldwood for our First Aid and storage.



Inside the original building we now use for waxing.



The building on the right is our Piston Bully shed (Big Track-setting) Machine with the picture on the left being our newest equipment shed which has two garage doors on each end for the snowmobile, ginzu and roller grooming equipment.



Again, the building on the left is the PB shed with the red building being for our tractor and trail maintenance storage.



Daylodge as it exists today! We've lost track of years, believing it was built in 1986.



Inside our daylodge



Rental Room: Ski (Classic and Skate) & Snow Shoe Rental





Our grooming equipment: Piston Bully in the middle for heavy snow, snow mobiles, Alpina, ginzus and rollers. We can be skiing with 8" of snow extending our season with early & late skiing.





New signs installed on ski trails 2013 provided and in agreement with the Recreation Sites and Trails BC



Skier on our new “Fum” trail which is a highlight for many skiers!



We have hosted many BC Cups and 2 National Championship races on our site. We have brought in hundreds of skiers filling the hotels, motels and restaurants.



Our new trails completed bringing in many compliments from locals & tourists alike.



Ski trails are enjoyed by all.... ☺



Snowshoe trails put in 2013 as we received a small grant “Warm up to Exercise” which was supported by local Doctors to monitor exercise & health. We started with the Blue (Bear Paw Trail) and expanded the following year to the red (Bean Stalk trail) due to increased popularity of snowshoeing in the area.





Beautiful snow shoe trails winding through the trees.



Cedar Crest snow shoe group! We've been fortunate to invite other user groups up to the lodge; Cedar Crest has joined us for the past few years.



Building our trails



Rock and more rock.....



Who knew we had so much rock? Many hours of raking, hand picking by volunteers.



Moving our existing cabin from the Marathon Loop to the top of Beanstalk (Gentle Giant)





A beautiful view! Cabin used by skiers, snow shoers, hikers etc.





Business Excellence Award 2017! We strive to offer more to our community!

Lighting:

Existing Lighting: 3.5km of race trails which are difficult trails for the general public, system is 25 years old but poles were used (second hand) when we acquired them, the lighting system was all done by volunteers.

Why: We had skiers training on the race trails that couldn't ski until after school, we needed lights.

We gradually learned that the general public did not feel comfortable skiing on race trails/terrain. As we invested club money into building new fun, recreational trails, we discovered people are only using these trails.

Our light system is wood poles with overhead wires. Poles are far past their safe date. We have test & treated over the years but the cost to the club is substantial. We have some lights on trees because of trees falling and tearing down the overhead wire.

Maintaining the light system has become a nightmare as maintenance cost is outrageous. We can no longer maintain our trails during the winter season as contractor vehicles can't access the ski trails. Our poles are unsafe to climb.

Our existing lights are 250 to 400 watts mercury vapor. (Expensive and not environmentally friendly)

At this time, it is of our opinion that the existing lighting needs to be disconnected.





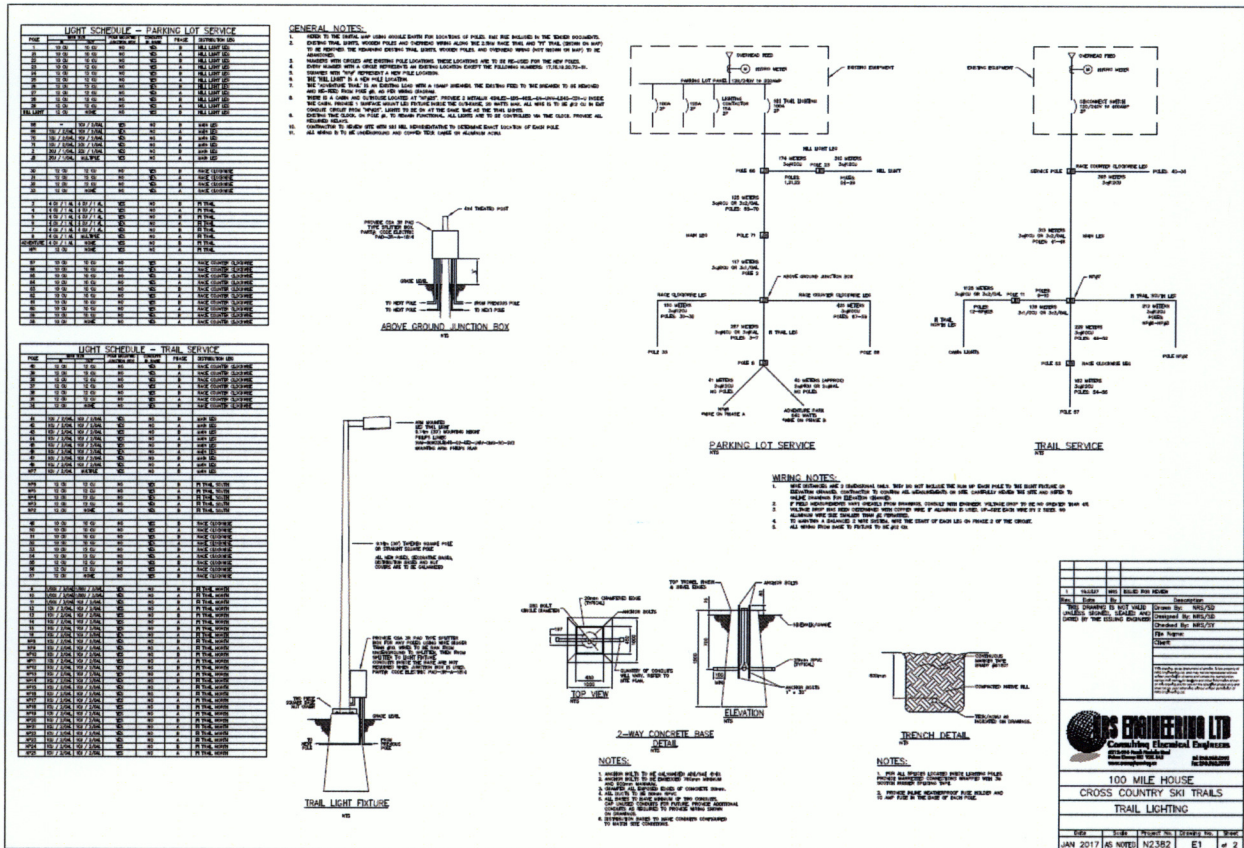
New Lighting Plan:

Step 1: Hired NRS Engineering to provide us with a detailed plan \$6000 club expense which allows us to get a contractor, price all the material, labor, pole placements etc. This also helps us with our grant writing.



Pole Placement: These (Blue) are our existing poles with the squares indicating NP being new poles required. After reviewing the original NRS plan, we decided we could eliminate the bottom half of the 2.5 race trail (saving us 18 poles), if we go directly out through the stadium, we could save another 7 poles.

(Neil, display)



Costs of plan

Step 2: Contractor Costs



Primal Electric Ltd.
 PO Box 10234,
 108 Mile Ranch V0K2Z0

Phone - (250) 395-1011
 Email – lgreen19@live.ca

February 25, 2018
 Attention: 100 Mile Nordic Ski Society
 neilmanhardfarm@gmail.com
 250-644-2323

Re: Trail Lighting Upgrade to underground LED Posts
Items Included:

- Provincial Electrical Permit and PST
- New 200A overhead trail service pole with outdoor panel
- Adjustments to 200A overhead parking lot service for new underground and controls
- 78 LED 60W32LED4K Philips supplied and installed on Davit Curved Poles
- 78 Concrete bases with 2-way RPVC sleeves where needed, includes delivery, nuts and washers
- All Teck and ACWU cables for underground feeds to light posts
- Outdoor rated splitter boxes mounted on post bases for cables larger than #10
- All connectors, straps, screws, burial tape, splicing materials to connect circuits & Lights
- All inline fuses for each light posts and branch circuits smaller then #1
- Any breakers needed for new panel or in existing parking lot panel
- New lighting control box with new contactors to keep control setup as current
- New outdoor receptacle at last pole by cabin
- Time and Material to complete underground, light connections and control work scope
- Travel time and vehicle charges

Items Excluded:

- BC Hydro Fees for disconnect reconnect of new service pole
- Placement of Concrete bases
- Excavation & Sand for underground work (can supply excavator to help if needed)
- Power feed to cabin and lights on cabin

We propose to furnish material and labor, complete in accordance with the above specifications, for the sum of:

Dollar Amount: Three Hundred Thousand Dollars- \$300,000.00

Step 3:

Labor:

Backhoe: \$100 per hour at \$400 per span	\$74,000.00
Tractor: \$25 per hour at \$200 a day x 30 days	\$6000.00
Workers: 30 days x 4 workers at \$25.00 an hour for an 8 hour day	\$24,000.00
Sand: trench 2' x 1' deep = 650 yards (\$5 a yard at 55 loads+ trucking at \$200 a load)	\$16,575.00
	Total: \$120,575.00
Setting and installing light poles: Unknown at this time	
80 poles at \$100 an hour for excavator at 5days rough estimate:	\$4000.00

***Contractor quote and labor quote are based on a direct line from the stadium to the cabin, top half of 2.5 race trail & Gentle Giant. (By reducing Gentle Giant we require 65 poles rather than the quoted 78 which saves us approx. \$36,000)**

Conclusion: The logical move for us is to move the lights off the race trails onto the easy trails which will suit all levels and ages of skiers.

This is a very successful volunteer run facility servicing locals and bringing in tourists. Interior Health has promoted the site in a video trying to attract professionals to the area. In the pasts ten years, we have

developed user friendly ski trails, snow shoe trails, daylodge opened daily, rentals of ski & snow shoe equipment with a successfully run Ski S’Kool program with a total of 472 kids taking part! (See Statistics below)

Visit us at www.100millennordic.com and Facebook www.facebook.com/100MileNordics . If any of you would like a private tour of the facility, Neil and I are more than willing to accommodate you.

Ski S’kool statistics:

Session #	Location <i>(School Name, Club, Community Centre etc.)</i>	Date <i>(DD/MM/YYYY)</i>	Actual Participation Numbers		
			Female	Male	Total
1	99 Mile Nordics Lodge	20-21/10/2017 6	0		
2	99 Mile Nordics Lodge	12-14/01/2018			
3	Lac La Hache and Home Schooled	16/01/2018	9	15	
4	108 Mile	17/01/2018	10	12	
5	100 Mile “A” group	18/01/2018	9	16	
6	100 Mile “B” group	19/01/2018	9	14	
7	Lac La Hache and Home Schooled	23/01/2018	11	15	
8	108 Mile	24/01/2018	9	11	
9	100 Mile “A” group	25/01/2018	9	17	
10	100 Mile “B” group	26/01/2018	9	14	
11	Lac La Hache and Home Schooled	30/01/2018	12	15	
12	108 Mile	31/01/2018	9	11	
13	Forest Grove	02/02/2018	8	14	
14	Eliza Archie	02/02/2018	3	3	
15	Horse Lake “A” Group	13/02/2018	8	12	20
16	Horse Lake “B” Group	14/02/2018	4	14	18
17	Forest Grove	22/02/2018	8	14	22
18	Eliza Archie	22/02/2018	3	4	7
19	100 Mile “A” group	23/02/2018	9	14	23
20	Horse Lake “A” Group	27/02/2018	8	13	21
21	Horse Lake “B” Group	28/02/2018	4	13	17
22	100 Mile “B” group	02/03/2018'	6	13	19
23	Horse Lake “B” Group	07/03/2018'	5	12	17
24	Eliza Archie	08/03/2018`	2	3	5
25	Forest Grove	08/03/2018'	9	12	21
26	Horse Lake “A” Group	09/03/2018'	7	11	18
Total			180	292	472



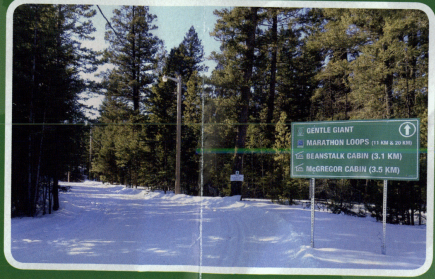
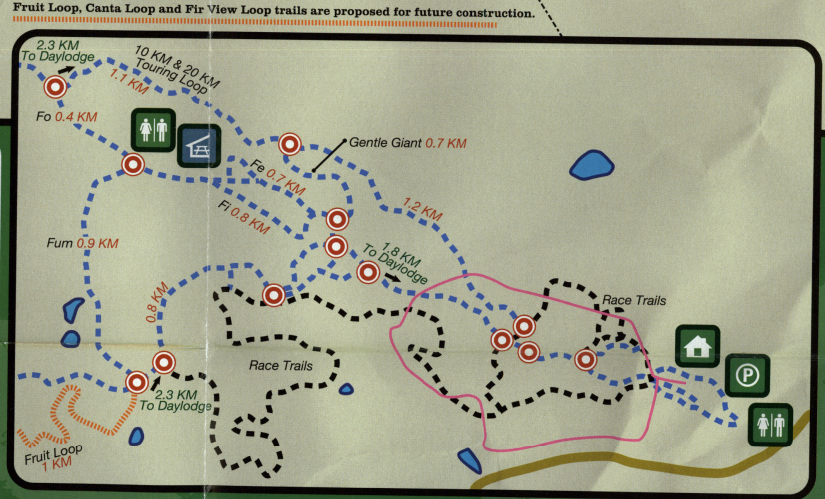
Easy: Designed for skiers with little experience or limited ability.
 More Difficult: Suitable for skiers with a moderate amount of experience & ability.
 Most Difficult: Designed for skiers with considerable experience and ability.

- Parking
- Washroom
- Lodge
- McGregor Cabin
- Beanstalk Cabin
- Trail Network Map
- More Difficult Trail
- Most Difficult Trail
- Snowshoe Trail
- HWY 97 S
- Ainsworth Road

SKIERS' RESPONSIBILITY CODE

There are elements of risk in cross-country skiing that common sense and personal awareness can help reduce. Regardless of how you decide to use the trails, always show courtesy to others. Please adhere to the code listed below and share with others the responsibility for a safe outdoor experience.

- Always check posted trail conditions.
- Ski in indicated direction and observe all signs. Keep off closed trails.
- Ski to the right except when passing or skiing a double track.
- Ski in control. Descending skiers always have the right of way.
- Don't litter! Pack it in and pack it out. Respect private property.
- Don't obstruct the trail. Move off the track if you fall or while taking a break.
- Yield the track to faster skiers or skiers calling, "track", by stepping off to the right.
- Dogs are not permitted on the ski trails. Please leave dogs at home.



www.100milenordics.com

Other Cross-Country Ski Trail Networks in the Region



E. Gavin Lake

A small network of cross-country ski trails adjacent to the Gavin Lake Forest Education Centre. Trails are track set in the winter.

Driving directions: From Hwy 97, follow the Likely Highway for approximately 35 minutes. Shortly after passing through Beaver Valley, turn right on Gavin Lake Road and follow for 6 km until you arrive at the education center. Trails are on the left as you enter the parking area.

F. Tatla Lake

The Tatla Lake Cross-Country Ski Trails offer approximately 33 km of classic cross-country skiing opportunities in a peaceful wilderness setting. Dogs are welcome on several trails, and there are no fees to use the Tatla Lake ski trails.

Driving directions: From Williams Lake, travel 220 km west on Hwy 20 to the community of Tatla Lake. Watch for cross-country ski trail signs from Hwy 20 in Tatla Lake, and then turn north on W.R. Graham Road. Follow the main road for about 3 km to reach the trailhead.

G. Lower Lake

This relatively simple network of cross-country ski trails takes users on a peaceful journey through the forest near Lower Lake. The trails are a short distance from the community of Forest Grove. The ski trails are user-maintained.

Driving directions: From 100 Mile House, travel north on Hwy 97 for approximately 2 km and turn right/east onto the Canim-Hendrix Lake Road. Travel approximately 18 km and turn left onto Archie Meadow Road (about 3 km before you reach the community of Forest Grove). Follow the main road for approximately 4.5 km to the trailhead, which is located about 600 metres past the Lower Lake Recreation Site.

H. Big Bar

The Big Bar Ski Trail network offers approximately 26 km of cross-country ski trails ranging in difficulty from beginner to advanced. Skiers will enjoy spectacular views of the Marble Range and 51 Creek Canyon. The trails are maintained by the Clinton Snow Jockey Club. Check the Town of Clinton Facebook page for updates on trail conditions.

Driving directions: From Clinton, travel North on Hwy 97 to the Big Bar Lake turnoff. Turn on to Big Bar Lake Road and follow approximately 6 km to the main parking area.

A. Alexis Creek

A series of peaceful cross-country ski trails winding above the community of Alexis creek, with loop distances ranging from 1 km to 5 km. The trails are track set and maintained by local volunteers.

Driving directions: From Williams Lake, travel west on Hwy 20 approximately 114 km to the community of Alexis Creek. Take the first right as you approach the town center onto Stum Lake Rd. (the road before the general store) and travel approximately 2.5 km until you reach the trailhead on the left. The trails depart from both sides of the road.

B. Cornish Mountain

This cross-country ski trail network offers a wide variety of trail loops departing from the heart of the vibrant community of Wells. For more information, visit: www.wellsbarkevilletrails.com/trails/cornish/

Driving directions: From Quesnel on Hwy 97, turn east on Highway 26 and travel 74 km to Wells.

C. Halls Lake

A large world class network of ski trails, including track set, skate ski lanes, a biathlon course, an expanded lit trail system, cleared and marked snowshoe trails, and a comfortable day lodge. The area is managed by the Cariboo Ski Touring Club. A trail fee is in effect. Please visit their website for more details: www.caribookski.ca

Driving directions: From Hwy 97, at the South end of Quesnel, take the Hydraulic Road, stay on this road, up the hill for approximately 7 km, turn left onto the Halls Lake Forest Service Road, for 1 km to the day lodge.

D. Bull Mountain

An extensive cross-country skiing area, including 28 km of classic and skate ski lanes, a warming hut, and a lit loop. Trails are groomed and track set by club members. A trail fee is in effect. For more information, visit the Williams Lake Cross Country Ski Club website: www.bullmountain.ca

Driving directions: Travel 16 km North of Williams Lake on Hwy 97, turn left onto Bull Mountain Road. Travel about 1 km to the parking area and trailhead.

99 MILE CROSS-COUNTRY SKI TRAILS

The 99 Mile Cross-Country Ski Trails, located just 2 km south of 100 Mile House, offer over 50 km of groomed cross-country ski trails for both classic and skate skiing. The ski trails are accessible to a wide range of skiers and abilities, offering a mix of easy, gently rolling terrain to more advanced, technical and physically demanding trails. There are also 5 km of lit trails for those wishing to take in night skiing. A separate network of marked snowshoe trails is also available for those wishing to experience the beauty of winter on snowshoes.

The 99 Mile Cross-Country Ski Trails are managed and maintained by Recreation Sites & Trails BC, in partnership with the 100 Mile Nordic Ski Society. Trail grooming, track-setting and maintenance activities are carried out by volunteer members of the 100 Mile Nordics. Depending on snow conditions, the ski trails may be groomed and in use from mid November through the end of March.

The 100 Mile Nordics Ski Society is a not-for-profit society, and maintenance activities on the ski trails are highly dependent on volunteer efforts and funds raised through the sale of trail passes. Trail passes are required to use these trails during the winter. Passes may be purchased from the attendant at the day lodge during business hours, or for those skiing outside of normal business hours an honor box is also provided at the trailhead.

The large, inviting day lodge is open daily between 9am and 3pm, from mid December until late February, depending on snow conditions. It is a friendly and cozy spot to warm up and enjoy a snack or hot beverage, or discuss wax tips and trail conditions with other users.

There are also 2 warming cabins situated along the trail network, complete with wood-burning stoves, outhouses, and picnic tables.

99 MILE CROSS-COUNTRY SKI TRAILS

A Skill Development Program for children is available through the 100 Mile Nordics, with certified coaches and instructors. Adult lesson and clinics are also available. Visit the 100 Mile Nordics website www.100milenordics.com for more details.

The 100 Mile Nordic Ski Society also hosts the annual Cariboo Marathon in early February each year, which typically draws visitors and cross-country skiing enthusiasts from all over the province. This family-oriented event offers opportunities for both competitive and recreational skiing, with a variety of categories for both distance and age groups, ranging from a 5 km event for young ones, to a 50 km full marathon race for the more experienced and physically fit.

Motorized vehicles are not permitted on trails from November through to mid April.



IN CASE OF EMERGENCY

You are responsible for your own safety while skiing and snowshoeing on the 99 Mile Trails, and use of these trails is at your own risk. Enhance your ability to respond to an emergency situation by carrying a cell phone (there is cellular coverage on most of the trails) and a first aid/survival kit, familiarizing yourself with the terrain, and skiing with a buddy. Signing in at the lodge when an attendant is on duty or at the honor box outside of business hours will provide others with your trip information in case of emergency. **IN THE EVENT OF AN EMERGENCY, CALL 911 IMMEDIATELY.**

**POLICE/FIRE/AMBULANCE:
DIAL 911**

TIP FOR AN ENJOYABLE SKI OUTING

Dress appropriately for the weather conditions and use a layering system to regulate your body temperature and avoid extra perspiration.

Check to make sure you have all the equipment you need before leaving home.

- ✦ Food and water (hot beverage?).
- ✦ Extra socks, hat, gloves, and jacket.
- ✦ Sunglasses and sunscreen.
- ✦ Wax, cork, and scraper (if using waxable skis).
- ✦ First-aid kit, including a blister treatment kit.
- ✦ Day pack to carry gear.
- ✦ Spare clothing for after your outing.
- ✦ Ski repair kit, flashlight, matches, map, and compass (depending on the length and location of your trip).

Recreation Sites and Trails BC
www.sitesandtrailsbc.ca

100 Mile Nordics

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Visit our website to plan your next family adventure to one of BC's many recreation sites and trails. While the majority of sites and trails are free, a minimal fee is charged where increased levels of service are provided.

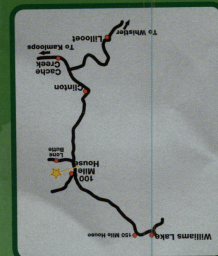
With campsites available for up to 14 consecutive days, attractive day-use areas, and thousands of kilometres of trails in the system, you've got lots of choice. Whether you like to picnic, camp, hike, fish, hunt, or explore the wilderness by horseback, ATV or snowmobile, there's a recreation site or trail nearby for you.

A legacy of the B.C. Forest Service, there are over 1,300 recreation sites and more than 500 recreation trails in British Columbia overseen by Recreation Sites and Trails BC. Recreation sites and trails are public campgrounds and trails located on Crown land outside of parks and settled areas. They provide enjoyable recreation experiences generally within an integrated resource management setting. This means that the land base is managed for a variety of land uses, which may include forestry, cattle grazing, mineral extraction, oil and gas exploration, recreation, fish and wildlife management, watershed protection, etc.

British Columbia's backcountry provides an abundance of great places to experience the wonders of the outdoors. Visiting B.C.'s Recreation Sites and Trails is a great way for you and your family to create memories that will last a lifetime.



Like us on Facebook @ www.facebook.com/100MileNordics
www.100milenordics.com



From 100 Mile House, travel about 2 km south on Hwy 97 and turn right onto Almsworth Road. Watch for cross-country ski signs on the highway as you approach the turnoff. Follow Almsworth Road for about 1.5 km and turn right to reach the parking area for the trails. (See map for approximate location.)

99 MILE CROSS-COUNTRY SKI TRAILS

HOW TO GET HERE

ABOUT RECREATION SITES & TRAILS