



Happy Trails

The Newsletter of the Long Island Cross-Country Ski Club



On the trail at Cascade Ski Center, Lake Placid, NY (photo by Stephanie Sakson)

Co-Presidents' Message

Hello Fellow Cross Country Skiers,

Fall has arrived in all its glory, which means it's time to get the cross country skis out of your attic, basement, garage, or closet. Clean them up and think about waxing them or getting them waxed if you didn't at the end of the season last year. Let's hope for another snowy winter like last year where we were able to get out and ski right here on LI.

Our first general meeting of the year is Tuesday November 16th at 7:00 pm via Zoom. We'll hear from all of the officers, discuss planned club trips, and watch an educational YouTube video of interest. Pour yourself a favorite beverage and join us!

Consider leading a trip for the club as well, either a local day trip or an away trip. There are many

experienced trip leaders who can help you with the planning (contact trip coordinator Frank Posillico at VP@liccsc.org for help planning a trip).

We look forward to seeing you on the 16th. Look for the email with the link* to the meeting.

Think snow!

Ronnie Levy and Bruce Redlien

Future club meetings:

Tuesday November 16, 7 pm (Zoom)

Thursday December 16, 7 pm (Zoom)

Thursday January 20 (Plainview library, we hope)

Thursday February 17 (Plainview library, we hope)

Thursday March 17 (Plainview library, we hope)

*It also appears on p. 2 of this newsletter. —Ed.]



Zoom into Our Next Meeting!

LICCSC November Zoom Meeting

Time: Nov 16, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/92535964280?pwd=Y0J6SW5mc09NWXBnUUdxMDhUeFlxZz09>

Meeting ID: 925 3596 4280

Passcode: 738948

One tap mobile: +16465588656,,92535964280#,,,,*738948# US (New York)

Dial by your location: +1 646 558 8656 US (New York)

Meeting ID: 925 3596 4280

Passcode: 738948

Find your local number: <https://zoom.us/u/abjeY22A9S>

Where to Cross-Country Ski on Long Island (from West to East)

I asked some of our members about their favorite local places to ski, and here is what they said! *Note:* Check hours of operation; many parks close at 3:30 or 4 pm. State parks may charge \$8. Many of these parks are multiuse, so other users may have walked on ski tracks.

Bethpage State Park

Muttontown Preserve

Stephanie Sakson says: fun to discover the ruins of Zog's mansion, 500+ acres, limited parking, bathrooms, no fee

Dix Hills Park, Dix Hills

Neil Grossman says: With a golf course, swimming pool, and an ice-skating rink, in the past the town has also marked a x-c ski trail on the golf cart paths. [Not sure whether they will mark trails this year.]

There are three ways to cross country ski there. People walk on the trails, so the best time to ski is right after a snow fall (paths leading to the sledding hills have the heaviest foot traffic). You can ski: (1) on golf cart and walking paths inside the golf course, (2) on the golf course itself, (3) on the perimeter trail, which follows the park boundary fence, 1.9 mi.

For a map of the park and trails see below or go to: https://www.hufsd.edu/assets/pdfs/community/local/archived/2010/local_town_trails_guide.pdf

Shortly after you enter the park there is a parking lot to the right that is used for the golf course. It is usually not plowed in the winter until all other roads are plowed. If unplowed then continue on the main road until the traffic circle. Here if you go to the right is the ice-skating rink. To the left is a large parking lot. At least part of this parking lot is always plowed. All of the trails/roads marked with a dotted gray line; to the left of the center parking lot are trails good for x-c skiing. *(continued on next page)*

Where to Cross-Country Ski on Long Island *(from West to East) (continued from page 2)*

Caumsett State Historic Park Preserve, Lloyd Harbor

Eleanor Perlman says: there are bathrooms and parking

Stephanie says: nice views of Sound, often well-tracked by other skiers

Caleb Smith State Park, Smithtown

Anita Risener says: lovely, well-marked wooded and open trails with beautiful scenery, small parking lot, bathrooms

Connetquot Park Preserve, Oakdale

Bruce Redlien says: 3400+ acres, flat, blue trail is 8 miles, nice view of lake and streams, limited parking on popular days, closed Mondays

Setauket-Port Jeff Greenway

Ronnie Levy says: 7 miles round trip, plenty of parking, multiuse

Stephanie says: no fee, paved surface needs sufficient snow, no facilities

Wertheim National Wildlife Refuge, Shirley

Ronnie says: totally flat loops, plenty of parking, clean portapotties

Brookhaven State Park (entrance on William Floyd parkway northbound)

Ronnie says: parking on side of William Floyd Parkway (unless gate is open), choice of 3–4 loops of various lengths, some mild rollers, views of lake, outdoor portapotties

Bruce says: green trail is 5+ miles long, tracks often put down by other skiers

Wildwood State Park, Wading River

Bruce says: nice rolling terrain, big parking lot, heated bathrooms

Anita says: a favorite local place to ski, well-marked trails with some maps along trails, yellow trail has views of Sound

Indian Island golf course

Quogue Wildlife Refuge

Helen Horton says: 300 acres, wide trails, ski rentals available, nature center with fireplace

Sears Bellows County Park, Hampton Bays

Sheila Lipshie says: Terrain is flat to rolling. Trails have a couple of small steep spots that are a bit tough on skis but there are also lots of woods roads that are wider and more suitable for skiing. There's also a power line running along the edge of the park that's perfect for skiing: rolling hills, wide and well graded. Plenty of parking, clean heated bathrooms open every day, two lakes, picnic area with tables and benches.

This article in Newsday has more information: <https://www.newsday.com/lifestyle/recreation/where-to-go-cross-country-skiing-on-long-island-1.14367495>

Where to Cross-Country Ski Off-Island

The club has hosted trips off-island for many years, but even if a trip is not planned, consider taking advantage of these lovely ski centers, some only a few hours or half a day's trip from Long Island.

Fahnestock Winter Park, Carmel, NY

[from their website]: Situated in the heart of the Hudson Valley, the ski area is nestled in the 16,000 acre [Clarence Fahnestock Memorial State Park](#). Fahnestock Winter Park offers 18 km of machine groomed, tracked and mapped trails for beginning and experienced skiers and snowshoers. Families find the park particularly enjoyable because it offers easy terrain to ski on near the lodge. The sledding hill and hot chocolate to sip in front of the outdoor fireplace are nice complements to day-long trips.

The Park features Concession stand with food, beverages, and restrooms. The Winter Park is located at an elevation of 1,100 feet which helps capture addition snow during storms. Along with a forested northwest trail system, this helps maintain a good snow base. A variety of lodging options are close by. Unfortunately this year due to Covid we will be unable to rent ski snowshoe and sledding equipment.

Lapland Lake XC Ski Center, Northville, NY; https://www.laplandlake.com/cross_country_ski/

[from their website]: Founded in 1978, Lapland Lake features unparalleled woodland skiing on a superb trail system designed by Olavi Hirvonen, former U.S. Olympic skier (1960, Squaw Valley). Tucked away in a unique snow basin in the heart of snow country with some of the most reliable snowfalls in the East, Lapland Lake offers lengthy winter seasons, frequently beginning in November and continuing into April. Glide through majestic forests and alongside scenic streams and lakes. Impeccable attention to grooming, performed with state-of-the-art equipment, results in superior snow surfaces for in-track and skate skiing. Trails are groomed midweek days as well as on weekends and holidays.

Sheltered by pine and hardwood forests, 38 of our 50 kilometers of trails are trackset with skating lanes. The vast majority of our trails are one-way, uncommon in the industry, providing skiers and snowshoers with a remarkably peaceful woodland experience. Twelve kilometers of trail are ungroomed, marked and mapped snowshoe trails which provide a solitary Adirondack wilderness experience.

Other places:

Lake Placid, NY (see article on p. 5 in this newsletter about our bus trip there in January)

Stowe, VT (several cross-country locations)

Jackson, NH (see article on p. 6 on our trip to the Eagle Mountain House in February)

Garnet Hill Lodge, North River, NY

Cross-Country Skiing in Lake Placid, NY *(Bus Trip), January 14-17, 2022* (Martin Luther King, Jr. weekend)

Members, non-members, couples, singles, people of all ages: we're going NORTH for a fun-filled winter weekend with lodging at the High Peaks Resort (the North Woods Hotel, now called the Grand Adirondack Hotel, was flooded due to a water main break in town and will not be open until March). High Peaks has a heated indoor pool and access to a hot tub. You must be vaccinated to attend.

Within a short walk of our hotel are:

- The Olympic Center (Herb Brooks Arena) with rental ice skates
- U.S. Olympic Museum
- Miles of trails to hike or snowshoe
- Dog sledding on the frozen lake
- A public ice rink
- Many restaurants and shops

Nearby but out of the town are:

- Mt. Van Hoevenberg, Olympic-class cross-country ski area
- Cascade cross-country ski center, with a lovely lodge, great food and brews
- Whiteface Mountain downhill ski area
- High Falls Gorge

On the trip you'll learn about and see how global warming is affecting the winter sports industry.

Local transportation: Our bus takes people to Mt. Van Hoevenberg or Cascade each day. Free Lake Placid Village Shuttles run to and from Whiteface Mountain (a twenty-minute ride) during the day from less than a block from the hotel.

Included: Coach Bus **transportation** up and back * / 3 nights **lodging** in a room with 1 or 2 beds & a private bath / 3 **breakfasts** / **taxes and gratuities** (except for bus driver).

* bus: Departs Bethpage Golf Course Fri., 10 am / Returns late Monday night.

Prices: Dbl. occupancy \$679 pp / Single occupancy \$1059 pp. / triple occupancy \$539 pp / quad 469 pp. A bus driver gratuity will be collected on the way home (\$17 to \$20 per person is recommended).

Registration: Pay quickly. A block of rooms is being held for us. Unpaid rooms will be turned back to the hotel Dec. 9th. All checks will be held until then, so, if you find you need to cancel and let True know before Dec. 9, your check will be returned to you. After Dec. 9, we may be able to get you a room but there is no guarantee. Electronic payments cannot be processed.

Send your check, made out to "Sierra Club L.I. Group", along with your car's make, model, color and license plate number (for security when leaving your car at the golf course) to:

True Hampton, 26 Revere Rd., Port Washington, NY 11050.

Cross-Country Skiing at Eagle Mountain House *Jackson, NH, February 6–11, 2022*



Eagle Mountain House, built in 1879, is one of the last remaining “Grand Hotels” in the White Mountains and is a recognized Historic Hotel of America. While quite large, it is cozy with many amenities and areas to socialize, play games or just relax. We can ski right out the front door or drive to several other nearby ski areas. **Beginner, intermediate and advanced skiers** will find many trail options.

New this Year:

New Faces – The Burlington Ski and Outing Club will join us on this trip. I’m sure you will find them quite compatible, in fact five of us are LI “transplants.”

COVID-19 – If you are fully vaccinated at least 14 days before arrival you can travel to NH with no restrictions. If not, get tested with a [viral test](#) 1–3 days before your trip and again 3–5 days after your trip.

Room Rates: Per night room rates include room, breakfast, dinner, food service fees, and taxes.

\$170.26/night for single occupancy

\$235.28/night for double occupancy

\$25.95/night for a standard suite upgrade

Reservations: Call Eagle Mountain House by January 15, 2022 at **(603) 383-6911** to reserve your room and **indicate that you are part of the Long Island X-Country Ski group**. A one-night deposit will be charged when you make your reservation. When your room is confirmed, e-mail Lyn Lettieri at cal19@cornell.edu to let her know you will be participating in the trip.

Cancellation Policy: Overnight reservations must be cancelled 72 hours (**February 3**) prior to arrival date. All cancellations have a \$25.00 cancellation fee. If a cancellation is made within the 72 hours cancel time the first night’s deposit will be retained by the Eagle Mountain House.

Important – In the letter confirming your reservation you may find a different cancellation policy. That is EMH’s individual reservation cancellation policy that does not apply to groups – **ignore it**.

Check-in: 3:00 PM. If you plan to ski on the day of your arrival, travel in your ski clothes.

Check-out: 11:00 AM

Social time: Bring snacks and beverages to share at our get-togethers each evening before dinner in our hospitality room.

Cross-Country Skiing at Craftsbury, VT

January 30–February 5, 2022

The club trip is Jan 30 to Feb 5 (but others have signed up for other weeks, through Road Scholar, which seems to be all sold out now). If you want to go, contact Craftsbury at www.craftsbury.com. The price is less than a Road Scholar trip because there are no lessons or lectures included; the price also varies based on lodging.

Whether you plan to participate or not, trip coordinator Helen Horton requests that you fill out the Google form at your earliest convenience at the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSebGX1Grrz9oFq0mFqD46svck1wN38mmjqEyP9TQb7p9VHxug/viewform?vc=0&c=0&w=1&flr=0>

Questions? Contact Helen at 631-779-3236 (home); 631-523-7889 (text) or hahbreeze@gmail.com.

Need Gear?

Sun & Ski – Sells cross country ski equipment, does not rent. They will offer our club members XC ski equipment at pre-season sale prices. Just tell them you are with the LI Cross Country Ski Club! 197 South Service Rd, Plainview (516) 249-7980.

Sundown Ski & Patio – Rents and Sells cross country ski equipment (call to confirm). www.sundownski.com.

1296 Route 110, Farmingdale (631) 420-3796

47 Northern Blvd, Greenvale (516) 621-6668

3060 Middle Country Rd, Lake Grove (631) 737-8600

2726 Hempstead Tpke, Levittown (516) 796-1565

2105 Lakeland Ave., Ronkonkoma (631) 588-2111

Sno-Haus / 44 Board - Sells cross country ski equipment; does not rent (call to confirm). 2 W. Jericho Tpke., Huntington Station (631) 549-5087

244 N. Franklin St., Hempstead (516) 481-330

Action Sports - Sells cross country ski equipment; does not rent. 1384 County Rd 85, Oakdale (631) 589-6563

Good Websites to Buy Cross Country Skis

LL Bean: www.llbean.com/XCSkiing

REI: www.rei.com/Nordic-Skis

Eastern Mountain Sports: www.ems.com

New Moon Ski Shop: www.newmoonski.com

Gear West : www.gearwest.com

Message from your Membership Chairperson

LICCSC Members: 113

New Members so far this season: 1

Membership renewals are now coming in at a nice rate. As your membership chairperson, I am asking everyone to renew their membership again this year.

- If you joined or renewed electronically on the LICCSC.org website (with a CREDIT CARD) you will be reminded by the website to renew 1-month prior to the 1-year anniversary of when you last joined/renewed. **You do not have to do anything to renew with this method unless your credit card information has changed.**
- If you renewed manually (with a CHECK or CASH) last year, **your membership expires on Oct 31, 2021.** You can renew by going to our website www.LICCSC.org, clicking on the **MEMBERSHIP** menu. Go to the **"Pay With A Check"** section and **print the membership form.** Fill out the form and return with your check.

It is important that everyone renews their memberships. I am passionate about this club and all that it provides. It is because of all of YOU, our members, that this club exists and is so awesome! Please let me know if you have any questions.

Kim Schultze
Membership Chairperson
631-897-1001

Club Officers

Co-President	Ronnie Levy	631-455-4251	President@liccsc.org
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