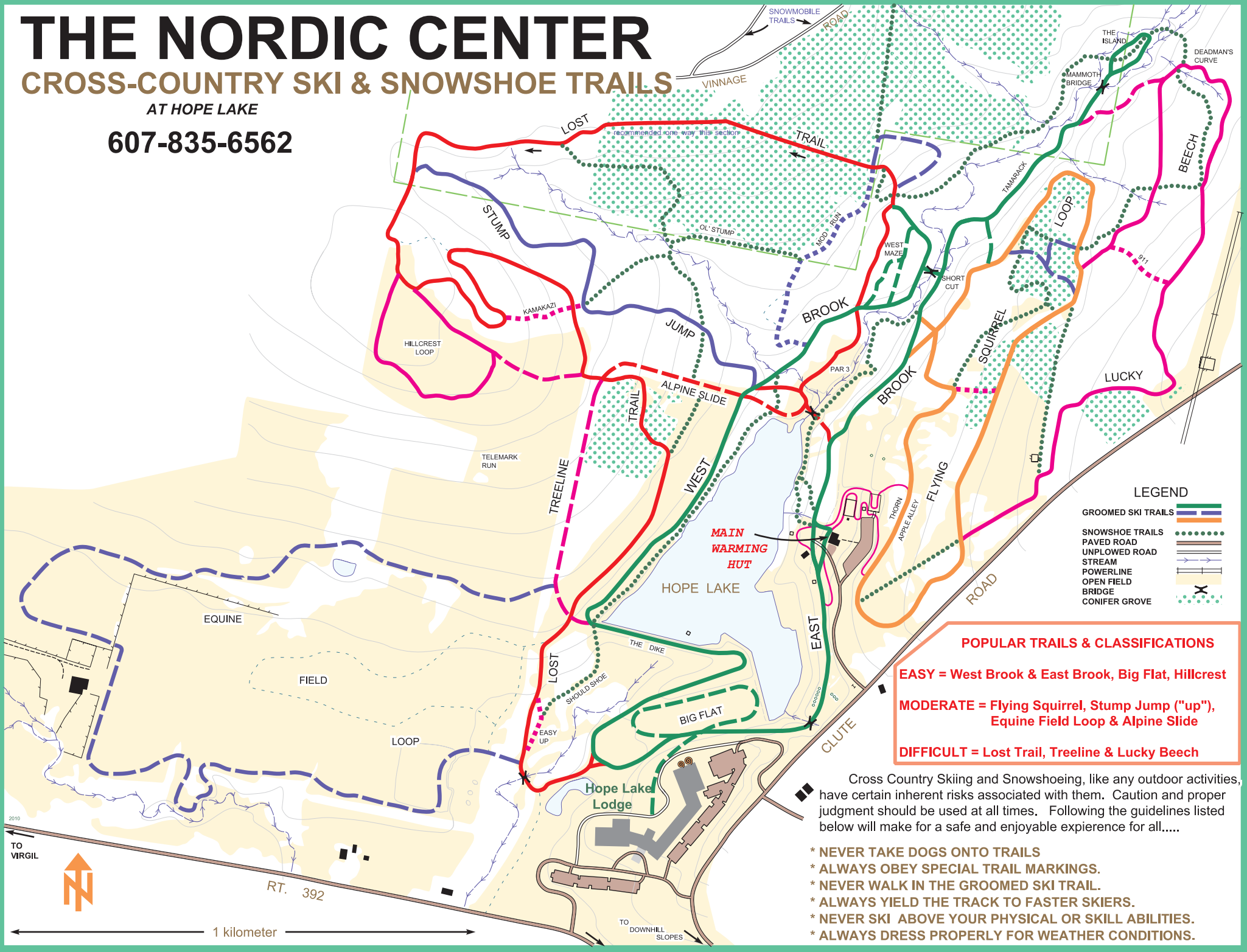


# THE NORDIC CENTER

## CROSS-COUNTRY SKI & SNOWSHOE TRAILS

AT HOPE LAKE

607-835-6562



### LEGEND

- GROOMED SKI TRAILS
- SNOWSHOE TRAILS
- PAVED ROAD
- UNPAVED ROAD
- STREAM
- POWERLINE
- OPEN FIELD
- BRIDGE
- CONIFER GROVE

### POPULAR TRAILS & CLASSIFICATIONS

- EASY** = West Brook & East Brook, Big Flat, Hillcrest
- MODERATE** = Flying Squirrel, Stump Jump ("up"), Equine Field Loop & Alpine Slide
- DIFFICULT** = Lost Trail, Treeline & Lucky Beech

Cross Country Skiing and Snowshoeing, like any outdoor activities, have certain inherent risks associated with them. Caution and proper judgment should be used at all times. Following the guidelines listed below will make for a safe and enjoyable experience for all.....

- \* NEVER TAKE DOGS ONTO TRAILS
- \* ALWAYS OBEY SPECIAL TRAIL MARKINGS.
- \* NEVER WALK IN THE GROOMED SKI TRAIL.
- \* ALWAYS YIELD THE TRACK TO FASTER SKIERS.
- \* NEVER SKI ABOVE YOUR PHYSICAL OR SKILL ABILITIES.
- \* ALWAYS DRESS PROPERLY FOR WEATHER CONDITIONS.