

SUN MOUNTAIN LODGE

WINTER ACTIVITIES

2016/2017



CROSS-COUNTRY SKIING

The perfectly groomed trails of the Methow Valley beckon skiers from around the world for cross-country fun. 200 km. of groomed trails lace Sun Mountain Lodge and the Methow Valley. Passes are good for the entire Methow Valley trail system-one of the largest and finest in the US. Proceeds go to METHOW TRAILS, a non-profit organization which builds and maintains all trails. Check out the grooming report at methowtrails.org

1 DAY TRAIL PASS-	\$24
MULTI-DAY TRAIL PASS- 3 or more consecutive days. \$20/additional day.	\$60
CHILDREN'S PRICES - ages 17 & under free!	

SLEIGH RIDES

Dash through the snow in a two-horse open sleigh! Enjoy a brisk trip up and around the hill to a large miner's tent heated by a wood stove with a hot cocoa treat at the top. The dinner ride features yummy Western style fare to warm you up.

Sleigh Ride Only - \$17/adult, \$12/child 12 & under.
Sleigh Ride & Dinner - \$54/adult, \$41/child 12 & under.

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 US Cross-country ski instruction. Make an appointment to have a friendly, PSIA certified instructor just for you, your group, or make a new friend and share a lesson. Any level, beginner to racer - we'll have you skiing better and having more fun, guaranteed!

LESSON COST, PER PERSON

	½ hr. Lesson	1 hr. Lesson	Tour & Learn
1 PERSON	\$40	\$60	\$110
2 PEOPLE	\$26	\$35	\$65
3 OR MORE PEOPLE	\$26	\$30	\$55

TOUR AND LEARN: Two-hour lesson on the Sun Mountain Lodge trails.

AFTERNOON KID'S PROGRAMS

Kids go skiing, snowshoeing, take a horse-drawn sleigh ride, play games and have tons of fun in this three-hour program. All equipment is included, and snacks are provided. Offered from 1:00-4:00 PM every Saturday and every other day during the Christmas & President's Day holidays. Ages 5-12 years. \$49/child.

SKI RENTAL RATES

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.

SKI RENTALS	First Day	Add'l Day	After 1 PM
Adult Full Set	\$24	\$19	\$19
Children's Full Set	\$17	\$14	\$14

ALTAI HOK BACKCOUNTRY SKISHOES

A wide, short ski with a climbing skin under foot. Climb like a snowshoe and glide downhill with slow and easy control. Use one long pole for balance and control. *Lessons including the use of altai hok skis are the same rates as our regular ski lessons. Take an introductory lesson and tour, and use the Hoks for free!*

SNOWSHOEING

Enjoy over 25 km. of super scenic snowshoe trails all marked and maintained for your pleasure. METHOW TRAILS snowshoe trail passes \$5 per day. Rentals listed below:

OTHER EQUIPMENT RENTAL RATES	2 hours	4 hours	First Day	Add'l Day
Snowshoes, Altai Hoks or pulk	\$16	\$19	\$24	\$19
Kid's snowshoes or Hoks	\$12	\$14	\$17	\$14

DOWNHILL SKIING/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, 9:30 am-4 pm. Sno-line phone: (509) 826-2720 or visit Skitheloup.com

OTHER FACILITIES

EXERCISE ROOM - 6 am-10 pm. Room key required.

TWO YEAR-ROUND HOT TUBS

INDOOR GAME ROOM- Two pool tables, foosball, and ping pong table.

The Sun Mountain Lodge Ski Shop
 604 Patterson Lake Road ~ PO Box 1000
 Winthrop, WA 98862
www.sunmountainlodge.com