

MABEL LAKE TOUR REGISTRATION FORM

Name: _____

Telephone: _____ Email: _____

City: _____ Postal/Zip Code: _____

Method: Cross Country Ski Fat Bike Snowshoe

Food Options: Meat Vegetarian Gluten Free

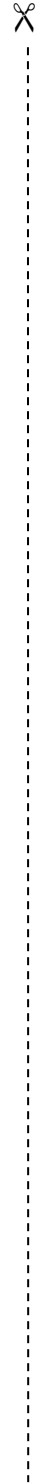
Fee: \$20 Adult or \$15 Adult Trail Pass Holder

\$15 Youth or \$10 Youth Trail Pass Holder

Adult is 18+. Prices include HST. No refunds.

Waiver: In consideration of Soo Finnish Ski Club accepting my entry into the above activity, I hereby for myself, my heirs, executors, administrators, and assignees, forever discharge Soo Finnish and all clubs and organizations, corporate sponsors, property owners and individuals involved in this event from any and all claims, demands, action for injury, loss or damage while attending or participating in the above named activities. *Guardian signature if under 18 years of age*

Signature: _____



MABEL LAKE TOUR

FAT BIKE ❄️ SKI ❄️ SNOWSHOE

SUNDAY, MARCH 3, 2019

REGISTRATION

At Hiawatha Highlands' with attached form OR online Zone4.ca

Registration includes lunch and trail refreshments.

Limited food available after Feb 27.

Pre-register to avoid disappointment.

Backcountry trail is groomed with classic ski tracks.

Snowshoe participation is limited to Connor Rd trailhead.

\$20 Adult 18+
\$15 Youth
\$5 off for trail pass holders



TOUR INFORMATION

Schedule

Check-in begins: 10 AM
Mass start time: 11 AM
Individual start time: 11 AM – 12 PM
Trail support removed at 2:30 PM
Lunch available: 1 – 3 PM

Trail Refreshments

There are two warm-up and rest stops with hot drinks, water, and cookies. Rest stops are located at the creek crossing and at the lake.

Après-Tour Lunch

All registrations include a hot lunch (sloppy joes – vegetarian and gluten free options available) catered by Café Natūra in the Kinsmen Centre. Veggies, refreshments, and desserts included.
Register before Feb 27 to avoid disappointment.



Round Trip Trail Distance

The “Half-Mabel” – approx. 6 km

Connor Rd parking lot to first rest stop, return along creek side to parking lot.
*Great option for younger children and those who avoid large hills. *Snowshoe friendly. Please stay to the side and avoid classic ski tracks.*

The “Kin-to-Creek” – approx. 12 km

Kinsmen Centre to Crystal trail, Mabel Lake extension, first rest stop, and return along creek side to Crystal/Kinsmen trail.

The “Connor-Mabel” – approx. 14 km

Connor Rd parking lot all the way to Mabel Lake (two rest stops), return along creek side to parking lot. **Snowshoe friendly. Please stay to the side and avoid classic ski tracks. *Skiing past creek requires advanced skills; use caution.*

The “Full-Mabel” – approx. 19 km

Kinsmen Centre to Crystal trail, Mabel Lake extension, and all the way to Mabel Lake (two rest stops), return along creek side to Crystal/Kinsmen trail. **Skiing past creek requires advanced skills; use caution.*

The “Uber-Mabel” – approx. 25 km

The Full-Mabel PLUS all of the Crystal extensions: Hiawatha, Inner Loop, Olympic. **Skiing past creek requires advanced skills; use caution.*

For The Kids

Riddles on 6 km option.
Campfire and marshmallow roast at rest stop.

Questions

Email: info@hiawathahighlands.com
Phone: 705-256-7258

