

# On the Road Again...

By Chris Hamilton  
NDC Member 2011/2012



the decision was made to shift base to a neighbouring glacier at Passo delle Stelvio.



*The team after a roller ski session in Naturno*

The van was packed up again and we were off! The road up to the new resort was the craziest I've ever seen, with nearly 48 blind hairpin turns! But we made it up safe and sound, thanks to Eric's skillful driving.

Our new home is a huge hotel built at the base of the Stelvio glacier. The staff is again stuffing us with amazing food and we're beginning to feel at home.

The trip up to the ski loop took me completely by surprise; it requires two different gondolas, a t-bar lift and a fairly steep down hill ski run to reach the loop. The trails are at approximately 3,200m, which is the highest I've ever been. However, it is definitely worth it as its approximately 5km are in pristine condition and are the best glacier skiing we have seen. We plan to stay here for the rest of the week. And after that? It'll be a surprise. Ciao!

I'd like to thank my amazing personal sponsors: Dr. Blair Schoales Medical and Salomon, as well my employers for the time off; Fresh Air Experience, Kamview Nordic Centre and Landale Gardens.

The NDC headed out on the road again this fall for a multi-week training camp, this time we headed overseas for some valuable on-snow training. Six members of the team and Eric packed up our gear and flew to Munich. Our original plan had been the Dachstein Glacier in Austria, but due to snow conditions it had been closed to skiers. So we made a last minute decision to move the camp to the Val Senales Glacier in Northern Italy! This was a fun surprise for us, a change of plans to keep us on our toes!



After a largely uneventful overnight flight to Munich, we drove through the Alps into Italy. The accommodations at Val Senales is a hotel complex known as Maso Corto and with our rooms a stones throw from the gondola up to the ski trails, we settled in nicely.



*The View from our hotel, where the days began with delicious croissants, cappuccino & fruits.*

After a short gondola ride up to the mountain top station, we have a fun downhill run to the lower cross-country loop. We sure stuck out amongst the downhill skiers who whip down the runs.

We enjoyed the challenging 3km loop provided with many fast switchback corners. The loop was mostly deserted except for our team so we always had fresh tracks and plenty of room for technique sessions with Eric.

Once our morning ski was completed we'd trek over to the chairlift for a much needed lift back up the mountain. We were always greeted with an enormous lunch back at the hotel. Our heaping salads were followed by doubly large servings of delicious pasta. These Italians seem to know a thing or two about pasta. The afternoons usually had a shorter workout of running, strength or roller skiing down in the valley.

After a long day of training we thoroughly enjoyed the hotel's spa with a whirlpool, sauna, steam room, and solarium. Again these Italians showed they know a thing about enjoying themselves. We ended the evening with a huge dinner of salads, fresh breads, two main courses and a decadent dessert. However, after 5 days of skiing, the loop began to degrade and