



X-COUNTRY LESSONS

Rate & Lesson Times:

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Intro Group Lesson

\$40 per person

(includes equipment rental)

•9:30 AM

•11:00AM

•1:00 PM

•2:30 PM

With perfect terrain, high elevation, and lots of natural snowfall Canaan Valley is the premier cross country destination of the mid-Atlantic. Join us for a beginner lesson where you will become familiar with the equipment, learn basic cross country movements, and pick up a few extra tricks preparing you to enjoy our beautiful trails on skis.

XC Skiing is natural snow dependent. Lessons are based on instructor availability / advanced reservations are recommended. Call (304) 866-2223 to schedule.