

# Winter Park is cabin fever cure

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**BOTTINEAU** — When the cold spell is over and cabin fever has just about driven you mad, plan a trip to the Turtle Mountains where a variety of outdoor activities await.

The Turtle Mountains have been graced with an abundance of snow and offer not only beauty to the eye but exercise for body and refreshment for the soul.

Alpine (also called downhill) skiers flock to Winter Park Ski Area, eight miles north and one-half mile west of Bottineau.

Winter Park provides alpine skiing for beginner, intermediate and expert skill levels in a setting of the wooded hills of the Turtle Mountains.

The ski area is 20 years old and has changed considerably since it opened as a privately owned ski hill in 1969. It is now municipally owned and employs 20 people during the 16-week ski season from mid-November to mid-March.

Winter Park has eight ski runs of 800 to 1,500 feet in length. The runs are serviced by six lifts: two T-bars, two rope tows, a J-bar and a handle lift. The vertical drop on the hill is 250 feet.

Although this winter has had heavier than usual snowfall, Winter Park has snow-making capabilities for all runs so that the current 18- to 24-inch base is the annual average, whatever the snowfall.

Skiing in the rugged Rocky Mountains may be more glamorous but there are several advantages to skiing North Dakota.

Winter Park is just a little more than three hours from Bismarck, compared to the 10- and 11-hour drive times to Bridger Bowl or Big Sky in Montana.

The rental shop at Winter Park has 400 sets of skis with an \$8 charge for adults, \$5.50 for children.

A cozy, two-story, A-frame chalet is the hub of Winter Park. It offers a snack bar, restrooms, eating areas and a wide-angle



Bottineau Winter Park ski area is three hours from Bismarck.

view of all the runs. It also houses the ski patrol and ski school.

The ski patrol program nurtures a special relationship between the United States and Canada. Not only do many Canadians travel across the border to ski at Winter Park, but the Canadian Ski Patrol works alongside the National Ski Patrol for the safety of all skiers.

Bottineau Winter Park Ski School is the only North Dakota member of the Professional Ski Instructors of America.

Scott Greenwood, ski school director, heads a staff of nine instructors who are all qualified and trained to teach any level of skiing.

It is suggested that all beginning skiers take a lesson or two to get acquainted with technique and safety.

Lessons are priced at \$12.50 for

private, \$10.50 for two to four people and \$8.50 per person for a group of five or more.

New things at Winter Park include lighted ski runs and a cross-country ski school, directed by Dave Zdrozow.

Cross-country ski lessons must be booked in advance. Special rates for groups are available for both alpine and cross-country lessons but must be booked in advance.

Winter Park manager Craig Larson says skiers are drawn from Bismarck to Brandon, Manitoba.

"Families are the main focus," Larson says. "We don't try to appeal to one specific group of people but we are basically a family ski area."

The ski slopes are dotted with a diverse collection of skiers:

flashily dressed experts with the latest equipment; bare-kneed teen-age hot-doggers in tropical "jammers"; oldsters and youngsters, falling down and fouling up.

Hours are Thursdays and Fridays, noon to 9 p.m. with lift tickets at \$8.50 for adults and \$5.25 under age 14. Half-day rates from 4:30 to 9 p.m. are \$6.25 and \$3.25.

On Saturday and Sunday, day rates are \$10.50 and \$8.50 with half-day rates from 1:30 to 7 p.m. of \$8.50 and \$5.25.

Half-day rates can be the best choice for out-of-town skiers because they allow time for travel with extended hours of night skiing.

Further information is available by calling 263-4556 or by writing Bottineau Winter Park, Bottineau, N.D. 58318.

## Skiing is superb at Metigoshe

Lake Metigoshe State Park, 14 miles northeast of Bottineau, is akin to paradise for cross-country skiers.

The state park has 12 kilometers of double-tracked, groomed trails on varied terrain.

Lakeside Mountain Trail, 3.5 kilometers, runs alongside School Section Lake. Two other trails, Boundary View and Wilderness, nine and 12 kilometers, go beyond School Section, cross a bridge on Beaver Creek and run along the U.S.-Canada border. There is a warming hut along the route of each of these trails.

There is plenty of parking at the park. Entrance fee is \$1.

Snowmobiles are not allowed on the park trails, making for a peaceful setting and plenty of opportunities to view wildlife.

Park manager Paula Onufray says, "There are two things that are neat about this area for cross-country skiing. Typically, we have better snow conditions than the rest of the state and we have it earlier and farther into the season.

"People don't believe we have snow up here sometimes... but there is. And it's skiing through treed areas and rolling hills."

Onufray and staff will tell you more if you call the park at 263-4651.

Birchwood Inn and golf course, three miles west of Lake Metigoshe State Park, also has cross-country skiing.

Groomed trails of five, eight and 9.8 kilometers are mostly on Forest Service lands in an area that is about 70 percent trees, says Don Bergstrom.

Bergstrom and his wife, Elaine, operate a restaurant, lounge, golf