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The way to go: A Cedarbrook Park signpost points out locations of the Scarborough park's activities. The park's ski trails are flat, making them an ideal place for beginners to get their ski-legs.

Standing up to Many are fighting frigid blasts

By Lynne Ainsworth

Winter's blinding snow, sleet and bone-chilling winds make some families scurry for cover, but many others are fighting back.

With the help of this guide to the area's winter fun spots, anyone can lace up a pair of skates, slip on some skis, drag the toboggan out of the garage and join the growing numbers in the great outdoors.

Cross-country skiing

Cedarbrook Park: East Park Blvd., south of Lawrence Ave., west of Markham Rd. in Scarborough.

Novice skiers will find Cedarbrook an ideal place to learn. There are no groomed trails, but the ground is flat, giving the beginner a chance to feel comfortable on skis before facing a more challenging course.

Following a bike path, Cedarbrook connects with Thomson Park, on Brimley Rd., north of Lawrence.

Cullen Gardens: Taunton Rd., west of Highway 12, Whitby.

Cullen Gardens' 3-kilometre trail takes skiers through the cedar forest surrounding the gardens' natural ice rink and miniature village.

It's open Wednesday to Sunday, 10 a.m. to dusk. Admission is \$2 for adults, \$1 for children and includes entrance to the miniature village.

Long Sault Conservation Area: 9th Concession, Town of Newcastle — take Regional Road 57 north to the 9th, turn right and follow the signs.

Ski trails are marked throughout the 528-acre

park, but are not groomed. On Jan. 17, park staff will lead a family cross-country outing from the park office at 1 p.m. Admission is free.

Pleasure Valley: Brock Rd., Pickering — north of Claremont, south of Coppins Corners.

Twenty kilometres of groomed cross-country trails meander through the bush at Pleasure Valley. Beginning skiers will find the going easy on the shortest trail, with steep hills a challenge for more experienced skiers.

Open seven days a week from 9 a.m. to 5 p.m., the park has ski rentals — \$7 for a complete set — a snack bar, a heated chalet, ice rinks and horse-drawn wagon rides. Admission is \$4 for adults on weekends and \$3 weekdays; \$3 for children, with a family rate of \$12 on weekends and \$10 on weekdays.

Ski Woodnewton: 6th Concession, Pickering — take Brock Rd. north to Coppins Corners, turn right and follow the signs.

Three groomed trails are offered at this private ski area. Admission is \$3 for adults, \$2 for children. Ski rentals are available. Call 649-3044 for an up-to-the-minute snow condition report.

Ganaraska Forest: Kirby, Town of Newcastle — take Highway 401 to Highway 115, go north to Kirby, turn right at the stop light, travel east for 5 miles and follow the signs.

Managed by the Ganaraska Region Conservation Authority, the park has three ski trails totalling 20 kilometres, all of them groomed.

The park is open to skiers and skaters on weekends from 9 a.m. to dusk. Admission is free, but the conservation authority charges a \$3 parking fee per car. The fee covers up to 5 persons, with a \$1 charge for each additional occupant.



A couple of cross-country skiers at Pleasure Valley head for a rest. The groomed ski trails at the park wind through bush. Those more experienced can tackle the hills.