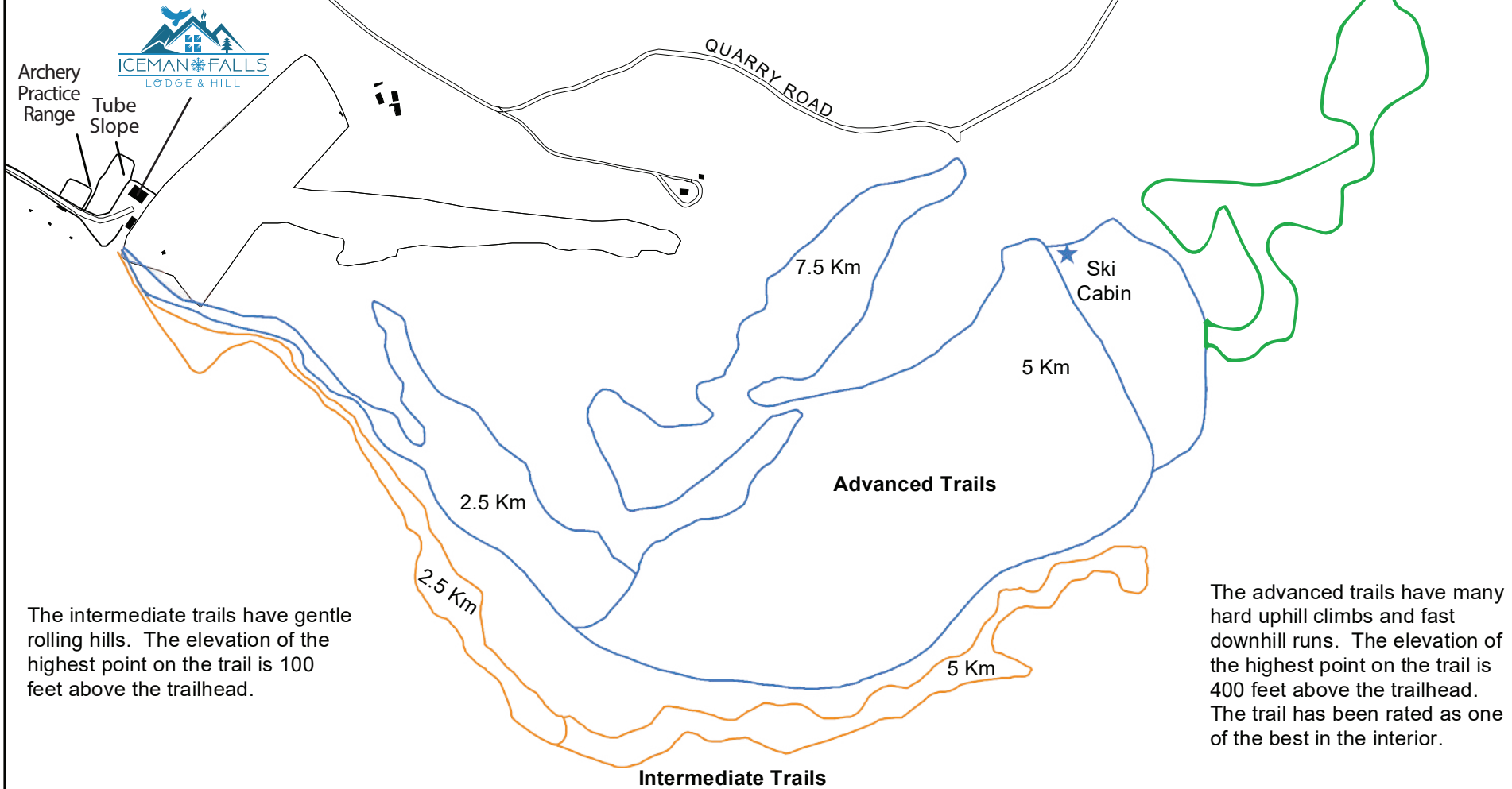


# ICEMAN FALLS LODGE CROSS COUNTRY SKI TRAILS

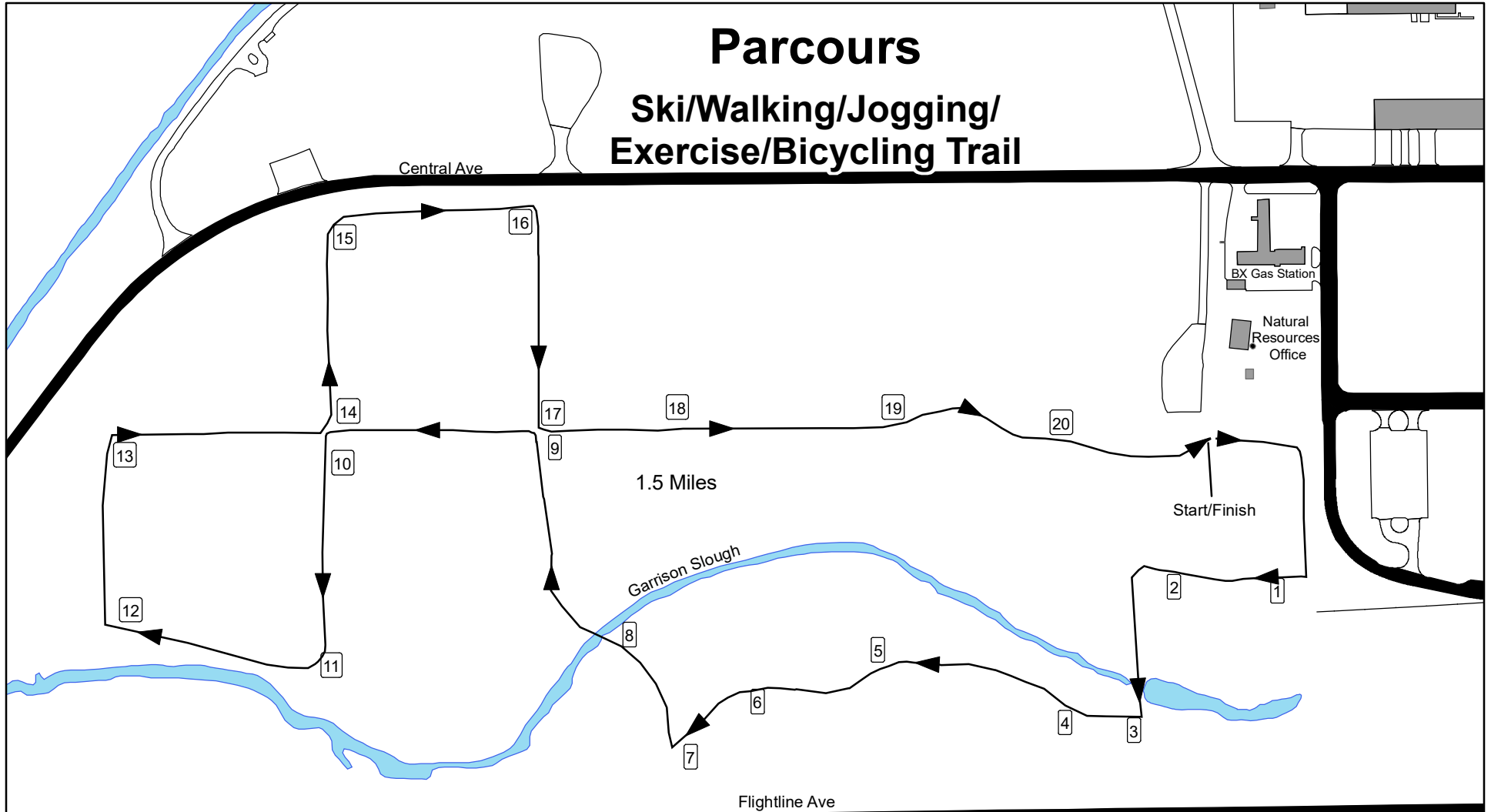


The intermediate trails have gentle rolling hills. The elevation of the highest point on the trail is 100 feet above the trailhead.

The advanced trails have many hard uphill climbs and fast downhill runs. The elevation of the highest point on the trail is 400 feet above the trailhead. The trail has been rated as one of the best in the interior.

# Parcours

## Ski/Walking/Jogging/ Exercise/Bicycling Trail



Station	Walk/Jog	Exercise
Start-1	Walk	Circle Arms
1-2	Walk	Toe Touch
2-3	Jog	Knee Bends
3-4	Jog	Circle Upper Torso
4-5	Walk	Alternating Toe Touches
5-6	Jog	Forward Bends
6-7	Jog	Circle Arms
7-8	Jog	Chin Ups
8-9	Jog	Log Vaults
9-10	Walk	Log Jump
10-11	Jog	Sit ups

Station	Walk/Jog	Exercise
11-12	Walk	Leg Stretch
12-13	Walk	Log Swing
13-14	Jog	Log Hop
14-15	Jog	Bar Swing
15-16	Walk	Log Swing
16-17	Jog	Push-ups
17-18	Walk	Arm and Leg Hop
18-19	Jog	Log Swing
19-20	Jog	Ramp Jump
20-finish	Jog	