



Courtesy C.N. Ry.

"OFF FOR A HIKE OVER THE TRAILS AT MORIN HEIGHTS."

The Ski-Conscious Laurentians

(By Robert D. Forster.)

A GRADUAL realization has come to the Laurentian Mountain country-folk that the snow which they sweep off their doorsteps in winter-time holds a small fortune for them. They are becoming ski conscious, a condition that is changing the very aspect of their winter lives. The ski is the instrument that is extracting gold from snow, a process that mountain residents are even finding enjoyable for their personal pleasure.

More and more people are going north of Montreal to the Laurentians each winter, a mere matter of forty miles or so. Even now the possibilities of this mountain region as a winter sports' resort have hardly been exploited as they should be. The hotels and boarding houses have barely grasped what these snowy assets really mean to them. Ski-ing conditions are of the best. Accommodations have improved tremendously, as the all-year residents are realizing the necessity of maintaining the northward trend.

In addition to the country north of Montreal the Laurentians around Wakefield is especially good and the hills are crowded all winter with visitors from Toronto, Ottawa and Montreal, excellent accommodation is available.

There is no need for the stranger to fear the lack of city conveniences. The better-class hotels, and there are quite a few of them, have made every provision for winter comfort with good cuisine, at really reasonable prices.

A feature of the last few seasons, is the number going in for winter holidaying at the Laurentians. American tourists are beginning to ap-

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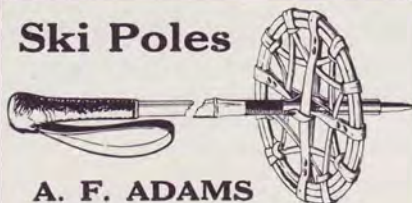
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preciate our Canadian winter, and large pilgrimages from many of the eastern centres have become an annual occurrence.

Ski Clubs, hotels and "pensions," as they are called in this habitant country, have literally honeycombed the mountain from the foothills at



Courtesy C.N. Ry.

SKI-ING IN THE LAURENTIAN MOUNTAINS.

St. Jerome to the height of land near St. Jovite, with a vast network of trails, linking up such villages as St. Agathe, Val Morin, St. Margarets, Mont Rolland, St. Adele, Morin Heights, St. Sauveur, Piedmont, Shawbridge and other small towns, making the country ideal for touring, a practice which gives the skier an excellent idea of the country.

The Laurentians make no pretence of being Alpine in character. They are more of the Norwegian type, rolling open hills and plenty of wooded country, which calls for considerable technique in bush running. Shawbridge and St. Sauveur, for instance, are ideally situated for slalom and downhill racing. Morin Heights, Val Morin, Piedmont, Mount Rolland, St. Adele present all manner of good ski-ing with plenty of variety, having slopes to suit both expert and novice.

Around St. Marguerites one finds numerous runs through interesting bush country, with enough clear slopes to look after those who like to keep clear of trees. St. Agathe, the largest town in the upper mountains, is well organized in the sport, from where many trails begin. Further up the line St. Jovite has plenty to offer in diversified sport, and also presents the opportunity to climb Tremblant, loftiest of Laurentian mountains.

The outlook, for this part of the world, has been considerably brightened by the prospect of accommodating a large number of British skiers. The idea of holidaying in the Empire is gaining ground, and several winter sport enthusiasts, who formerly patronized the continent, have signified their intentions of coming to Eastern Canada.

During the Autumn months residents were busying themselves

preparing for a greater winter season than ever. Trail cutting has been the order of the day. At St. Marguerites a tremendous ski jump was under construction. It is expected that leads of 180 feet will be obtainable on this new hill, which is second in size in Eastern Canada only to Lucerne's 60 metre hill.



JUMP TURNS

By

H. T. CLIFF

THE jump turn is being widely discussed in Canada at the present time. It seems appropriate, therefore, that a discussion dealing with the advantages and disadvantages of it would be of particular interest to Canadian skiers.

It is not definitely known who first discovered this turn, but we can very definitely say that the Ski Club of Great Britain was the first ski-ing organization to give this turn any serious consideration; they were quick to realize that it was a useful turn and that it should be included in the technique of every British ski-runner.

It was first brought to the attention of British skiers in Switzerland by being included in the Ski Tests; its introduction raised strong protests on every side. Since it was controversial, it was widely discussed. It, therefore, achieved widespread interest quickly.

There were those who looked on the jump-turn as an impractical circus stunt at the outset, and they could not be convinced that it had any place in the technique of a modern skier, contending most vigorously that it was a waste of time to even practise it.

The Ski Club of Great Britain, realizing that it was a practical and useful turn that could be readily adapted to the technique of the mountains, still insisted that it be included in the ski tests. All candidates were, therefore, obliged to master it in order to pass the ski tests. The members soon found that their protests were of no avail, so they settled down to master it.

After practicing it they soon discovered the many advantages it possessed over the other turns, and the converts, soon forthcoming, did not take long to outnumber the sceptics.

It was soon found that this turn that had been branded as an im-