

ST ALBERT CROSS-COUNTRY SKI AREA

The Essentials

Name of Area	Kinswood Park & River Lot 56
Location	20 km north of Edmonton
Km trails	10 km
Km classic	10 km
Km skate	~7.5 km
Trail Rating	Easy to intermediate
Signage	Fair to Good
Grooming	Good
Facilities	Heated shelter & washrooms at Kinswood Park trailhead
Trail Fees	None
Access Points	<ol style="list-style-type: none"> 1. Kinswood Park Shelter 2. Baseball diamonds in Red Willow Park at west end 3. Poundmaker Road at southeast corner of River Lot 56
Other facts	Trails looked after by STANSKI (St Albert Nordic Ski Club)
Loppet	Family Day Fun Loppet in mid February
Description of trails	<p>The trails are situated near the centre along and close to the Sturgeon River valley. There are two areas adjacent to each other, separated by a road. They are:</p> <ul style="list-style-type: none"> • The Kinswood Park Trails • River Lot 56 <p>The main trailhead is at the heated Kinswood Park Shelter. The trails in this area are set for both classic & skate skiing. Here there is a loop around the park. Branching off from this is a flat out & back trail heading west for over 2 km along the river towards downtown. This trail ends at the baseball diamonds where there is parking. In the other direction a loop branches off from Kinswood Park through a wooded area with one steep hill.</p> <p>Across the road from Kinswood Park are the River Lot 56 trails. The 5 km of trails in this pretty wooded area are more hilly. There are a few narrow sections in this area which are only suitable for classic skiing. At the south east corner of River Lot 56 is a trailhead with parking.</p>
Trail map	Map board at trail heads
Website	www.stanski.ca
Trail conditions & more information	Northern Alberta Ski Areas Report
Directions	<ul style="list-style-type: none"> • Proceed north from Edmonton on St Albert Trail to St Albert • Head downhill towards the river & turn right at lights into Sturgeon Rd • Proceed for about 1.5 km and turn left at "T" junction into Sir Winston Churchill Drive. • After 0.5 km turn left at lights into Kinswood Park parking area. • To directly access the River Lot 56 trailhead proceed for another 0.5 km past the Kinswood Park turnoff and take next right into Poundmaker Road. • The trailhead is about 1 km along on the left.

Mike's Two Skis Worth

I usually start from the heated shelter in Kinswood Park, which is similar but smaller than the one in Goldbar Park. STANSKI are very good at keeping on top of the grooming in Kinswood Park. There is a big trail map board next to the shelter. The trails in this area are very easy to find your way around and this is a nice area for novice skiers or for those who just that want a leisurely ski. The easy terrain makes it particularly good for those novice skate skiers who want to practice their technique. A good practice route is to skate ski around the park and then head back along the river towards town to the baseball diamonds and back. There is also usually enough light from the streetlights to ski around the Kinsmen trails at night.

The trails in River Lot 56 have more variety of terrain and most are probably better suited to classic skiing because of a few very narrow sections. There are some pretty sections through some wooded areas. However, I find the signage in this area a bit spotty and it can be confusing at some trail junctions.

The Family Day Fun Loppet in February is highly recommended for any skier who wants to try racing for the first time. It is very laid back affair and you can choose the distance & style you want to ski. There are also fun events and shorter races for the kids.

For the first time at the end of November 2009 (snow permitting of course) a First Flakes Loppet is planned to kick-off the season.

Compiled by Mike Stern 04/11/09