

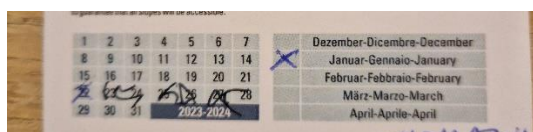


MCCSC goes to Dobbiaco 2024



Sunday 21 January

The early morning saw many of the holiday attendees assembling at Manchester Airport to get the Jet2 to Innsbruck. We were luckily in a gap between two storms, so the flight was uneventful. Our taxis drivers were waiting for us in arrivals, so it was just a short wait for us all to assemble and then we were on our way to Dobbiaco. Next time, remember to warn the taxi that we are cross country skiers so they know the skis are extra long! A quick check in and warm welcome at Hotel Tschurtschenthaler and we were walking our way down to Taschler Sports at the Nordic Arena to rent our skis. We asked for their sportiest skis, some intrepid attendees did some practice in the Arena before we regrouped for dinner at the hotel. A briefing in the common room after dinner and a small amount of head scratching to work out how to complete the back of our weekly ski ticket. Later in the week my homework was corrected by a pass inspector, so I think you need to cross out the days where the ticket is valid, and put a cross next to the month it will be used.



Monday 22 January

Breakfast brought us the first day of the egg experiments. Taking into account the temperature of the water, the number of cold eggs added to the water and the altitude – how long does a perfect soft-boiled egg take to cook? I stuck at 11 minutes and apart from one day got an edible egg. Everyone had to be on a look out for egg thieves who would play egg roulette by taking an egg out of the boiler without knowing how long it had been in there. We had a quick post-breakfast mobilization session and then we were ready for our first day.



Our coaches Ros and Rosie led us over the road to the 'Toblacher Dorfrunde', an area behind the hotel on a meadow. It was gently sloping when going downhill yet mountainous going back up! We had various drills to get us our snow legs, improving our ankle flex and our weight transfer.

After lunch at Café Marlen we broke up into smaller groups to do individual ski sessions, a small group skied out alongside Toblacher See to the 'café on stilts' for a restorative beverage.

Cara joined us for our evening briefing to discuss her plans for the next days activities on her coaching plan. It was inspiring seeing her out and about on the trails, and we could use her as

a scout to check the conditions in places we might visit later in the week.

Tuesday 23 January

We all walked to the bus station to pick up bus 442, getting off at Säge/Seghe. The instructors split the group into manageable numbers, so we could all work on the Double-pole stride technique.

Lunch was at Gasthof Tuscherhof . Many people had schlutzkrappen, a Tyrolean delicacy. They looked delicious. I had specknodel suppe which was also great. It was absolutely brilliant to have Sandra to help book tables in the restaurants as we were such a large group and it meant we all sat together.



After lunch the choice was to take a bus home, to ski down all the way to the Nordic Arena, or to stop at Villabassa to catch the train or bus. Those that were swapping to skate skis called in at the hire shop to collect their next pairs. Sadly these were generally in less good condition than our original classic skis, so Nigel came to the rescue and we had a post dinner waxing party in

the ski room to try and get our skis up to standard.

Wednesday 24 January

The group split into those having coaching on classic skis, those on skate and those off out for a nice ski about. For the skate group, we returned to the meadow, and worked on our skate 2 technique, with an emphasis on improving our glide confidence, both up and down hill. Drills were used to get flex into our ankles, distributing our weight through our feet to get the best drive forwards.



After a quick lunch in a local café who despite having only 1 member of staff managed to get 12 people fed and watered in pretty short order (though she limited the menu to 2 types of toastie). Several of us returned to the meadow, Nigel to work on his drills, others to ski the full loop of the meadow having only really seen one part of the trail.

Thursday 25 January



An early start to get onto bus 446 to Fischleintalboden. The skate group used the uphill nature of the tracks to learn Skate 1. Breaking it down to just legs, learning how to get the 'free' glide, then legs + lead arm, then legs + back arm, then trying to put it all together. A quick refresher on snowplough (apologies to anyone who had to listen to me saying BIG BEAR whenever I did a big stop from then on) There was an option to ski

down using Track 17 'Fishclenboden to Waldheim', or to do a little more practice and take the bus to lunch.

We visited the Grune Laterna for lunch (Sexten Helmbahnen stop for the bus people). The Green Lantern had a great menu, and a very attractive selection of cakes. After lunch there was the choice to ski down, using Trail 16. This was marked on the map as being 4km, but that only covers to Alte Sage, not all the way to the Hotel Sole Paradiso (so maybe 8km in total). For those people who had great ski legs like Bob and Diana, you could then walk through Innichen and pick up the trail to ski all the way home to Dobbiaco. Whether you skied down the valley to the Hotel Sole Paradiso or took the bus from the Green Lantern, you caught bus 446. For those that didn't ski down from the top, there was chance to go to the meadow and have a ski to practice and consolidate what we had been shown on the session earlier. It was getting a little warmer in the town, and the previously pristine snow was getting a bit more mashed potato texture.

Friday January 26

To avoid the warming temperature in town, we took the bus 441 to Gsieser Tal. Another blue-sky day, with mountains all round. This had a lovely initial loop where the skate group worked on consolidating their skate 2, making it more efficient and also seamless transition to skate 1 when the terrain got steeper. Cara joined us on the journey and was sometimes co-opted to deliver demonstrations of technique. At the higher altitude the snow was in good condition, not too icy

after the initial start, not too soggy by lunchtime. The group then regrouped and started down towards lunch using the trail “Cross Country Track Val Casies Valley: Monguelfo-Steinegge-S.Martino-S. Maddalena”. We travelled down approximately 9km of this trail, from the initial rollercoaster section next to the river, down to more sustained climbs and gentle downhill sections until we got to Innerpichl and the Hotel Tyrol. As I was definitely getting into a pickle, Ros came back and pace me on some of the hills, just to help me get my rhythm and give me the encouragement to keep going. Lunch at the Hotel Tyrol, and then an optional ski down the remainder of the trail or catch a bus 441 back to town. Those on skate skis returned to the rental shop to get classics for the final day.

Saturday January 27



The group took Bus 445 to Durrensee, either to do a lesson, or to ski independently. Not all journeys on this route are included on the guest card, some are express services to Cortina so check the timetable carefully. Today's exercise was getting out of tracks to avoid obstacles, and getting back in when the track is clear. Lunch was at the Tre Cime Hotel sat outside in the sunshine. The choice was to either ski all the way back to the arena to

return skis, take the bus part way to “Kriegerfriedhof Nasswand / Cimitero di guerra Monte Piana” which skips most of the tricky descents, or just take the bus home. The warming weather meant some parts of the track were not in ideal condition, with ‘pine cones of doom’ in the tracks, ready to trap the unwary.



As we skied through the arena, they were preparing for the Winter Night Run running race. The Arena had been busy most of this week, with the Para Nordic World Cup having exclusive use until 2pm most days.

Sunday January 28

After a quick breakfast, it was a taxi transfer and plane for some, others having a larger adventure catching the train back (with added complications caused by a Deutsche Bahn strike) and others extending their stay in Dobbiaco.

Thanks so much to the organizers of the trip, Alison Raynes and Sandra Schmidt. The club instructors Ros Brown-Grant and Rosie Blades were great, dynamically changing their plans based on the warming weather conditions so we could get the best of the snow. It was great having coaches who 'knew' most of us beforehand as we always felt safe, and that the training was tailored to our weaknesses. Where needed, people (like me!) were given a lot of individualised advice and drills to improve confidence when out on longer ski trails. The build up to the holiday with the additional training sessions at Tameside track had really helped my endurance and I would definitely plan on doing more targeted training in preparation for any ski holidays.

Melanie Ashworth-March