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Snow Shoe Etiquette

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Snowshoe visitors can enjoy a winter wonderland where there are no chairlifts or vehicles and no competition for their snow adventures. As well as the natural beauty to be discovered, and the back country to be skied, there are huts to visit and interpretive walks to enjoy.

Snowshoes are designed to allow you to walk through snow by:

- Keeping you from sinking straight down to the ground. They are able to do this by increasing the surface area that contacts with the snow.
- In order to get the best performance, you need enough surface area to support your weight.
- Modern snow shoes are light, designed to allow a natural stride and feature crampons that bite into the snow to provide grip.

Ski tracks that have been disturbed by snowshoers can ice over creating hazards for other ski trail users. Skiers perform a move called “kick and glide.” If the tracks are disturbed, this makes it harder for them to set kick and glide out. As a result, the cross-country skier is forced to break trail again. Once the disturbed tracks ice over, it becomes dangerous for skiers. As they glide on the tracks, large icy clumps can disrupt their movements and can result in an inadvertent fall.

Snow shoes and the back country

Snowshoes are an efficient means of uphill travel in the backcountry.

Skiers and snow boarders alike, can explore a world of back country terrain on Mt Stirling.

Forget the lift ticket and grab the snow shoes for an authentic alpine adventure!

Most packs have side compression straps, or ski and snowboard holding straps that are perfect for holding snowshoes in place so that you don't have to carry them when you are skiing or boarding in the back country.



Snow Shoe Etiquette

Respect the trails. Show proper snow shoe etiquette by staying to the left of cross-country trails.

Snow shoeing—know the sport, know the protocol.

Sharing the Trails

Please keep to the left side of the trail and give way to skiers.

All trails are multi-purpose, therefore:

- Left edge of trail—snowshoes, snow mobiles
- Middle of trail—Skate skis
- Set tracks—Classic skis
- Observe signage

Tips to Remember:

Snowshoeing is an aerobic activity and is a great workout.

Be courteous on the trails.

Break your own trail without breaking the trails of skiers.

If you see a set of ski tracks in the snow, DON'T snowshoe over them. When a snowshoer walks on ski tracks, it becomes difficult for the skier to return on the same tracks.