

Parks & Recreation Management

Students in the Parks & Recreation Management program have produced this guide. For more information about the PRM program contact us at 828.227.7310 or visit our website at prm.wcu.edu

Base Camp Cullowhee

Not ready to explore on your own? Or would like to try a new outdoor adventure? Need to rent outdoor gear for your next adventure? WCU's Base Camp Cullowhee (BCC) provides an array of outdoor program services, which include recreation trips, outdoor gear rental, and experiential education services. Contact BCC at 828.227.3633 or visit their website at basecamp.wcu.edu

Don't know how to ski or ride or want to enhance your skills?

- Skiing & Snowboarding Academic Classes: Offered each spring semester (sometimes in the fall, schedule and weather permitting) at Cataloochee Ski Area. Weekly on snow instruction with Cataloochee's professional snow school staff.
- Base Camp Cullowhee: Runs weekly Friday night trips to Cataloochee Ski Area, which includes transportation, rentals and lessons if you choose. BCC also offers ski trips out west, up north and within NC. Check their program schedule for more information.

Additional Resources:

North Carolina Ski Areas Association | goskinc.com

Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) | thesnowpros.org

National Ski Patrol | nsp.org



Cullowhee Adventure Guide Originally Produced by:

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Snow Sports

Where Whee Play

Opportunities to Learn or Enhance Your Skills

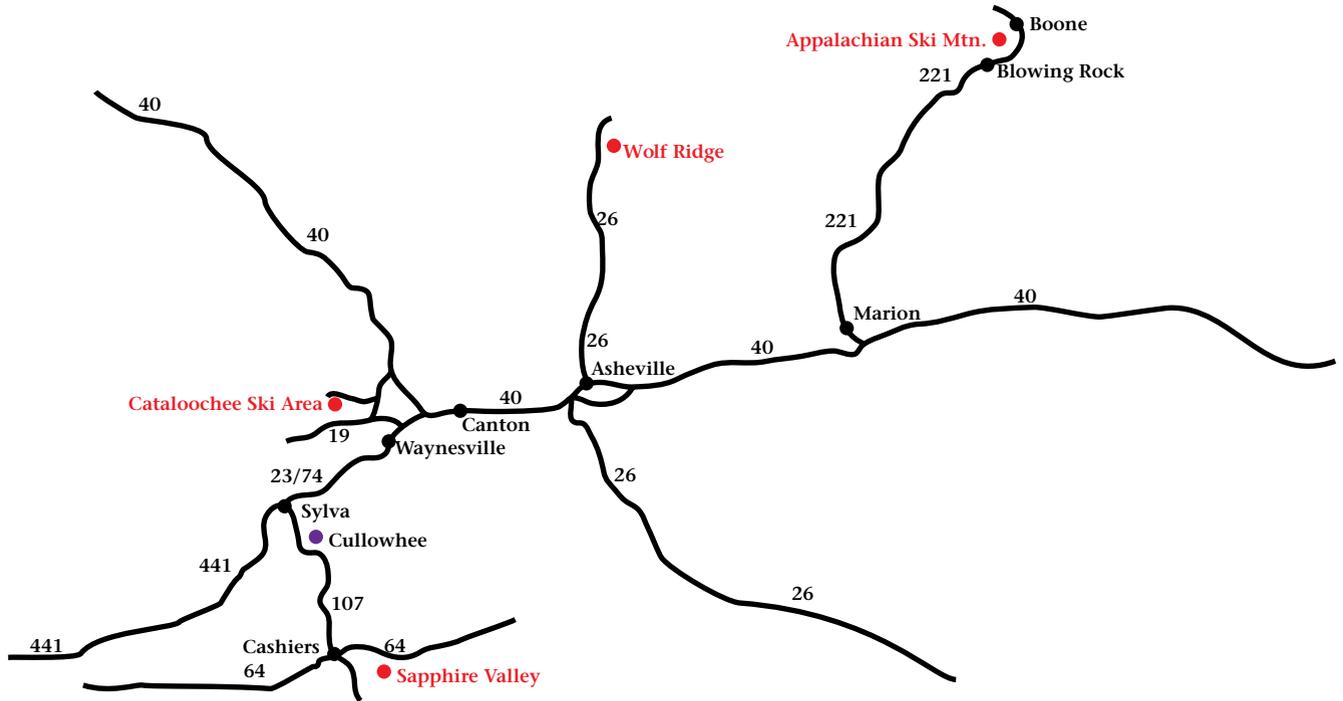
Beta on 4 Local Ski Areas

Detailed Directions



Western
Carolina
UNIVERSITY

Where Whee Shred



Where can you go skiing, snowboarding and tubing close to Western Carolina University? With mountain elevations over 5000' and an amazing snowmaking capacity, local areas have some of the best winter fun in the southeast.

How should I dress?

All areas publish a "conditions" report or a "ski report." It is updated daily and gives you a summary of the temperatures, trails open, lifts running, weather conditions, and more. Areas will place a conditions report on the website, phone systems, and publish it to all the major news agencies that report national ski conditions.

- Dress in layers so you can adjust to changes in temperatures and weather conditions.
- Wind and water-resistant or waterproof jacket and pants
- Hat and gloves
- Goggles and/or sunglasses
- Wicking (fabric that pulls moisture away from body such as quick dry athletic wear) layer next to skin
- Insulating layer (fleece, wool)
- One pair of wicking socks
- Sunscreen and lip balm
- Dry clothes and socks to put on for the ride home

NC Ski & Snowboard Responsibility Code

Skiing/snowboarding can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country or other specialized equipment, such as that used by disabled or other skiers/snowboarders. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing/snowboarding that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers/snowboarders the responsibility for an overall great experience.

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

This is a partial list. Be safety conscious.

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION

Cataloochee

Phone: 800.768.0285 | cataloochee.com

Peak Elevation: 5400'

Vertical Drop: 740'

Fifteen trails, three lifts, two surface lifts. Two terrain parks with multiple features from beginner to advanced. Night skiing. Full rental facility and a great education program. Cataloochee is our host area for the skiing and snowboarding activity classes plus Base Camp Cullowhee's Friday night ski and snowboard program.

Season: Early November to late March (weather permitting).

Prices vary depending on session and time of year. Refer to website for complete information.

Highlights: Cataloochee is the oldest ski area in NC, opening in 1961. The area has increased its terrain, adding new trails and new terrain park features during the last couple of years. The area has 100% snowmaking capacity allowing it to open early in the season and remain open until the end of March. Snowtubing is also available at Tony's Tube World located in Maggie Valley. For more information check their website: cataloochee.com/tubing/index.php

Directions: Take NC-107N, US-23N/US-74E to Waynesville. Take exit 102B toward Junaluska/Maggie Valley onto US-276S. Take a left onto US-19N to Maggie Valley. Turn right onto Fie Top Rd. after 3 miles; turn left onto Ski Lodge Rd. to ski area.



Sapphire Valley

Phone: 828.743.1169 | skisapphire.com

Peak Elevation: 4300'

Vertical drop: 200'

Sapphire Valley Ski slopes are part of a four season resort. The ski hill has two runs, one for beginners, the other for intermediates, and one chairlift. Sapphire is a great place to learn how to ski or snowboard and many of the staff are WCU students who are training as instructors or ski patrollers. Prices vary depending on session and time of year. Refer to website for complete information.

Season: December through late February, weather permitting.

Highlights: Historic ski hill that is part of a resort. Easy terrain for beginners and intermediates. The resort also manages the Frozen Falls Tube Park. Rentals and lessons are available.

Directions: From campus: take Hwy 107 N to Cashiers. In Cashiers, take a left on Highway 64E and go three miles to Sapphire Management Company on your left.



Wolf Ridge

Phone: 800.817.4111 | skiwolfridgenc.com

Peak Elevation: 4,700'

Vertical drop: 700'

Wolf Ridge is located close to Asheville, NC and has over 72 acres of terrain. The area has twenty-three slopes, four chair lifts, and two surface lifts. Prices vary depending on session and time of year. Refer to website for complete information.

Season: Late November to mid-March, weather permitting.

Highlights: Two lodges that include a restaurant and rental shop. There are plans for expansion of slopes and a chairlift. There is also a tubing park called "Tube the Wolf" and snowshoeing is available, weather permitting.

Directions: Take I-40 East to Asheville. Follow I-240 East to I-26/Highway 19/23N. Take the Wolf Ridge exit, #3. Follow signs to ski area.



Appalachian Ski Mountain

Phone: 800.322.2373 | appskimtn.com

Peak Elevation: 4,000'

Vertical Drop: 365'

Appalachian Ski Mountain is located in northwest NC, about 3 hours from Cullowhee. It is one of three ski areas in that region. With its small town charm, 100% snowmaking capacity and friendly atmosphere, it is definite road trip material. Prices vary depending on session and time of year. Refer to website for complete information.

Season: Mid-November to late March, weather permitting.

Highlights: Appalachian is the second oldest ski area in NC and is home to the French-Swiss Ski College. The ski area includes numerous areas for snowboarders and skiers. The mountain offers six chairlifts, a terrain park, slopes ranging from beginner to expert, and a cozy lodge for hanging out and getting warm while you are off the slopes. Ice skating is also available.

Directions: Take I-40 East to Highway 321 North then follow HWY 321 to Blowing Rock. Follow signs to the ski area.

