Skiing Etiquette

- Ski in the tracks, unless moving aside for faster skiers.
- Do not walk in ski tracks.
- Do not pass on a downhill – wait until the trail is clear.
- Follow one way arrows on the trails.
- Remember that skiers going downhill have the right-of-way.
- Shout "TRACK" if you must pass.
- If you fall, move off the trail quickly.

Plan Ahead
CHECK the weather before you go.
SIGN IN-OUT at designated trail stops.
STAY SAFE Let someone know your intended routes and when you plan to return home.
DRESS RIGHT Use layers for flexibility. Wear synthetics or wool and weather proof outer shell. Avoid cotton.
SKI-SMART Hydrate and eat nutritious snacks to maintain your energy. Wear sunscreen/lip balm to protect exposed skin.

Clothing Tips
Insulating layers allow for movement and are key to keeping you warm, insuring a good experience while on the trails. Your first layer should be synthetic to wick away perspiration from your body; the midlayer should insulate such as a sweater, fleece, wool or turtleneck; and the outer layer serves as a barrier to wind and water like a jacket, pants, mittens, hat and sunglasses. Regulate your body temperature by adding or removing layers. Keep your feet happy with comfortable, breathable boots, and layer your socks but don’t put on too many — you’ll only restrict circulation, making your feet colder. Gloves are best for precise ski pole control but mittens will allow fingers to share body heat.

Cross-Country Ski Trails

Solar lighted trails—located at Hickory Grove Highlands in Cary (1 mi intermediate loop) and Pleasant Valley in Woodstock (0.5 mi beginner loop) are open until 9 p.m., November–March (when Standard time is observed) for hiking or cross-county skiing. Visitors should sign in–out at the trail head.

Candlelight Skis—one will be held in January and one in February on the first Friday and Saturday evening that there is 4" of packed snow. Be placed on the email notification list by sending contact info to MCCD@MCCDistrict.org or check the website for updates or call the Brookdale Administrative office at (815) 338-6223.

Sites open Sunrise to Sunset
Entrance gates open at 7 a.m.

Early morning parking available at Glacial Park, The Hollows, Marengo Ridge, Pleasant Valley and Winding Creek.

McHenry County Conservation District
815.338.6223 • MCCDistrict.org

18410 U.S. Highway 14
Woodstock, IL 60098

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Beginner Intermediate Advanced

Downhill portions of the trail are short and less than 10% grade. All major obstacles have been cleared.

Downhill grades are as steep as 25%. Turns may be fairly sharp with run-outs provided where needed. Up hill portions may be over 25% grade.

Slopes up to 40%, run-outs provided where needed.

Sites open Sunrise to Sunset

Entrance gates open at 7 a.m.

Skiers should sign in–out at trail head.

Individual site maps are available at their respective locations, on our website www.MCCDistrict.org under the sites tab or by calling (815) 338-6223.