



# Manchester Cross Country Ski Club

Cross Country Ski, Roller Ski, Telemark and more.

Regular coaching sessions and equipment hire

[www.mccsc.org.uk](http://www.mccsc.org.uk)

## TELEMARK QUESTIONS & ANSWERS

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### 1. **BOOKING AND MCCSC**

#### **Q Who runs the Sunday Telemark sessions?**

**A** Manchester Cross-Country Ski Club (the local and major English Telemark club) runs regular Telemark coaching sessions 12:00 to 2:00pm, usually every 2 or 3 throughout the year at Chill Factor<sup>e</sup> – see [www.mccsc.org.uk](http://www.mccsc.org.uk) / [Events](#) for details.  
Annual individual membership of MCCSC is £22 which gives access to all Telemark and Cross-Country activities and coaching, Except the North West Telemark Festival and SE Skills weekends. MCCSC is affiliated to Snowsport England, the governing body of English skiing.

#### **Q Do I need a Lift Pass for the Telemark Sessions?**

**A** Yes. Use the MCCSC link, or purchase direct from Chill Factor<sup>e</sup>, Minimum 2.0 hours.  
Discounted price\* for MCCSC members is £28 from 2025 per two-hour session, or use weekly or monthly passes.  
It is far easier and quicker to book on line, then collect your passes from the 8 fast track ticket machines located in the Alpine Street, which avoids queuing at Guest Services.  
(\*Please note that this discount only applies to our club coaching sessions, not general lift passes).  
Limited Telemark equipment hire boots & skis are available (poles & helmet are standard).  
See [www.chillfactor.com](http://www.chillfactor.com) or Call Chill Factor<sup>e</sup> Guest Services on 0161 749 2222

#### **Q Do I have to pay a separate fee for coaching at the Club Telemark Sessions?**

**A** No. Telemark coaching is free to members (Except at the North West Telemark Festival).  
You just have to buy a lift pass from Chill Factor<sup>e</sup>.  
Note there are usually 20 or more club Telemark sessions a year, so it is incredible value.

#### **Q Do I have to be a member of Manchester Cross-Country Ski Club to try Telemark?**

**A** You may participate in the first club session to see if you like Telemark (& or Roller skiing), but please join afterwards, Individual membership only costs £22 a year after all.  
**Please contact MCCSC before coming for an introduction session** [telemark@mccsc.org.uk](mailto:telemark@mccsc.org.uk)

#### **Q How do I Join MCCSC?**

**A** The method of joining or renewing membership of MCCSC is on line, including payment, using the club's secure Stripe account. This does not incur any additional cost to members.  
There are two main membership categories, Individual or Family.  
The club year runs from 1st Nov to 31st Oct, but there is a Late Join membership from 1<sup>st</sup> May to 31<sup>st</sup> Oct. There is also a special rate for new members of 13 months for 12, joining in October.  
[www.mccsc.org.uk/Join/](http://www.mccsc.org.uk/Join/) [here /](#)



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## 2. SKI STANDARDS FOR THE COACHING SESSIONS

**Q** Can I join the MCCSC Telemark sessions if I have never skied before?

A No. Ski Beginners must enrol for Alpine lessons in the ski school. Contact Chill Factor<sup>e</sup>.

**Q** What Alpine standard do I need to be to join the MCCSC sessions, if I have never Telemarked before?

A You must be able to make non-Telemark turns, from the top of the main slope.

**Please email [telemark@mccsc.org.uk](mailto:telemark@mccsc.org.uk) before coming to an introduction session.**

Telemark Novice (with Alpine or Cross-Country Ski experience)

**Q** What standard do I need to be to join the MCCSC Coaching Sessions?

A Telemark Intermediate (somewhere in between Telemark Novice and Advanced).

A Telemark Advanced (Single phase Telemark parallel turns and above).

Note we often combine Intermediates and advanced at club sessions (from the top of the slope).

## 3. EQUIPMENT AND CLOTHING

**Q** Can I hire Telemark equipment?

A Yes, but Chill Factor<sup>e</sup> has a limited number of Adult Telemark boots and skis, mainly NTN. MCCSC cannot guarantee that we will be able to meet all requests. The equipment will be allocated on a first come first served basis. Please bring your own Telemark equipment if you have any. Regretfully we have no Telemark equipment suitable for children (as it is not made). You can contact [telemark@mccsc.org.uk](mailto:telemark@mccsc.org.uk) or [info@mccsc.org.uk](mailto:info@mccsc.org.uk) to check if your size is available, especially if you are at the end of ranges.

**Q** Can I use my Alpine ski boots?

A No, Telemark boots are very different, they have bellows over the forefoot which allow the boot to bend like a walking boot. Telemark boots are usually much softer than their Alpine cousins, have Vibram soles (like walking boots) and a walk mode setting. Telemark boots mainly come in full sizes. If you normally take a half size in Alpine boots, always go up, as the toes need more room to move when the boot flexes at the bellows. Telemark boots are skied slightly looser than Alpine.

Note There are several incompatible standards of Telemark boots & bindings; "3 Pin", "Telemark Norm" also called 75mm, "New Telemark Norm".

**Q** Can I use my Alpine footbeds?

A It is vital that foot beds used for Telemark can flex at the ball of the foot. **Stiff footbeds could crack** You may be able to use a modern softer Alpine footbed to produce better fit & performance with a rental boot. Older Alpine footbeds tend to be much stiffer. If in doubt discuss with your fitter.

**Q** Are Telemark bindings different to Alpine?

A Yes - radically. There are several incompatible standards, but all allow the heel to rise. Most have a heel riser for skinning, the latest have ski brakes, rather than leashes. All Telemark bindings at Chill Factor<sup>e</sup> and MCCSC have adjustable release bindings.

**Q** Are Telemark skis different to Alpine?

A No. Ski manufacturers used to produce special Telemark skis, but now standard Alpine (All mountain, off-piste skis or even race skis) are used, with Telemark bindings.



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**Q What length of ski should I use for Telemarking?**

A Select slightly longer skis for Telemark than your Alpine.  
Skis turn easier when Telemarking and longer skis will be more stable.  
Telemarking is intended to go into the back country, where bigger skis are normal.  
Please note that the limited rental availability may decide on the ski length if using NTN.  
The NTN Binding comes in 2 sizes small [up to Mondo 27] and large [from Mondo 26.5].

**Q What length of ski poles should I use for Telemarking?**

A Select shorter poles to Telemark than your Alpine – Try one size shorter to start with.  
You can use Chill Factor<sup>e</sup>'s ski poles to experiment, there are plenty and no need to book.

**Q What should I wear for Telemarking?**

A Normal ski clothing for the mountains. Slope side is -4 degrees centigrade, with no sun.  
Having said that you may get quite warm at times with Telemarking, so venting is key.  
Ensure your ski pants allow you to drop low into the Telemark stance.  
Bring a range of ski socks with different thickness, if you are hiring Telemark boots.  
It's also worth bringing your own ski foot-beds, Provided they can flex under the ball of the foot -  
**Stiff footbeds could crack.**

**Q Can I hire ski clothing?**

A Yes, Chill Factor<sup>e</sup> has a range of ski clothing for hire at £14:00 per day for Jacket and Trousers together, or £8 for one. Book directly with Chill Factor<sup>e</sup>. Other items may be purchased onsite.

**Q Must I wear a ski helmet for Telemarking?**

A Yes, Chill Factor<sup>e</sup> requires Helmets to be worn for all slope activities, as well as gloves and long sleeves. Helmets are readily available and free to hire at Chill Factor<sup>e</sup> and no need to book.

## 4. ON THE DAY AND FACILITIES

**Q What time should I arrive at Chill Factor<sup>e</sup> on the day?**

A If you are hiring equipment, then please arrive for 11:20am to allow for kitting up.  
If you have your own Telemark Boots & skis, then please arrive for 11:40am.  
In either case you will need to collect your lift pass and get kitted.

**Q Where do I meet on the day?**

A In rentals, on the bench opposite the curved clothing returns, or find us on the slope, Telemarkers are easy to spot due to the distinctive style and equipment.

**Q How do I get to Chill Factor<sup>e</sup> ?**

A Chill Factor<sup>e</sup> is situated on Trafford Quays Leisure Village and is less than four miles from Manchester city centre. Chill Factor<sup>e</sup> is opposite The Trafford Centre and conveniently located just off the M60 motorway at junction 10. Chill Factor<sup>e</sup> is signposted from the motorway exit, but thanks to the iconic building you won't miss it! There is free parking with over 300 car parking spaces available including dedicated disabled parking bays.

Sat Nav address information:

Chill Factor<sup>e</sup>, Telephone 0161 749 2222  
Trafford Quays Leisure Village, Trafford Way, Manchester, M41 7JA



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Chill Factor<sup>e</sup> recommends checking your route on the [Highways Agency website](#) for up to the minute travel information before you set off.

See the Chill Factor<sup>e</sup> web site for alternate transport links; air, train, bus, taxi, cycle, on foot, and other details, including site and road map.

**Q Are there lockers?**

A Yes – Chill Factor<sup>e</sup> has recently upgraded most of the keyed lockers with a new keypad system. There are a few keyed lockers, which use blue plastic tokens, from Clothing Rentals. The Changing area was enlarged and refurbished during Autumn 2022.

**Q Do you meet for après ski?**

Most definitely. We usually gather upstairs in The Lodge for coffee/drinks and or a meal. Access by lift, stairs or escalators. There are 2 large connected rooms, complete with panoramic views of the slopes and a choice of tables and 3 sofa areas. We usually gather at the long table 222 in the second room. Go past the bar and on the right.

**Q Are food and refreshments included?**

A No. However there is a wide choice of cafes, bars and restaurants. There are picnic tables outside should the weather be clement.

**Please note that food or drinks are NOT allowed slope side.**

**Q Need more information?**

A See website for [www.mccsc.org.uk](http://www.mccsc.org.uk) for **MCCSC Membership** or **MCCSC Events** for Telemark enquiries email [telemark@mccsc.org.uk](mailto:telemark@mccsc.org.uk)

## 5. WHAT IS TELEMARKING?

**Q What is Telemarking?**

A Telemarking is the original and arguably the most elegant form of downhill skiing, predating Alpine. It is a Nordic discipline, but has elements of both downhill Alpine and cross-country skiing. The bindings allow the heel to rise, hence the term “Free-Heel”.

**Q How does Telemark technique differ from Alpine?**

A The most obvious difference is the lead change, where the new turn is initiated by the front and rear foot moving apart (forwards & or backwards). It is the same technique used by ski jumpers upon landing. It gives great stability with the free heel equipment and makes turning very easy, particularly in deep or difficult snow. Telemarking comprises of 85% Alpine technique. This is because Alpine skiing developed from Telemarking.

**Q Why Telemark?**

A Because Telemarking looks beautiful, feels great to do, but above all is fun. The vast majority of skiers who have a go, come off the slope with a smile from ear to ear. Isn't that why we ski! It's also brilliant in the backcountry.

**Telemarking looks beautiful, feels great to do and is fun**

**ENJOY !**

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## 6. Chill Factor<sup>e</sup> Slope Policies

### SUMMARY

When skiing (or snowboarding) on the main slope, you agree that you meet the minimum standards, which are; to control speed and direction; to perform linked turns; to stop, be comfortable with variable conditions and to use the button lift unassisted. Chill Factor<sup>e</sup> reserves the right to ask you to leave the Slope if you are deemed unable to meet the Minimum Recreational Standard or if we feel you are intoxicated by drink or drugs. In such cases no refund or transfer will be given.

Helmets must be worn when on lessons or coaching, race training, moguls, features.  
Gloves must be worn at all times.

For the full Policy and Slope User Declaration please visit [www.chillfactore.com](http://www.chillfactore.com)

### Chill Factor<sup>e</sup> Safety Statement

We want you to enjoy yourself as much as possible whilst at Chill Factor<sup>e</sup>. You are advised that participating in snow activities has some risks and that Chill Factor has taken precautions as far as reasonably practical to eliminate or reduce the risk of injury.

The wearing of helmets is compulsory for all activities. Chill Factor<sup>e</sup> provides helmets to participants at no addition cost.

### Chill Factor<sup>e</sup> Slope Code of Conduct

1. Respect all other slope users.
2. Control your speed.
3. Always give way to skiers/riders below and choose a route past as to not endanger or alarm them.
4. Leave plenty of space when overtaking.
5. Look up and down the slope before starting or entering the slope.
6. Always stop in a clear and visible place or, preferably, at the side of the slope  
When climbing up or down the slope, always keep to the side.
7. Respect all signs.
8. In the event of an accident everybody is duty bound to assist and witnesses must provide relevant information regarding any accident.
9. Chill Factor<sup>e</sup> reserves the right to ask you to leave the slope if you are deemed, by a Chill Factor<sup>e</sup> employee, not to be abiding by the Code of Conduct or meeting the minimum standard. In such cases, no refund or transfer will be given.



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