



Klondike Snowmobile Association

December 2024 News

Welcome to the Klondike Snowmobile Association's December 2024 news update! For all the latest Yukon snowmobiling news, events, trail conditions, safety tips, and more, please check out our website at <http://ksa.yk.ca>, like us on [Facebook](#), and follow us on [X](#).

Ride Safe, Ride Sober

Alcohol and drugs continue to be a leading factor in nearly 50% of fatal snowmobile accidents in Canada. Please don't drink and ride, and please don't let your friends drink and ride either. Zero tolerance we say, till we're done for the day!

SNOWMOBILING AND ALCOHOL DON'T MIX



Don't drink and ride

A MESSAGE BROUGHT TO YOU BY



Snowmobilers Care
About Our Environment



www.snowmobile.org



Group Snowmobile Rides

Snowmobile season is here, and we have some great group snowmobile rides coming up. Dates and details are posted on our Events page at <https://ksa.yk.ca/coming-events>. More events are added regularly, so be sure to check it often this winter!

Come for a ride with us this Sunday December 8th! We're planning to meet up for a "just for fun" ride in the Scout Lake area, and you're invited. This group ride is free for all to attend, and we'll be meeting at the Scout Lake Road / Old Alaska Highway staging area at 10.30. Details are posted on our events page.

Also, mark your calendars for Saturday 08 February 2025, because you and all your friends are invited to join us on our annual Take A Friend snowmobiling ride!

Do you have an idea for a group snowmobile ride? We'd love to hear where and when you'd like to ride. Call, text, e-mail, or send us a message any time.



CTNHS Winter Use Schedule

We're looking forward to another great year of sledding at the White Pass this winter. The Klondike Snowmobile Association meets each fall with Parks Canada and stakeholder groups regarding shared use of this area. The intent of the meeting is to voice concerns and formulate solutions to issues that arise from time-to-time with the ultimate goal to continue sharing the area with the fewest possible conflicts.

The Yukon Government maintains the highway on the Canadian side of the White Pass though the road is actually in BC. Maintenance workers report increased numbers of vehicles parked on the shoulder of the road in the past couple of winters. While it's normally legal to park on the shoulder of a highway, you must not impede traffic. If you must pull over, be sure you're well off the road – which is difficult given the narrow shoulders in that area, don't pull over on curves or hills where visibility is reduced, and don't stop in marked avalanche zones. You're best to park only in marked and plowed pullouts.

A popular parking area is the Log Cabin parking lot. The parking lot is part of the Chilkoot Trail site managed by Parks Canada. The Yukon government plows the parking lot but, because it's not a formal highway pullout, it only gets done when the rest of the work is complete. Winter camping is permitted in the parking lot and you may have a fire if it's contained in a pan. Please don't make bonfires or burn pallets or other materials that contain nails or other hardware. It makes a mess of the parking lot and a potential hazard for others. Be a good neighbor and keep the footprint of your setup as small as possible so others can enjoy the limited space.

The area adjacent to the parking lot is a material staging spot for the White Pass train. White Pass recently dug a new drainage ditch and they routinely store materials such as railroad ties at the edge of the parking lot. Beware of these and other hazards.

Immediately north of the parking lot is a network of ski trails maintained by the Log Cabin Ski Society folks in Skagway. The area is actually a BC recreation site and the ski trails are designated non-motorized so don't ride your sled on them. Site info can be found at: <https://www.sitesandtrailsbc.ca/search/search-result.aspx?site=REC168747&type=Trail>

Just southwest of the parking lot is Log Cabin Mountain. We ask that you avoid riding on the slope facing the parking lot. It's extremely popular with the folks who ski and it's one of the most accessible places for them. There's much better mountain terrain for sledding on the other side of Fraser.

Shared access to the area is managed by a schedule that reserves every third weekend for non-motorized use in the site managed by Parks Canada. This includes the Log Cabin parking lot and the entire Chilkoot Trail corridor. A map of the site boundaries can be found here: <https://parks.canada.ca/lhn-nhs/yt/chilkoot/visit/cartes-maps>. General information about the site is here: <https://parks.canada.ca/lhn-nhs/yt/chilkoot>.

The schedule and other helpful info is here: <https://parks.canada.ca/lhn-nhs/yt/chilkoot/securite-safety/bulletins>. We have also integrated a copy of this schedule into our [Events](#) page for your convenience.

The mountainous terrain of the White Pass is prone to avalanches. Before riding in avalanche terrain, get the required gear and training to keep you and your riding buddies safe. Check out: <https://avalanche.ca>.



Hamilton Boulevard Multi-Use Trail Update

The Klondike Snowmobile Association was heavily involved in the building of the Hamilton Boulevard Multi-Use Trail and has been grooming it for the general public to enjoy every season since. In recent years there has been increased demand to have the trail maintained to a standard suitable for all types of active commuting in addition to the many snowmobilers using the trail.

During the 2023/2024 season, after discussions with the City of Whitehorse and other trail user groups, the Klondike Snowmobile Association agreed to a pilot project in which our volunteers groomed in an initial snow base of a few centimetres, and then for the remainder of the winter we regularly plowed down to this initial base so the trail would have just enough snow base to be useable by snowmobilers, skiers, and other winter enthusiasts, and also be firm enough and clear enough for other types of active transport as well.

This method seemed to work well at balancing the needs of as many trail users as possible, and we are currently doing the same style of trail maintenance for the 2024/2025 snow season. Timing of grooming may vary based on volunteer availability, but we are hoping this solution keeps the trail open in a way that everyone can enjoy it.



Holiday Gift Idea

Looking for a holiday gift for someone who already has everything? Get them a Klondike Snowmobile Association membership!

It's the gift that keeps on giving - you'll be supporting Yukon snowmobiling all season long and they'll be enjoying our membership discounts and benefits all year long.

Sign them up any time at <https://ksa.yk.ca/membership>, and be sure to do it early so our volunteers can get their cards ready before it's too late!



More Membership Benefits For You

This season we have a few new and exciting membership benefits for our members to enjoy!

All Klondike Snowmobile Association members can now receive 10% off food orders at Tony's Pasta Steak and Seafood restaurant and also 10% off food orders at Ricky's restaurant in Whitehorse.

Both of these restaurants have recently signed up as Corporate Members of the Klondike Snowmobile Association and we're excited to have their support!

For a complete list of current benefits and discounts available to K.S.A. members please check our website at <https://ksa.yk.ca/membership/membership-benefits>.



Memberships During Canada Post Strike

The Canadian Union of Postal Workers has been on strike since 15 November 2024. During this time Canada Post is not accepting or delivering most types of mail, including Klondike Snowmobile Association memberships.

If you have paid for a membership and not yet received your membership cards, or if you are considering signing up or renewing but are concerned about how to get your membership cards, please contact us by phone at 867 667 7680 or e-mail at klonsnow@gmail.com to arrange an alternative plan.

Thank you for your patience and understanding.



Snowmobiling Is Good For Your Health

Go snowmobiling - it's good for your health! Snowmobiling has been proven to increase your confidence, help maintain your physical health, and improve your mental health.

The Canadian Council of Snowmobile Organizations recently published a new document highlighting some of the health benefits of snowmobiling, check it out today on our News page at <https://ksa.yk.ca/news/snowmobiling-is-good-for-your-health/>!



Canadian Council of Snowmobile Organizations
1974-2024
— 30TH ANNIVERSARY —

A volunteer led, not-for-profit national organization which, through strong leadership, provides support to our members and provides the unified voice of organized snowmobiling at the national and international levels.

Go snowmobiling...

It's good for your health!

- 1** A significant portion of a typical snowmobile ride qualifies as at least moderate-intensity physical activity. Try to get 150 minutes of exercise each week. (1-9)
- 2** Physical activity performed by snowmobiling could help treat the symptoms of depression and anxiety. (1-9)
- 3** Major depressive disorder is the second leading cause of global disability, and generalized anxiety disorder affects about 5% of Canadians. (1-9)
- 4** A single bout of physical activity like snowmobiling on the weekend can have positive effects on mental health that last up to a week. (1-9)
- 5** Physical activity performed outdoors and in the wilderness is more beneficial to mental health than indoor physical activity. (1-9)
- 6** Snowmobiling with friends or family can improve mental health by increasing feelings of support and distracting from worrying. (1-9)
- 7** Learning a new skill, such as snowmobiling, can build self-confidence and reduce feelings of anxiety. (1-9)
- 8** Seasonal affective disorder (SAD) most frequently occurs in winter. Performing physical activity via snowmobiling could be an effective way to combat the symptoms of SAD. (1-9)

REFERENCES

1. Wilkerson E, Supramaniam L, Jovanovski M, Stowell M, Apantaku E Exercise and mental health. *Medicine*. 2017; 38(4):45. doi:10.1186/s12916-017-0810-8

2. Zaslavsky AL, Dargatzis MA, Conroy KM, et al. Exercise and Pharmacotherapy in the Treatment of Major Depressive Disorder. *Psychiatric Med*. 2007; 35(7):582-595. doi:10.1097/PSY.0b013e318144451a

3. Erickson KA, Shimizu E, Feltner D, et al. Comparison of Aerobic Exercise, Group Exercise, and Placebo in the Treatment of Panic Disorder. *Am J Psychiatry*. 1999; 156(5):654-658. doi:10.1176/ajp.156.5.653

4. Schuch KO, Naudtschke-Bonini MP, Krawczyk C, Heck MP. Exercise and severe depression: Preliminary results of an add-on study. 2011. doi:10.1186/1745-0213-10-120

5. Lahti-Mattila MR, Rautavaara SAE. A Single Bout of Aerobic Exercise Reduces Anxiety Sensitivity. *Acta Medica Scandinavica* or University of Turku. *Journal of Behavioral Cognition Ther*. 2011; 46(4):252-255. doi:10.5061/00002720115120004

6. Thompson-Carter J, Grady K, Smith K, Wilson S, Dunton J, Santiago ML. Snow participation in physical activity in outdoor natural environments has a positive effect on physical and mental well-being. *Frontiers in Psychology*. 2018; 9:2853. doi:10.3389/fpsyg.2018.02853

7. Phillips DL. Mental health status, social participation, and happiness. *J Health Soc Behav*. 1977; 20(1):85-104.

8. Frutkin AD, Chengappa MR, Gattuso D, Finkelsch A. Mind and average regulation in seasonal and non-seasonal depression before and after weekly treatment with physical exercise or bright light. *Psychiatry Res*. 2008; 164(1):25-32. doi:10.1016/j.psychres.2007.12.014

131,070 km
of registered snowmobile trails in Canada.
The longest trail in the world!

SAFE RIDERS!
The Place Invents the Safety

Snowmobile Care
About Our Environment

ISMA
International Snowmobile Manufacturers Association

GO SNOWMOBILING!
www.ksa.org

Join a Snowmobiling Club

April 2024

Klondike Snowmobile Association

4061 4th Avenue
Whitehorse, Yukon
Canada Y1A 1H1



This newsletter is sent monthly as a free membership benefit to all K.S.A. members. To stop receiving any e-mails from us click [unsubscribe](#) any time.

[Unsubscribe](#)

