

HEBER VALLEY: MORE THAN JUST a SKI DESTINATION - www.gohebervalley.com

Near two Utah resorts with one more to come as Mayflower will open in 2023 next to Deer Valley

HEBER CITY, UT — When you think of Utah in the winter, grand images of bluebird powder ski days and pristine snow-capped mountains most likely fill your mind. The slogan “Greatest Snow on Earth” rings true in this great state and many plan their winter ski trips to Utah each year to carve through the champagne powder and glide atop perfect corduroy. While known for magnificent powder and renowned ski terrain, the Heber Valley offers so much more in this magical and wintry escape from the mundane.

Heber Valley, Utah, is a winter wonderland for those seeking solace and serenity, as well as outdoor adventure. Positioned between two excellent ski resorts — Deer Valley Resort and Sundance Mountain Resort — and located less than an hour from Salt Lake City International Airport, this majestic mountain town is a year-round outdoor recreation Mecca. Beyond skiing the stunning slopes of the Wasatch back mountain range, the charming alpine village astounds first-time visitors with its quaint mountain charm and abundance of outdoor recreation, superb dining, and refined spa experiences. Being a resort town carries certain expectations that discerning guests have come to greatly appreciate. With a variety of lodging options from high-end luxury to boutique bed and breakfasts to nationally recognized accommodations, visitors are always greeted with a sincere and warm welcome from the most hospitable staff. What truly amazes guests is the unique and one-of-a-kind experiences and memories that await.

The Greatest Snow on Earth

Located a mere 10 minutes from the Jordanelle Gondola at Deer Valley Resort and a scenic 25 minutes from Sundance Mountain Resort, Heber Valley is a prime location to access two world-renowned ski resorts. Discover the bragging rights of skiing “The Greatest Snow on Earth.” At just over 2,500 acres, Deer Valley Resort is known around the world for perfect corduroy groomers and top-tier customer service. Equally impressive, with its new high-speed quad, is the distinguished Sundance Mountain Resort. It has jaw-dropping views of Mount Timpanogos, the second tallest mountain peak in Utah. Sundance began with Robert Redford’s legacy and vision for this resort. Guests staying in Heber Valley have the luxury of skiing both resorts during their multi-day stay with the added-convenience of close proximity.

Swimming in the Crater

In Midway, at the Homestead Resort, you can discover their 10,000-year-old geothermal hot spring Crater. It quickly becomes a fan favorite as guests relax and soak in the 95-degree mineral water following a day on the



SUNDANCE MOUNTAIN RESORT, UT - Robert Redford’s dream mountain is transforming to a more modern ski resort with the installation of the Outlaw Express high-speed quad, shown above. They also improved their beginners’ area, and added snowmaking and a new snowmaking pond. In addition to great terrain, the views of Mount Timpanogos, the second tallest mountain in Utah, are spectacular. The mountain is a short drive from Heber City through the beautiful Provo Canyon. Photo courtesy Sundance Mountain Resort: www.sundanceresort.com

slopes. This natural hot spring offers a reprieve for sore and tired legs while restoring one’s body and mind below the 65-foot limestone beehive rock formation. For those looking to start their day with a dip, a local outfitter offers private SUP yoga sessions inside the Crater and atop the warm water. The Crater is also known for snorkeling and scuba diving as the only warm water scuba certification location in the lower 48 states.

Out-Of-This-World Ice Castles

Plan your winter visit during a time when you can explore the Ice Castles, in the Heber Valley in Midway. It is an award-winning frozen attraction built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and more, and take hundreds of hours to build each year, resulting in an ice castle creation different from the previous years. Locals and guests alike come to Heber Valley each winter to enjoy the magic and wonder of the larger-than-life ice formations. Of course, hot chocolate is served on site and the staff dresses in fun wintry costumes to add to the merriment of the experience. The cherry on top for this already impressive activity is the horse drawn sleigh ride to the entrance of the ice castles. This is definitely a must-see experience in Heber Valley.

Ski Among the Olympians

The Soldier Hollow Nordic Center training and event facility welcomes athletes from around the world to train

and compete in Olympic qualifying events. The year-round facility was host to the biathlon, cross-country skiing, and Nordic combined events during the 2002 Winter Olympics, and is now open to the public.

It offers an exciting opportunity for visitors to participate in activities just like the professional athletes and Olympic hopefuls. During the winter months, Soldier Hollow offers cross-country skiing, snowshoeing, and snow tubing. The ski course meanders through the rolling hills along the valley’s edge with stunning valley views.

The 1,200-foot multi-lane snow-tubing hill has a conveyor belt where participants are conveniently towed back up the hill for hours of outdoor snow fun. A personal favorite might be tubing at night below the starry sky.

Après, You Say?

Whether you après-ski in the morning, midday, or after the chairlifts stop spinning, you will easily find a great spot in and around Heber Valley for good food and drinks. With an overall laid back atmosphere, you can go straight from ski slope to bar stool, corner booth, or cozy globe and fit right in among the locals. Small pubs, happening eateries, and upscale bars have experienced servers and bartenders who love meeting new people, seeing familiar faces, and serving up specialty cocktails. So sit back, relax, and enjoy your favorite libation.

Ooh La La, It’s Time To Spa

From decadent full-day spa experiences to complete body treatments and services for hair, nails, and skin care as well, the many wellness studios and spas throughout Heber Valley are all focused on making your spa experience one of the best. When putting together your travel plans, be sure to include some personal TLC time at of the esteemed health and wellness establishments. This may just be the highlight of your trip.

What Are You Waiting For?

These are only some of the amazing experiences that await you in Heber Valley. Not mentioned are the historic Heber Valley Railroad, dark skies areas, Blue Ribbon fly fishing, snowmobiling, coffee shops, chocolatiers, or yurt dining, nor the diverse lodging options. All of this is amid an impressive mountain backdrop with fast and easy access whether by plane or vehicle. If you have not been to Heber Valley, what are you waiting for?

Plan your winter vacation at www.gohebervalley.com

Please view, read and share the info on this page online at: www.skiernews.com/Spring2022-HeberTechnical.com

THE MOUNTAIN JOURNAL

SKIING BLACK DIAMOND STEEP TERRAIN:

By TONY CRESPI, SKIER NEWS’ TECHNICAL EDITOR

Feel your pulse quicken. Perched on the top of a run the like of Upper Flume at Loon Mountain in New Hampshire, or Chutes 1, 2 or 3 at Steamboat in Colo., skiers can hesitate. Some folks grin, others groan.

Steep terrain can highlight different feelings and skills.

“I enjoy the technical challenge of steep terrain,” reflects Charlie Rockwell, a veteran PSIA Examiner and a trainer at Bromley Mountain in Vermont. “I also know steep terrain can feel intimidating to many skiers.”

How do you react?

“Steep is relative,” says Rockwell. “There are some places that can scare anyone.”

Skiing on steep terrain, from New Hampshire to Utah, can unveil both strengths and weaknesses. Some facets involve technical skiing skills while some facets are emotional. Enjoying turns on a groomed intermediate cruiser is not the same as mastering the steepest trails on the mountain.

Interested? Ski School in Session

Mastering the Steep

Steep terrain does vary. It varies from mountain to mountain and it can be impacted by conditions. In the East, after a rain storm and quick freeze, even intermediate trails can suddenly feel more challenging. Tackle ice crusted moguls and even moderate terrain can seem most challenging. In contrast, a warm sunny spring thaw can make very challenging terrain feel quite delightful. Given this diversity how do you proceed? Here are keys to consider:

Master Body Positioning

“There is a difference from facing downhill and facing the direction you want to go,” notes Rockwell. “People talk about downhill but it is critical to face where you are skiing.”

Steep terrain demands good upper body positioning.

Hands need to be up and forward. The upper body needs to move independently of the lower body.

Stay Well-balanced

Discover a balanced position where the entire edge can be evenly pressured, and where your upper body faces downhill. Try facing in the direction of travel. Not into the hill.

If you face into the hill it gets you into trouble. Facing down the hill you can work your feet underneath you.

Good body position means moving down the slope.

One way to help refine this skill is to practice short, rhythmic, turns.

Start on Intermediate Terrain

Ideally, choose varying pitches of slope. Keep your hands forward. Do not let the upper body rotate. Feel your feet work independently.

“Make symmetrical turns,” suggests Rockwell. “Try turning diagonally across the hill while facing downhill. You need to face where you are traveling or you get tangled. Learning to face in the direction of travel can be quite profound.”

Practice Skiing Steep Terrain

Practice on increasingly steep terrain. Do not start on the steepest terrain. Steepness varies. Ideally, start on groomed terrain. Shorter steep pitches can also build confidence.

You will need edging skills. You will need pressure control.

To master the steep you need to practice key skills, on and off the steep.

Face Your Enemy

To become proficient at skiing steep terrain takes practice. How often do you practice skiing a steep trail repeatedly?

The last day I skied at Mount Snow in Vermont, I skied one black diamond repeatedly followed by several runs on another less taxing black diamond. Repeated practice truly helps to polish your technique.

Practice. Practice. Practice.
Refine Speed Control

Do not start at warp nine.

“If you are already going, albeit slowly,” notes PSIA’s Rockwell, “you don’t psych yourself out. And you don’t have to start yet again.”

Black Diamond Experts know that learning to master skiing steep terrain demands speed control. That means not always skiing at full throttle but learning to ski at varied speeds.

Focus on the shape of the turn.

Try to maintain speed control by monitoring the “arc” of your turn. You can vary the arcs but know to bring it back in control. As the speed flattens you can open up. Monitor and refine your edge contact (i.e. pressure) to maximize control.

Fortunately, you can develop speed control on different terrain and in different conditions. Consistency, though, in speed and turn shape is key.

Master Short Turns

Short turns can be fun. Short turns can be helpful.

Try approaching that black diamond at a very, very moderate pace. Try gradually increasing your turn tempo. Approach steep terrain with respect. Turn often before reaching that steep pitch. It can also warm your muscles and it can warm you to the pitch.

Short turns are a hallmark of the black diamond expert. To refine your skills practice round, linked, short turns down the fall line. Monitor your turn shape. Monitor rhythm. Monitor speed.

Make it a contest. Refine your short turns. Then, after several runs, gradually increase speed.

Be Aware. Ski With Care.

Technical Editor Tony Crespi has served as both a Ski School Supervisor and Coach. A frequent contributor to publications throughout snow country, he can often be found honing his skills on black diamond terrain.