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Get Ready for a Full-Scale 2023 Canadian Birkie Ski Festival

Early Bird Pricing Expires Midnight January 31.

Festival Registration Closes February 8th, 2023, Noon

Dream Big.

LIVE THE LEGEND.

February 10-27, 2023

CANADIAN birkie Ski Festival.

Register today! Learn more at CanadianBirkie.com

#CdnBirkie #DreamBig #LivetheLegend

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“After our COVID cancellation of 2021 and our bare-bones “safe” Birkie of 2022, we are delighted to offer you the amenities of a full-scale Birkie that will allow you to **Dream Big, Live the Legend**. Coffee and muffins in the Red Barn, spectators, music and heated changing trailers. Alberta-sourced bone broth, local sausages, and award ceremonies in a larger Festival Tent. And yes, the return of our beer garden,” says Canadian Birkebeiner Society President Dave Cooper.

“Our ski festival is designed so that people of all ages and skill levels can ski what they consider to be **their** personal dream. Perhaps you have been training for a long-distance event starting at the Ukrainian Cultural Heritage Village, or maybe one of the 13 km Global Edmonton Mini Birkie, 4/8 km Mud Sweat and Gears Fun Ski or 2/4 km loops out of the Waskahegan staging area. On Birkie Sunday, parents and kids get to ski together in a relaxed atmosphere in Edmonton at the Barnebirkie Family Ski, as part of the Silver Skate Festival in Hawrelak Park.”

Held in Cooking Lake-Blackfoot Provincial Recreation Area, east of Edmonton, the Canadian Birkie is the premier classic style cross-country ski festival in Western Canada. Founded in 1985, it is one of three Birkebeiner Loppets held worldwide, the others being the Norwegian Birkebeinerrennet in Lillehammer, Norway and the American Birkebeiner in Hayward, Wisconsin, U.S.A. The Canadian winter ski festival is inspired by the toughness and dedication of Norwegian Birkebeiner warriors who saved a royal baby in 1206.

Be sure to register by midnight, January 31, 2023 for the January Early Bird Pricing for the Canadian Birkebeiner Ski Festival. Go to: [Register](#) Registration for the Canadian Birkie will close February 8, 2023 at noon.

Participants who purchase [Secure Your Spot insurance](#) at the time of registering for the 13, 31 and 55 km ski events will have their registration carried forward to the next year if the event is cancelled due to extreme weather or snow conditions.

COVID-19 and Respiratory Infection Policy for the Canadian Birkie 2023

As all provincial mandatory public health restrictions were lifted in Alberta on June 14, 2022, **vaccines are not required** for participation in the Canadian Birkie 2023. **Masking is also not required** for participation. Masks will be offered for participants to wear in indoor locations such as the Red Barn, Festival Tent, and changing areas, at their own discretion. Some participants may choose to wear their own masks and bring their own sanitizer.

At the same time, Alberta Health Services provides General Guidance on COVID-19 and other Respiratory Infections to support organizers in reducing the risk of transmission of infections at events such as this (June 2022). The guidance document recommends good practices for preventing infections, including getting vaccinated against COVID-19, staying at home when sick, proper hand hygiene and respiratory etiquette, enhanced cleaning and disinfecting and maintaining adequate ventilation. For more information, go to: <https://canadianbirkie.com/covid19-protocols/>

“There are no mandated provincial restrictions or requirements for the Canadian Birkie. The Canadian Birkebeiner Society takes Alberta Health Services guidance very seriously and will ensure the same good practices and due diligence toward preventing of infection it always has,” says Cooper.

Getting to the start

As in previous years, there is no public parking at the Short Start or Finish Line. Parking will be available for personal vehicles for Long Start events at the Ukrainian Cultural Heritage Village (UCHV). Shuttle buses will provide transport back to the UCHV. Shuttle buses from the Bethel Terminal in Sherwood Park ([Map](#)) will be provided for all spectators and participants of Short Start events (13km, 8km and 2/4km) to the Waskahegan Short Start/Finish Area.



[Photo by JaN Studios](#)

Canadian Birkie Ski Festival Schedule

Birkie Friday, February 10

**Nordic Fair and Registration Pick up,
noon to 8 pm, Woodvale Facility and Golf Club**

Birkie Saturday, February 11

Start at Ukrainian Cultural Heritage Village

Drive to start at UCHV, return by shuttle bus

55 km with 5.5 km pack Torskeklubben Birkebeiner, official opening 8.50 a.m.

55 km Madshus Birkie Lite, official opening 8.50 a.m.

31 km Imperial Oil Birkie Tour, official opening 8.50 a.m.

At the Waskahegan Staging Area, Cooking Lake-Blackfoot Provincial Recreation Area

Access shuttle bus to and from Bethel Transit Terminal in Sherwood Park

2/4 km Birkie Ole's Tour, official opening 10.50 a.m.

13 km Global Edmonton! Mini Birkie, official opening 1.20 p.m.

4/8 km Mud Sweat and Gears Fun Ski, 1.20 p.m.

Birkie Sunday, February 12

Barnebirkie Family Ski at Silver Skate Festival in Edmonton's Hawrelak Park,
9330 Groat Rd NW in Edmonton.

500 m, 1.5 km and 3 km Barnebirkie Family Ski Events and Winter Games, 11
a.m.

Families with their own cross-country skis are welcome.

Virtual Canadian Birkie, February 13-27, 2023

Join people from around the world participating in the Canadian Birkie virtually. You can classic ski, skate ski, snowshoe, skate, or skijor. If the snow gods aren't shining down on your part of the planet, you can roller-ski, cycle, run or walk. Choose your day and Canadian Birkie distance: 2, 4, 8, 13, 31 or 55 kilometres. Also pick your pace and your place! Access the Virtual Canadian Birkie facebook Group at:

<https://www.facebook.com/groups/virtualcanadianbirkie> or visit our website <https://canadianbirkie.com/virtual-birkie/> to learn more.

Visit our blog at for real-life stories about Canadian Birkie preparations, training and more at: <https://canadianbirkie.com/blog/>

The Birkebeiner Legend

In the year 1206 a civil war raged in Norway. The infant prince and direct heir to the throne, Haakon Haakonsson, was in danger and in hiding near Lillehammer. Two brave Birkebeiner warriors rescued the prince and carried him by skis in the dead of winter to safety. They travelled 55 kilometres from Gudbrandsdal valley over two mountain ranges to Rena in Osterdal valley. The young prince, later crowned King of Norway, ended the civil war.

The Birkebeiners (Birchbarkleggers) got their name from wrapping and tying birch bark around their legs from the knees down, like gaiters. This kept the snow out and protected their legs in battle. In the longest race of the Canadian Birkie, skiers still carry a 5.5-kilogram weight that symbolizes the Crown Prince Haakon Haakonsson. <https://canadianbirkie.com/birkie-legend/>

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Media information can be found at: [News - Canadian Birkebeiner Society \(canadianbirkie.com\)](https://canadianbirkie.com/news-canadian-birkebeiner-society/) under Discover

For media parking passes to the Canadian Birkie, please contact:
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Canadian Birkie Ski Festival

Feb 10-12, 2023

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