

For some skiers, it's uphill all the way

By Elaine Glusac, New York Times

In a DIY precursor to downhill skiing, the latest on-slope trend is to go uphill.

Called skinning, the activity of walking up a downhill slope on skis to schuss back down exemplifies a no-pain, no-gain ethos among skiers determined to earn their turns for the sheer challenge (or to burn calories). Skinning falls under the family of activities known as uphill, which includes snowboarders using special split boards, snowshoers and hikers.

What was once strictly a backcountry practice, used to explore ungroomed, off-piste terrain, is becoming more common in the front country. Fifty percent of ski resorts in the country now allow uphill skiing on their slopes, according to the National Ski Areas Association, an industry resort group. Several are adding new uphill ski races this year.

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