

MEDIA RELEASE
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Blaze Baxter Trails this Winter!

Baxter Conservation Area, KARS — Join Andrea Wood, Baxter Conservation Area Manager and Interpreter for six snowshoeing sessions to help you blaze the trails at Baxter this winter. If you are looking to try something new or looking for a fun challenge, snowshoeing might be perfect for you (not to mention a great way to kick-start your New Year fitness resolution).

Every Wednesday for six weeks, starting January 25, from 10:00 to 11:30 a.m., Andrea will lead participants on snowshoeing treks along Baxter's scenic trails. Snowshoes are supplied making the sessions the perfect way to try snowshoeing and see if this sport is for you.

"Baxter offers wonderful snowshoeing opportunities," says Andrea Wood. Baxter continues to see more people hitting the trails as snowshoeing is quickly growing in popularity. "Snowshoeing offers an inexpensive and easy winter activity," says Wood. And according to Wood, the old adage is true — if you can walk you can snowshoe!

It is a great way to get active during the cold winter months. It is an easy way to take your daily walk up a notch as research shows that it burns 45 per cent more calories than walking at the same speed. You don't have to walk faster...just put on shoes for great success. Not to mention all the benefits of exercising outdoors — fresh air, easy detoxification, free vitamin D and other healthy minerals best available through Mother Nature! It's like visiting an oxygen bar, detox program, stress management counselor and aromatherapist in one simple step! They don't call it the *great* outdoors for nothing!

Baxter's six sessions will teach snowshoeing techniques plus other useful outdoor topics including how to dress for outdoor exercise, safety tips, orienteering and basic GPS skills. The event also includes informative nature hikes, hosted by the conservation area's interpreter, through the conservation area's scenic trails. Each week, different courses will be enjoyed and by week six, participants will have blazed the Baxter trails..

Details:

- Six sessions — every Wednesday, January 25 to February 29, 2012
- 10:00 to 11:30 a.m.
- Special introductory rate: \$100 per person (includes snowshoe rental, GPS units and YakTrax for outdoor fun)

Your local Conservation Areas offer unforgettable visits to the beautiful Eastern Ontario wilderness. Enjoy the quiet and serenity of our snow-covered wilderness while snowshoeing at a conservation area near you. Guests can visit five of our conservation areas for \$6 per vehicle (or \$45 for an annual pass) — an inexpensive investment for your health and well-being.

This program is being offered as part of the RVCA's *Active • Outdoor • Life* series. To learn about other *Active • Outdoor • Life* events, visit www.rvca.ca.

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