

Before you go... some things to know

When you imagine yourself hiking a remote trail or skiing a pristine mountain, there are some things to keep in mind for the safest, most enjoyable trip.

For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first snowshoe outing, think about choosing the Summit Nordic Center or Lake Wenatchee trips. If you have lung or heart concerns, consult your doctor first.

For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be broken-in before you go – don't plan to wear brand new shoes. Snowshoers need to use waterproof boots to keep feet warm and dry.

If you have any questions about the outdoor program please contact Janet Sigler at (425) 670-5056. She is usually available on Tuesday and Thursdays, and is glad to talk with you about equipment, trips, and which activity is right for you.

Are you just starting out snowshoeing or cross-country skiing? May you want to take it easy. These are good trips to sign up for:

- Cabin Creek Sno-Park, I-90
- Erling Stordahl/Trollhaugen
- Hyak/Gold Creek Sno-Park

Winter Essentials

- ✓ hat & gloves
 - ✓ whistle
 - ✓ ski or hiking poles with baskets for snowshoeing
 - ✓ fanny or day pack
 - ✓ gaiters
 - ✓ extra socks
 - ✓ layered clothes
 - ✓ sunscreen & sunglasses
 - ✓ hand warmers
 - ✓ moleskin
 - ✓ plenty of water
 - ✓ sack lunch
 - ✓ a pad to sit on
 - ✓ money for bakery stops
 - ✓ \$5 for park entrance or Golden Age Pass
 - ✓ tissue and/or hand wipes
 - ✓ plastic bags for garbage and wet boots
 - ✓ cell phone
 - ✓ allergy and other personal medications
- * Please don't wear cotton or denim.

Enjoy exploring a variety of Sno-Parks and Nordic Centers throughout the North Cascades and Puget Sound. Leave the driving to us. An experienced leader will accompany all trips.

Eagle Watch Float

See how many you can spot! View the eagles from the Skagit River in a comfortable open boat. The boat has back rests, and heat to keep your feet warm. We will stop at the Eatery in Marblemount for lunch on your own. You must be steady on your feet.

32307 *Wed Jan 6 8am - 5pm*

Instructor: Janet Sigler *\$79 / \$84 NM*

Snowshoe at Mt Rainier

Depending on the snow level there are several trails to explore. Loop trails will be up to 3 miles with elevation gain up to 500 feet. After snowshoeing you'll get a chance to visit the Longmire or Paradise Lodge for some hot cocoa. Bring your Golden Age Pass or \$5 park fee.

31557 *Sat Jan 9 8am - 7pm*

Instructor: Janet Sigler *\$20 / \$25 NM*

Snowshoe Rental: \$5 #31543

Summit Nordic Center, I-90

The Summit at Snoqualmie Pass offers many trails for all levels of skiers. Snowshoe around the lodge or join us as we go across the I-90 to Gold Pond. Snowshoe distance at Gold Creek is 3-4 miles round trip with little elevation gain. Bring your skis or rent at the Summit. Lunch, snacks and hot drinks may be purchased at the cafe. Ski rentals and trail pass fee are not included in the fee for this trip.

31563 *Fri Jan 15 8am - 4:30pm*

Instructor: Janet Sigler *\$20 / \$25 NM*

Snowshoe Rental: \$5 #31544

Cabin Creek Sno-Park, I-90

This popular and well-groomed sno-park offers a variety of trails for all levels of cross-country skiers. There are some snowshoe trails with a 600 – 800 foot elevation gain. Those who want a flat snowshoe trail can walk along the cross country track that follows a road for two miles round trip. Bring a sack lunch and plenty of liquid to drink. No lodge or equipment rental.

31564 *Wed Jan 20 9am - 6pm*

Instructor: Janet Sigler *\$20 / \$25 NM*

Snowshoe Rental: \$5 #31545



Moonlight Snowshoe and Fondue

Follow Mt. Loop Hwy over two miles under the full moon to the Big Four Ice Caves Picnic Area. At the end of the trail enjoy some fondue at the picnic shelter. Hot drinks will be available on the bus. 5-6 miles round trip with 500 foot elevation gain. There are no groomed cross-country ski tracks, but you are able to ski along the highway. No lodge or equipment rental available at this location. Price includes fondue.

31562 *Fri Jan 29 12pm - 7pm*

Instructor: Janet Sigler *\$22 / \$27 NM*

Snowshoe Rental: \$5 #31546

Lake Wenatchee & Kahler Glen Sno-Park, HWY 2

Enjoy groomed tracks along the lake or around a golf course. No day lodge at this location. Trails for all levels of skiers and snowshoers.

31541 *Wed Feb 3 9am - 7pm*

Instructor: Janet Sigler *\$20 / \$25 NM*

Sign-Up Date: Jan 7

Snowshoe Rental: \$5 #31550

Lake Easton

Lake Easton offers a variety of groomed trails for cross-country skiing. Snowshoe around part of the lake to Iron Horse Trail. Some elevation gain two – three miles round trip.

31561 *Wed Feb 10 9am - 6pm*

Instructor: Janet Sigler *\$20 / \$25 NM*

Sign-Up Date: Jan 7

Snowshoe Rental: \$5 #31553

Winter Trip Registration

Register through the Lynnwood Senior Center at (425) 670-5050, or the Lynnwood Recreation Center at (425) 670-5732. Fee includes transportation and sno-park passes. Equipment rental costs and Nordic Center passes are not included. Pass fees range from \$13 - \$17 per person per day. Snowshoe rental is available through the Senior Center on a first-come basis for an additional charge. Weather conditions may require itinerary changes.

Outdoor Recreation / Trips & Excursions



Hurricane Ridge Snowshoe

Snowshoe along the ridge and enjoy spectacular views of the Olympics and Puget Sound. Two miles round trip with 400 foot elevation gain. Bring Golden Age pass or \$5 entry fee.

31567 Sat Feb 20 8am - 7pm

Instructor: Janet Sigler \$26 / \$31 NM
Sign-Up Date: Jan 7
Snowshoe Rental: \$5 #31555

Saturday in Seattle – Gingerbread Village at the Sheraton

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Join us to wrap up the holiday festivities with a trip downtown and a walk through this miniature wonderland. Mansions and cabins sculpted from cookies and candy! You'll also have time to browse some of the nearby shops and have lunch on your own at a variety of restaurants.

32224 Sat Jan 2 10am - 3pm

Sign-Up Date: On-going \$9 / \$14 NM

Bald Eagles, Trumpeter Swans and Snow Geese ☺

Let us treat you to a day of bird and fowl watching in the Skagit Wildlife Area and along the Stillaguamish River. We'll seek favorite spots and ask the locals for tips on finding less well-known places. Plan to enjoy lunch on your own somewhere en route.

32225 Wed Jan 13 9am - 3pm

Sign-Up Date: Jan 7 \$9 / \$14 NM

Mystery/Make-Up Snow Trip

This date has been set aside to make up a trip that has been canceled this winter season. If there are no cancellations, the location will be a mystery snowshoe and cross-country ski trip. Details of the location will be announced three days before the trip date.

31568 Fri Feb 26 9am - 7pm

Instructor: Janet Sigler \$20 / \$25 NM
Sign-Up Date: Jan 7
Snowshoe Rental: \$5 #31556

Erling Stordahl/ Trollhaugen, I-90

Erling Stordahl Sno-Park has a variety of groomed Nordic and snowshoe trails for all abilities. There are a variety of snowshoe trails in the area to enjoy. Trollhaugen lodge is available for a \$5 on your own. Cross-country ski rentals are also \$5 at the lodge.

31566 Fri Mar 5 9am - 5pm

Instructor: Janet Sigler \$20 / \$25 NM
Sign-Up Date: Jan 28
Snowshoe Rental: \$5 #31549

Hyak/Gold Creek Sno-Park, I-90

These Sno-parks are great for those who are new to cross-country skiing and snowshoeing. Hyak offers miles of flat tracks for cross-country skiers. Advance skiers can take advantage of Iron Horse Trail by skiing up to 7.5 miles one-way. Snowshoers will enjoy a 2-mile loop around Gold Pond with little elevation gain. No day lodge available at these locations.

31552 Wed Mar 10 9am - 5pm

Instructor: Janet Sigler \$20 / \$25 NM
Sign-Up Date: Jan 28
Snowshoe Rental: \$5 #31542

Stevens Pass Nordic Center

This resort has a café for lunch. Ski rentals and resort fee are not included in the fee for this trip.

31560 Fri Mar 19 8am - 7pm

Instructor: Janet Sigler \$20 / \$25 NM
Sign-Up Date: Jan 28
Snowshoe Rental: \$5 #31554

Bodies... The Exhibition *

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This is an opportunity to peer inside yourself, to better understand how your elaborate and fascinating body is made and works. Do you know how many hairs on average you lose from your head each day or that your tongue has a unique print? This exhibit answers many questions at the same time that it raises even more. We'll have lunch downtown afterwards. Trip includes transportation and exhibit admission. Lunch is on your own.

32226 Tue Jan 19 9:15am - 3pm

Sign-Up Date: Jan 7 \$26 / \$31 NM

Ride Swift Rapid Transit to Everett for Lunch ☺ ☺

Join us for our trek to Everett and experience the first real Rapid Transit bus in Washington State. Bring your ORCA card with you or pick up one at the Lynnwood Transit Center before the trip. You may also pay cash before boarding the bus. The cost of lunch and bus fare is on your own. Senior reduced fare (over 65 with a permit) is .50 cents each way; adult is \$1.50.

32227 Thu Jan 21 10am - 2pm

Sign-Up Date: Jan 7 \$5 / \$10 NM

Northwest Flower & Garden Show * ☺ ☺ – ☺ ☺ ☺

You may spend your time at a variety of seminars, wandering thru the spectacular array of display gardens or shopping at the specialty vendors that make this Show a must-see for active or retired gardeners. Trip includes transportation and admission to the Show. Lunch on your own is available on-site.

32228 Thu Feb 4 9am - 5pm

Sign-Up Date: Jan 7 \$27 / \$32 NM

Museum of Flight – In Search of Amelia Earhart * ☺ ☺ – ☺ ☺ ☺

If you haven't been in a while, this is a good time to visit The Museum of Flight in south Seattle. The Amelia Earhart exhibit highlights America's most famous female pilot but make sure you see the Women Air Force Service Pilots (WASP) feature in the Personal Courage Wing. After the museum we'll stop at Uwajimaya to shop and have lunch. Trip includes transportation and museum admission. The Personal Courage wing is extra, so bring \$2 cash if you'd like to go. Lunch and shopping is on your own.

32230 Tue Feb 9 9am - 3:15pm

Sign-Up Date: Jan 7 \$21 / \$26 NM