

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.

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.

Winter Recreation Preview

This meeting is for anyone interested in joining our winter cross-country ski and snowshoe program. Come find out what we are planning for the upcoming season. Learn how to get started in our winter recreation program. Bring your questions and suggestions. Sign up for some winter trips after the meeting. Come 15 minutes before the meeting to learn how to use snowshoes.

29857

Fri Nov 20 1pm - 3pm

Instructor: Janet Sigler

Free

Senior Hikes

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 / \$25.00 NM

Sign-Up Date: Nov 20

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

Sign-Up Date: Nov 20

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

Sign-Up Date: Dec 01

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

Sign-Up Date: Dec 01

Snowshoe Rental: \$5 #31546

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.

32307 Wed Jan 6 8am - 7pm

Sign-Up Date: Dec 1 \$79 / \$84 NM

Pedal Pushers Tuesdays & Wednesdays

Weather permitting, rides continue through the fall. We won't ride in rain or icy conditions but brisk air won't keep us inside. Call the Center and ask if the week's ride is a "go."

32313 Tue, Wed Nov 4, 10, 18, 24

32314 Tue, Wed Dec 2, 8, 16

Instructor: Debby Grant

Free



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 \$10 - \$14 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.