

Senior Snowshoeing

Guided beginner and intermediate group snowshoeing



Seniors (60+) are invited to join All Out Adventures this winter for weekly snowshoeing excursions at various locations in the Pioneer Valley. Snowshoes offer traction and stability to help you enjoy walking in the winter woods. We will offer a guided group snowshoeing outing where we will travel along gently rolling terrain. We will go about two-three miles, based on the group's ability and interest. There will be a warming hut and bathrooms available on site. We will provide instruction, snowshoes and poles. We will go out in a variety of trail conditions and will provide ice grippers for your boots instead of snowshoes conditions permitting.

What to wear and bring:

Dress in layers so you can add or remove clothing as needed. Wear an outer layer to shed snow and protect against wind. Wear hat, gloves, scarf, sunglasses, and sun protection. Wear sturdy winter boots (with no high heel) or hiking boots so that your feet stay warm and the snowshoes can attach securely to your boot. Bring a backpack with a water bottle, salty or sweet snack, and cell phone if you have one.

In case of inclement weather:

Call **413-584-2052** for a recorded message about program status or check our website.



All Out Adventures
outdoor recreation for people of all abilities

All Out Adventures is a 501(c)(3) non-profit organization based in Northampton that promotes health, community, and independence for people with disabilities and their family and friends through outdoor recreation.

Weekly rotating locations:

- ❄️ Weds., January 8, DAR State Forest
- ❄️ Weds., January 15, DAR State Forest
- ❄️ Weds., January 22, Mt. Tom State Reservation
- ❄️ **No program Weds. Jan. 29**
- ❄️ Weds., February 5, Wendell State Forest
- ❄️ Weds., February 12, DAR State Forest
- ❄️ Weds., February 19, Mt. Tom State Reservation
- ❄️ **No program Weds. Feb. 26**
- ❄️ Weds., March 4, Wendell State Forest
- ❄️ Weds. March 11, DAR State Forest
- ❄️ Weds., March 18, DAR State Forest

Time:

10AM-12PM or 12PM-2PM

Cost:

\$5-\$20 sliding scale.

Pre-registration required:

Register online (up until noon previous day) at www.alloutadventures.org or give us a call at **413-584-2052**

More information:

www.alloutadventures.org
info@alloutadventures.org
413-584-2052