

XC Skiing and Snowshoeing for Veterans



All Out Adventures is pleased to offer Cross Country Skiing and Snowshoeing Program for Veterans and disabled members of the Armed Forces of all ages and abilities and their loved ones.

- **Get exercise, socialize and have fun!**
- **Free of charge for Veterans and their loved ones.**

All equipment provided, but you must pre-register for a time slot by calling All Out Adventures at 413-584-2052. This program is funded by the Veterans Administration Adaptive Sports Grant.

Inpatients call Donna Hayes at 413-584-4040 x2350.

You can also visit us online at www.alloutadventures.org or email us at info@alloutadventures.org All program sites are wheelchair accessible. Call us for accessibility information. Seated Cross Country skis are available.

Winter 2020 Schedule

Date:	Time:	Activity:	Location:
Thursday, January 9	11AM-3PM	XC Skiing and Snowshoe Demo Day	The Pavilion on the VA Campus in Leeds. Drop-in. No pre-registration required. Check out the array of equipment.
Thursday, February 6	11AM-12:30PM or 1:00-3PM	XC Skiing and Snowshoeing	DAR State Forest, 78 Cape St. (Rte. 112) Goshen, MA
Thursday, February 20	11AM-12:30PM or 1:00-3PM	XC Skiing and Snowshoeing	Mt. Tom State Reservation, 125 Reservation Rd., Holyoke, MA (Use park entrance off Rte. 5)
Thursday, March 5	11AM-12:30PM or 1:00-3PM	XC Skiing and Snowshoeing	DAR State Forest, 78 Cape St. (Rte. 112) Goshen, MA