



NEWS RELEASE

WINTER ADVENTURERS DAY CAMP AT FOLEY MOUNTAIN

Foley Mountain, WESTPORT, January 13, 2012 — Time to get outside and play at the Foley Mountain Winter Adventurers Day Camp! Don't spend the next PA day indoors, hit the Mountain and enjoy all that winter has to offer.

On February 3, Foley Mountain will welcome children aged six to 12 for a day of outdoor activities. Children will spend a great, fun-filled day with Rideau Valley Conservation Authority (RVCA) interpreters as they teach participants how to snowshoe, erect shelters, build campfires, cook outdoor and orienteer. Add a few great outdoor games to the mix and the day will be complete!

"We can't let the winter cold stop us from enjoying some wonderful outdoor opportunities," says Rebecca Whitman, Foley Mountain Supervisor and Interpreter. "We need to stop retreating indoors and becoming inactive. Instead, we need to embrace winter and get the children out and enjoying what Mother Nature has to offer."

Join the fun on February 3, 2012 from 9 a.m. to 4 p.m.. The camp is \$40 per child and includes snowshoe rental, snacks and the traditional reward of a frothy hot chocolate after a day of frosty fun. There is a maximum of 20 participants, so register early.

For more information or to register, contact Rebecca Whitman at 613-273-3255 or rebecca.whitman@rvca.ca. 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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