



NEWS RELEASE

FAMILY SNOWSHOEING ADVENTURES

OTTAWA and WESTPORT, January 16, 2012 — If you are looking for an inexpensive way for the family to get out and enjoy winter, here's your chance! Foley Mountain and Baxter Conservation Areas are offering half-day sessions for families to tryout and learn snowshoeing.

Snowshoeing is growing in popularity and is a sport the whole family can enjoy. It is easy to learn, relatively inexpensive, poses little risk of injury and is a great way get active during the cold winter months!

The RVCA snowshoe clinics offer a fantastic opportunity for the family to strap on some shoes and test "drive" one of the oldest forms of transportation in Canada.

Clinics will show simple snowshoeing techniques and how to dress for outdoor activities. They will also include a scenic, informative nature hike through the conservation area's trails with one of the RVCA's outdoor interpreters.

The cost, which includes snowshoe rental, is \$15 per adult and \$10 per child or a family package of \$40 (five person family maximum).

Baxter Conservation Area, Kars — Sunday, February 5, 2012

- 2:00 to 3:30 p.m.
- Contact Andrea Wood at 613-489-3592 or andrea.wood@rvca.ca to register or more information

Foley Mountain Clinics, Westport — Saturday, February 11, 2012

- Session 1: 10:00 to 11:30 a.m.
- Session 2: 1:30 to 3:00 p.m.
- Contact Rebecca Whitman at 613-273-3255 or rebecca.whitman@rvca.ca to register or for more information

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. Special thanks to the Rideau Lakes Environmental Foundation for their support of our winter programs.

Your local Conservation Areas offers unforgettable visits to the beautiful Eastern Ontario wilderness. Enjoy the quiet and serenity of our snow-covered wilderness while snowshoeing at a conservation area near you.

– end –

For more information, contact:

Foley Mountain: Rebecca Whitman at 613-273-3255 or rebecca.whitman@rvca.ca

Baxter: Andrea Wood at 613-489-3592 or andrea.wood@rvca.ca