



From: Estes Park

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## Escape from the Daily Grind

Thinking about a winter mountain get-away so you can escape from the daily grind? For many, Estes Park tops the list of preferred locations.

Looking for outdoor adventure? The Estes Park area has unparalleled snowshoe and cross-country ski experiences just waiting to be tapped. Go on your own. Hire a tour guide. Enjoy a weekend package. Curious about these sports? Come to Estes Park and Rocky Mountain National Park over the three-day Presidents Day holiday.

**Winter Trails Day** on Feb. 16 offers a free Demo Day where several vendors will be on hand with loads of test snowshoes for you to try. The event will be held from 10 a.m. to 2 p.m. at the Park n' Ride parking lot on Bear Lake Road in Rocky Mountain National Park. Participation in the event is free, but you'll need a Park pass to enter the national park.

Winter Trails also features a President's Challenge Clinic with learning stations offering information on how to dress, nutrition and hydration, basic conditioning exercises, and essentials for winter hiking and camping. Children and adults who participate in each learning station can earn a special Certificate of Participation from the President's Council on Physical Fitness.

If you're bringing the children to Estes Park that weekend, two other special events with kids in mind are on the calendar: the annual "Rails in the Rockies" model train exhibition at the Estes Park Conference Center and the annual "Imagine This!" arts festival.

Clanging bells, tooting whistles and blaring horns will fill the Estes Park Conference Center on Feb. 16 and 17 as trains from the age of steam up to present times roar along tracks of model railroad exhibits at the **"Rails in the Rockies"** show.

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Take your child or grandchild to the “Kids Layout” where they can run the trains themselves. You might even see that first train that you ran under your Christmas tree. Other kids’ activities include a “Kids Corner” for little tykes to play with, and ride pint-sized trains.

Those enjoying the <b>“Imagine This!”</b> festival on Feb. 17 can choose from a potpourri of creative experiences. Although most hands-on activities primarily are for children, audiences of all ages can enjoy the day’s offerings, that include visual art, music, dance, and much more. It’s a wonderful way for families to let their creative energies blossom in the spacious Commons Area at the Estes Park High School. The 2007 theme Art ‘N’ Motion, will specialize in activities including things that move, like trains, automobiles and planes, to movement in the arts including dance. All hands-on activities will reflect the theme.

Classical music activities, live performance and hands-on experience with a variety of instruments are on tap. Other groups will provide a live entertainment throughout the day ranging from classical, pop, Middle Eastern Dance to Dixieland Jazz to American Folk music from 11 a.m. to 4 p.m.

Details on any of these activities and happenings are available by checking out the official city vacation website: [www.EstesParkCVB.com](http://www.EstesParkCVB.com) Or, call Estes Park’s information specialists at 800-44-ESTES (800-443-7837). The Estes Park CVB has experts on staff to help visitors obtain information before you travel.

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