



Estes Park Convention & Visitors Bureau
Suzy Blackhurst, Communications Officer
Voice: 970.577.9900

Email: sblackhurst@estes.org
www.EstesParkCVB.com

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Free Snowshoe Tryouts Offered at Winter Trails Day

ESTES PARK -- There's more than one way to experience outdoor winter fun. Many find the thrill and adventure of walking in the snow in pristine areas far outweigh the experience of paying to schuss down an icy slope. For those interested in learning how to experience nature while enjoying the winter landscape, the Winter Trails organization and Estes Park Chamber of Commerce have just the answer: Winter Trails Day in Rocky Mountain National Park from 10 a.m. to 3 p.m. on Feb. 14.

Information about snowshoe excursions will be provided while free equipment trials give participants the opportunity to check out the winter sport. Other activities during the day will include winter safety presentations, outdoor product demonstrations, and expert advice on the fitting and selection of snowshoes.

Children and adults are encouraged to participate in the Challenge Clinic to earn a special Certificate of Participation from The President's Council on Physical Fitness and Sports. Those participating in the Challenge Clinic will visit learning stations for information on Snowshoe Basics, How to Dress for Winter Outdoor Activity, Nutrition and Hydration Tips, Basic Conditioning Exercises, and Essentials for Winter Hiking and Camping.

Winter Trails Day will be held at the Park and Ride lot adjacent to Bear Lake Road in Rocky Mountain National Park. All activities are free, however regular entrance fees to the National Park do apply. Rocky Mountain National Park fees are \$20 per vehicle for a weekly pass, or \$35 for an annual pass. Passes may be purchased at the entrance gate to the National Park or through an automated kiosk at the Estes Park Visitors Center at 500 Big Thompson Avenue.