

## INTRO TO SNOWSHOEING



Walk into winter! Get on the right track with an introduction to snowshoeing. What started thousands of years ago as a mode of transportation has evolved into one of the hottest trends in winter sports. Inexpensive and easy to learn, snowshoeing offers an invigorating cardio workout for people all ages and fitness levels. This two-part clinic tackles everything you need to get started including clothing, conditioning, route finding, avalanche awareness and more. Part two allows you to “strap and go” and hit the trails in the spectacular Rocky Mountains.

- Begin with an evening of classroom instruction that covers snowshoeing history, equipment, safety, and techniques
- Learn how to gain traction, balance, and power from an experienced instructor
- Join your group at a later date for an all-day snowshoeing adventure in Rocky Mountain National Park
- Hit the trails and experience the peaceful beauty of the park during the winter season

### Your Gift Locations\*

Boulder, CO

### Availability

Per scheduled dates, includes Wednesday evening class and Saturday mountain session

### Duration

8 hours over two sessions

### Essential Information

Minimum age is 14 years old; all participants must sign a waiver (by parent/guardian if under 18); participants must be in general good health

### Numbers

Experience for 1 in a group of up to 25 (typically 10)



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-10-3737-A