

Winter Hike '09

Sunday, February 22 • 1 to 3:30 p.m.

by Pat Morse, *Interpretive Manager*

ARE THE FOUR WALLS CLOSING IN ON YOU? Have you watched all the TV you can stand? Are you looking for a way to ENJOY the winter? If you said “yes” to any of these questions, we have the perfect solution – Winter Hike '09! Strap on your hiking boots and join us for a hike through the picturesque snow-covered hills and valleys of Penitentiary Glen Reservation. Several guided hikes of different lengths and difficulties will be offered. Following your hike, sit back and relax to soothing music while you enjoy scrumptious soup and hot drinks. S'mores are on the menu for dessert around the campfire ring. All participants will receive a sew-on Winter Hike patch. Last year was the first annual Winter Hike, and everyone had such a great experience we're looking forward to a bigger and better Winter Hike '09!

Here are some tips to make your Winter Hike adventure a success:

- Several layers of clothing work much better than one thick layer – you will warm up when walking and might need to open or take off a layer or two. The air between layers also acts as insulation.
- You lose body heat from your head, so don't forget a hat!
- Mittens keep your hands warmer than gloves.
- Your feet will stay warmer if you can move your toes – two thin pairs of socks are better than one thick pair.
- Choose clothing material that breathes and lets perspiration escape. Wool and many man-made materials are available – cotton is not the best choice!
- Stay hydrated – drink plenty of water!
- Enjoy nature! Take time to look at and listen to the beauty around you!

more hikes this winter

at Penitentiary Glen Reservation

WEEKNIGHT WALKS AT THE GLEN

Ages 18 and older, FREE

This year-round walking group is great for after work exercise! The focus is nature and the pace is leisurely.

Thursdays beginning January 8, 6 to 7 p.m.

GORGE HIKE

All ages (younger than 18 with adult), FREE

Enjoy a challenging guided walk in “gorge”ous Penitentiary Glen.

The terrain is uneven over wet and slippery rock. Waterproof footwear is required.

This area is not otherwise open to the public.

Saturday, December 6, 1:30 to 4 p.m.

Saturday, February 14, 1:30 to 4 p.m.

ROVING WITH ROVER

All ages (younger than 18 with adult), FREE

Join a naturalist and see what you've been missing as you hike along with your dog. One friendly dog per walker.

Snacks for Rover included.

Saturday, January 31, 2 to 3 p.m.

Pre-registration is required for these programs. Call 440-358-7275 or visit lakemetroparks.com to register.

