



# Camp Yowochas

## Activity Guide

# Snowshoeing

Snowshoeing has been around for thousands of years and snowshoes themselves have become more sophisticated over time. From the early wood frame to the aluminum frame models, snowshoeing has garnered a lot of attention world wide and is currently one of the fastest growing winter sports in the world!

### Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for ages 8 - adults
- ◆ Led by trained Camp Yowochas Staff
- ◆ Available December - April depending on snow fall
- ◆ After learning how to fit, adjust and then walk in our snowshoes participants are led on a hike through the trails of Yowochas
- ◆ Snowshoeing can be combined with orienteering for a further challenge



### Safety Considerations

Hiking groups are led by Camp Yowochas staff and an adult participant will be at the back of the group acting as a sweeper. Regular stops along route are made to regroup and check-in. Trails are groomed and maintained throughout the winter.

Please see the Orienteering Activity Guide for more information about orienteering.