

# Snowshoe

# Jay Cooke State Park

Wednesday February 10, 2010 4-8pm

Come along for an exciting adventure to explore the wonders of Jay Cooke State Park

## HERE'S WHAT TO EXPECT:

The water-eroded gorge of the St. Louis River valley can be enjoyed in Jay Cooke State Park all year long. Come and explore a portion of the ten miles of snowshoe trails, cross the famous Swinging Bridge, and admire the view from Oldenburg Point. We will transport you from UMD to the Jay Cooke State Park visitor center where we will give instruction and prepare for the hike. We will explore the park and a few miles of trails before heading back to UMD around 8:00 pm.

## WHERE:

Trailhead in Sports and Health Center lobby

## WHAT TO BRING:

- Wear clothing that is appropriate for the conditions (Check the weather) and allows freedom of movement.
- Extra socks in case your feet get wet.
- Make sure you bring hat and mittens.
- A small backpack so you can carry your extra items easily.
- Warm boots for hiking boots
- Bag dinner
- Flashlight or headlamp
- Water
- Snowshoes (can be rented from RSOP Rental Center)

## WHAT THE OUTDOOR PROGRAM PROVIDES:

- Transportation
- Instruction

## COST:

\$6 UMD Students/ \$9 Others

## Register By:

Noon, February 9



## GOALS:

- Have fun
- Explore winter
- Meet new people

## EXPLORE MORE WITH THE OUTDOOR PROGRAM:

- Winter Ecology, Feb.15 from 4-6pm
- Curling, Feb. 17 from 2-5pm
- Dogsledding, Feb. 27, from 12-5pm

## GENERAL INFO:

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**The Real Classroom is Outside...Get Into It!**