

# **Snowshoe Programs**

Choose one of the following "half day" programs

## **1. Winter Survival**

This introduction to snowshoeing is the first snowshoe lesson that includes a snowshoe hike. Students will learn about human survival through exploring one's basic needs of survival, what to pack in their backpacks when going on a hike, how to dress appropriately for the winter, and basic first aid for hypothermia and frostbite.

## **2. Shelter Building**

Students will learn about surviving in the woods. While embracing a campfire atmosphere, the program explores one's basic needs of survival and how to build a safe and effective shelter.

Optional - the school provides hot dogs and hot chocolate or S'mores. Highlands provides the hot dog roasting sticks

## **3. Wayfaring**

Students will learn basic mapping skills indoors then use these skills outdoors, following a primary map of the Niagara Escarpment on snowshoes. On their mapping adventure, students work in small groups with parents and teachers to find orienteering markers.

## **4. Predator & Prey Survival Game**

Students will play a role in the food chain as a carnivore, omnivore or herbivore, as it may occur on the Niagara Escarpment. Our version of the survival game shows the interdependence of all organisms within a local forest community. It examines food chains, food webs, and shows the concept of energy flow within an ecosystem. Students will experience both the struggle all organisms on the escarpment must go through, and the impact humans can have on wildlife populations, food chains, and ecosystems.

## **5. Trappers & Traders**

This program combines wayfaring (mapping), problem solving, and team work skills while role playing the life of a fur trader during the 1700's. Students will be required to work together to find "furs" on our wayfaring course, trade their furs for "beaver" money at our fur exchange, then buy items from the trading post, that they will need to survive the winter. Which of your students will survive?

Wayfaring needs to be complete on the same day or on a previous visit.

## **6. Keeping Track of Wildlife**

Take a snowshoe hike looking for wildlife tracks through the Niagara Escarpment.