

2023 Winter Ski and Snowshoe Program

We are pleased to offer our excellent cross country ski and snowshoe program for school groups. The full day program typically consists of a half day of Cross Country Skiing and a half day of snowshoeing on our dedicated snowshoe trail network with our skilled Outdoor Education staff.

The cost for a full day program is \$30 per student (including all applicable taxes). ***A half day (one program, morning or afternoon) is \$25.00.*** Teachers and parent volunteers are included at no additional charge. The fee includes: Ski and/or Snowshoe Trail Passes, rental equipment and program instruction by Highlands Nordic staff.

Cross Country Ski Program

- Students will participate in a 45 minute ski lesson with our professional ski instructors.
- We will introduce students to the “Classic” technique and will cover things such as how to go uphill, how to go downhill and the diagonal stride. If you are coming for multiple visits, we will build on these skills on each subsequent visit.
- Students will then be able to ski on our ski trail network in small groups with parent volunteers that are accompanying your group

Snowshoe Program

- Students will use our snowshoes to explore our beautiful Niagara Escarpment property with our skilled Outdoor Educators. We have several different programs available.
- **Keeping Track of Wildlife!** The students will explore our winter wonderland on a snowshoe hike while learning about how the plants and animals of the Niagara Escarpment Biosphere reserve survive the winter. ***This will be the default snowshoe program if no other program is chosen.***
- **Winter Survival** Before heading out on a snowshoe hike, students will learn about the basic needs for human survival, what to pack in a knapsack when going on a hike and how to dress to stay comfortable when outdoors in the winter.
- **Shelter Building** Students will participate in a discussion on how to survive in the woods. The students will then take a short hike in the woods and work together in small groups to create a safe and effective shelter using materials that they find in nature.