

## 2023/2024 Winter Ski and Snowshoe Program

We appreciate your interest in arranging a field trip at Highlands Nordic, renowned as Ontario's premier Nordic ski and Outdoor Education center. We take pleasure in providing exceptional cross-country skiing and snowshoe programs tailored for school groups.

Our **full-day program** comprises **half a day of Cross-Country Skiing** and **half a day of snowshoeing** on our dedicated snowshoe trail network, all guided by our experienced Outdoor Education team. The **pricing for a full-day program stands at \$30 per student**, inclusive of all applicable taxes. **A half-day option (either morning or afternoon) is available for \$25.00.** Teachers and volunteers are **required for all programs** and can attend free of charge. The fee encompasses Ski and/or Snowshoe Trail Passes, rental equipment, and program instruction led by our knowledgeable Highlands Nordic staff.

*Please use the tables below to assist you in building your field trip at Highlands Nordic. Scroll past the table to see the description and requirements of the specific programs.*

### Full Day Program Choices (\$30.00)

<u>Program 1</u>	<u>Program 2</u>
Cross-country skiing	Snowshoeing: Keeping Track of Wildlife
Cross-country skiing	Snowshoeing: Winter Survival
Cross-country skiing	Snowshoeing: Shelter Building

### Half Day Program Choices (\$25.00)

Cross-country skiing
Snowshoeing: Keeping Track of Wildlife
Snowshoeing: Winter Survival
Snowshoeing: Shelter Building

### 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

***\*Program requires 1:5 ratio of teacher/volunteers to students.***

## Snowshoe Program

*Students will use snowshoes provided to explore our beautiful Niagara Escarpment property with our skilled Outdoor Educators. Please choose 1 of the three programs below:*

- Keeping Track of Wildlife! 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.
- 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.

***\*Program requires 1:5 ratio of teacher/volunteers to students.***