United States Department of Agriculture

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News Release

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Winter Trails Day in the Flathead Valley

KALISPELL, MT., December 28, 2015 –The Flathead Community of Resource Educators (CORE), a network of individuals and organizations working together to increase awareness and understanding about the natural, historical and cultural resources of the Flathead Region, is celebrating *Winter Trails* on Saturday, January 9 with several free outdoor activities.

These free activities are a great way to enjoy the outdoors in winter and discover the fitness and social benefits of snowshoeing in Northwest Montana. All activities are suitable for beginners and families. Be prepared with warm clothing and wear sturdy hiking shoes or boots.

A snowshoe walk on the Flathead National Forest, hosted by the Swan Lake Ranger District, Flathead Audubon and Foy's to Blacktail Trails, will be held at the Blacktail Mountain cross-country ski trails near Lakeside, 10a.m. to Noon. Participants may bring snowshoes, or a limited number of children and adult shoes will be available by reservation. Please meet at the upper trailhead parking area. Reservations are not required. For more information or to reserve snowshoes, please contact the Swan Lake Ranger District at 837-7500.

Explore Lone Pine State Park on snowshoes. From 10a.m. to 5p.m., park visitors can borrow snowshoes and explore the many park trails. Adult and children's snowshoes are available on a first-come, first-served basis. A ranger-led snowshoe walk takes place at 11am. Please contact the park at 755-2706 for more information and to reserve snowshoes for the 11am walk.

Ranger-led snowshoe hikes at Glacier National Park will take place at 10:30am and 2:00pm. Each hike will last approximately two hours and reservations are not required. Snowshoes are available for hike participants. Visitors need to purchase a park entrance pass. Please meet at the Apgar Visitor Center. Call 888-7800 for more information.

For more information about local events and *Winter Trails* visit, www.wintertrails.org.

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