



Flathead National Forest
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Media Release

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Winter Trails Day-Families Invited to Participate

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 Day on **Saturday, January 7** 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, will be at the Blacktail Mountain cross-country ski trails near Lakeside, 10am-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 10am to 5pm, 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. Please contact the park at 755-2706 for more information.

-Ranger-led snowshoe hikes at Glacier National Park will be hosted at 10:30am and 1:30pm. 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 888-7939 for more information.

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-A short snowshoe hike for ladies new to the sport will be offered by the Swan Ecosystem Center from 10am to 12:30pm in Condon. Snowshoes are available. Participants will learn about snowshoe basics and the guided hike will take participants over gentle terrain through open and forested areas. Please meet at the Forest Service Condon Work Center, 6887 Hwy. 83. Call 406/754-3137 to sign-up and for more information.

For information about Winter Trails Day visit www.wintertrails.org

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