

Conquer Foley Mountain this Winter!

Foley Mountain, WESTPORT — Looking for a fun challenge? Need some inspiration to kick-start that New Year resolution? Join Rebecca Whitman, Foley Mountain Supervisor and Interpreter, for six snowshoeing sessions to help you conquer Foley Mountain this winter.

Starting January 19 and running every Thursday from 10:00 to 11:30 a.m., Foley's six sessions will teach snowshoeing techniques plus other useful outdoor topics including how to dress for outdoor exercise, safety tips, orienteering and basic GPS skills. Snowshoes are supplied making the sessions the perfect way to try snowshoeing and see if this sport is for you.

Participants will also enjoy scenic, informative nature hikes through the conservation area's trails with the Rideau Valley Conservation Authority interpreter. Each week, more challenging courses will be mastered and by week six, participants will have conquered the Mountain!

"Snowshoeing is growing in popularity," says Rebecca Whitman. "We see more and more people hitting the trails in winter which is not surprising since snowshoeing is easy to learn and relatively inexpensive." According to Whitman, the old adage is true — if you can walk you can snowshoe! "It's a great way to get active during the cold winter months and Foley Mountain is a beautiful spot to enjoy an outing."

Snowshoeing is also a great way to take your daily walk up a notch as research shows that it burns 45 percent more calories than walking at the same speed. You don't have to walk faster...just put on snowshoes for great success. Not to mention all the benefits of exercising outdoors — fresh air, easy detoxification, free vitamin D and other healthy minerals best available through Mother Nature! It's like visiting an oxygen bar, detox program, stress management counselor and aromatherapist in one simple step! They don't call it the *great* outdoors for nothing!

Conquer Foley Mountain:

- Six sessions — every Thursday from January 19 to February 23, 2012
- 10:00 to 11:30 a.m.
- Special introductory rate: \$100 per person (includes snowshoe rental, GPS units and YakTrax for outdoor fun)

Your local Conservation Areas offer unforgettable visits to our beautiful Eastern Ontario wilderness. Enjoy the quiet and serenity of our snow-covered wilderness while snowshoeing at a conservation area near you. Guests can visit five of our conservation areas for \$6 per vehicle (or \$45 for an annual pass) — an inexpensive investment for your health and well-being.

This program is being offered as part of the RVCA's *Active • Outdoor • Life* series. To learn about other *Active • Outdoor • Life* events, visit www.rvca.ca under What's New.

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For more information, contact:
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