



HIKE HALIBURTON – WINTER EDITION 2020

The Hike Haliburton Festival is pleased to present the first-ever Winter Edition: 20 guided and themed (free!) snowshoe hikes. Please register online at www.hikehaliburton.com

TIPS AND SPECIAL CONSIDERATIONS

- Snowshoeing is a great winter activity. However, if you are an avid hiker, you may think that a 10 km hike is nothing, but when it comes to snowshoeing your body is working much harder - estimated as 50% to 75% harder than hiking. Your pace will be roughly 1.5 to 2 times slower.
- You can prepare for this difference as follows:
 - Know your limits for physical activities
 - Wear appropriate clothing
 - dress in layers - long underwear (on very cold days) , fleece, soft shell jack and pants
 - waterproof breathable rain pants with leg vents
 - hats and gloves
 - waterproof walking boots
 - moccasins/soft soled boots if using traditional wooden snowshoes with lamp wick bindings
 - Gaiters (to stop snow from falling into your boots)
 - Use ski poles or walking sticks to help with balance on uneven terrain and steep slopes. Use of poles also adds an upper-body workout

HIKE HALIBURTON - WINTER EDITION - INFORMATION

- Please [register](#) for your guided hikes. There are limits on the number of people allowed on each hike.
- Hikes will happen rain, snow or shine unless conditions are severe. Hike leaders reserve the right to cancel a hike if weather is unsuitable.
- Bring along a day pack that includes water, snacks, extra clothes, camera, and a lunch if specified in the hike description.
- Please arrive at the hike location 10 – 15 minutes before the scheduled start.
- A hike leader and one or two hike volunteers will be on hand to meet and greet and to help ensure your well-being and safety during the hike.
- When you arrive at a hike you will be asked to sign a waiver.
- We are looking for ways to improve the Festival. We hope you will take a few minutes to complete a short evaluation form that will be emailed to you after the Festival
- Hikes are free but donations are welcome. The hike volunteer will take donations.
- The County of Haliburton, Yours Outdoors, and hike leaders reserve the right to make changes or cancel a hike at any time in response to weather conditions, individual/group needs or other factors.