

Partici-Park-tion - A Spark of Action

Provincial Parks at this time of year offer a perfect opportunity to wear off those extra ounces that have built up over the winter. Cross-country skiing is an excellent way to burn off the calories, and as for the cold weather - did you know that calories are used up more quickly when the body is in a cool environment than when it is warm. At Brookvale, Brudenell River and Mill River there are groomed cross-country ski trails as well as rentals of all necessary equipment. At all three parks there are also hills for tobogganing. The toboggans may be rented at the steepest hills, located at Brookvale. Brookvale also provides the only downhill ski facilities in the province including rentals of all of the ski equipment. If you are interested in a slower pace, snowshoes are available at Brudenell River and Mill River. If you are seriously thinking about any one of these sports, but concerned about the cost of buying equipment, why not rent and try "a spark of action" - Partici-park-tion!!

Educational Trails in Provincial Parks

In conjunction with the Department of Education, trails have been developed at Brudenell River and Mill River Provincial Parks. Although the trails were primarily established for grades 4 and 6, they may be of interest to other teacher or children's group leaders such as Wolf Cubs or Brownies. Snowshoes needed to follow the trails are available free of charge for schools, and for \$2 per pair for other groups. If you do not wish to follow these trails, or wish to extend the outing, there is a whole park to explore.

Some of you may be saying, who would want to go out to a park or anywhere on a bleak, windy, snowy day. True, such conditions are not ideal, but all winter days are not like that, and on a calmer day there is no nicer place to be than snowshoeing or skiing along a trail amongst the trees, perhaps with a light snow falling with the friendly chickadees calling to all, as they search for insects hidden under bark and buds. Take along some hot dogs and buns and you can have a barbecue along the way. Join the growing numbers who feel that the best time to visit a Provincial Park is during the winter, on snowshoes or skis.