

# Welcome to Snowshoeing At Carpenter Nature Center!

## **Guidelines for Snowshoeing at CNC:**

- Please walk in a single file and stay on tracked routes on CNC property to keep the environmental impact at a minimum on this pristine site.
- For non-guided use, there must be at least one adult in every group.
- Maximum group size is 6 for non-guided use.
- Please note that the Nature Center grounds and parking lot close at 4:30 p.m. without exception. Visitors are not allowed on the trails after this time.

## **Tips for Snowshoeing:**

1. Sturdy insulated boots and layers of clothing are recommended.
2. Slip your foot in the binding toe first, and then work the rubber around the heel of your boot (the strap should rest on your heel, not your ankle).
3. Walk normal, with a slightly longer stride.
4. Step over “hills and valleys” (areas where the center, or weight bearing, portion of your snowshoe are not supported).
5. Use your toes for traction and your tails (back of your snowshoe) for balance.

## **Snowshoe Rentals at CNC:**

Snowshoes are available to rent from CNC every day from 8:30a.m. until 4:30 p.m.

Reservations for rentals only by individuals are not required. On rare occasions, snowshoes will not be available to the public if they are in use by school groups with prior reservations. If your group would like to schedule a naturalist guided hike along with your snowshoe rental, please call 651-437-4359 ahead of time.

**Fees: \$5.00 for 2 hours per pair or FREE for Volunteers, “Friends of CNC”, and Frosty Forty participants.**

**Snow Conditions: minimum of 6” snow base**

**Youth and adult sizes available**

## **Guidelines for Renting Snowshoes:**

- A signed rental agreement is required for all snowshoe rentals.
- Rented snowshoes may not be used on river ice.
- Rented snowshoes may not be used on steep ravines or steep trails.
- Rented snowshoes must stay on snow (absolutely do not use snowshoes on plowed and/or paved areas such as parking lots or trails) to avoid damaging snowshoes.
- Please avoid stepping over areas where your weight is not on the ground (avoid “bridging”) – use a side step instead.
- Please follow safety guidelines given by staff person upon rental of snowshoes.
- Please inform staff of any problems with or needed repairs for the snowshoes.

**Have fun!!**