



# Backcountry Basics

*Winter Pursuits Camp*

**For centuries, skis were required to chase game and gather firewood in winter time. Snowshoes were originally designed to mimic a wolf's ability to stay above deep snow. These traditional ways of winter travel helped communities and villages survive and thrive. This cross country skiing and snowshoeing camp provides campers the opportunity to learn the sport and practice the basic techniques needed to be successful. Winter pursuits offer a lifetime of health benefits and can be enjoyed by anyone.**

- **Day One (1.5 hrs): Intro to Cross Country Skiing**

- Head up to Pole Creek for a full cross country ski immersion. Through demonstration and instruction, campers will explore the equipment needed for cross country skiing and how to fit each piece properly.
- Instructors will coach campers through a series of drills and games that will help campers become more comfortable on their skis. Maneuvers such as, kick gliding, turning, and getting up after a fall will be practiced before campers venture on to more advanced ski trails.

- **Day Two (1.5 hrs): Skills Practice & Technique**

- Practice makes perfect. On the second day of skiing, campers will work on perfecting their diagonal stride, kick turns, poling, ascending and descending techniques.
- Drills and games will reinforce skills learned that day and conclude with a fun competition.

- **Day Three (1.5 hrs): The Nature of Winter Travel**

- The sport of cross country skiing dates back as far as 2000 B.C. Snowshoes date back to 4000 B.C. Campers will explore the origins and importance of skis and snowshoes and how they played into the lives of humans and their survival when compared to their uses today.
- Nature has influenced the design of many types of snowshoes. Campers will take a look at the different types and have the opportunity to test and design their own based off what they know and want to accomplish in the snow.

- **Day Four (1.5 hrs): Snowshoe Skills Hike**

- Snowshoeing is remarkably simple. Nearly anyone can put on a pair of snowshoes and use them effectively with just a bit of practice. Campers will learn more advanced techniques that will be practiced during the class including learning to run, sled, and quickly ascend steep hills.
- Fun snowshoeing games will be a part of the experience allowing campers to practice their skills.

- **Day Five (8 hrs): Skiing Adventure**

- Head up to Pole Creek for a full day adventure. Campers will spend the day skiing and snowshoeing while applying the skills they've learned throughout the week.