

Active Winter Fun

Being active in winter can help you beat the cold-weather blues. When the temperature dips and the snow falls, think of it as a chance to build snowmen, and go sledding, skating, skiing or snowshoeing.

Sledding

Sledding is fun at any age! There are no rules or fees to pay. All you need is a sled, which can be bought cheaply at a toy store or a garage sale.

Ice Skating and Ice Hockey

Ice skating improves your balance and your muscle endurance, but mainly it's just a lot of fun to go gliding on ice. If you give your child the gift of skating lessons, he/she will have a skill to enjoy for a lifetime.

Cross-Country Skiing

Cross-country skiing works both your arms and legs and generates lots of body heat! It's also a pleasant and peaceful way to enjoy a snowy day on a nature trail. Cross-country skiing is easier to master and less dangerous than downhill skiing.

Snowshoeing

Like cross-country skiing, snow-shoeing takes you into the woods and parks to enjoy the beauty of a snowy day. It burns enough calories to keep you feeling toasty in freezing weather. Best of all, it requires no skill or experience!

Bagley

Wyalusing State Park 996-2261
13081 State Park Lane
7 miles of cross country skiing trails
www.wyalusing.org

Boscobel

Kronshage Park
S. Wisconsin Ave.
Sledding hills

Boscobel Skating Rink

E. Kansas St
Ice skating and hockey

Cassville

Cassville Bluffs State Natural Area
Sand Lake Lane off Hwy 133 south
Cross Country Skiing

Fennimore

Oakwood Nature Park

Bronson Blvd off Hwy 18 east
3.5 miles of cross country skiing

Lancaster

Memorial Park

Cherry Street
Sledding hills

Baus Park

Nathan Street
Ice skating