

FOR IMMEDIATE RELEASE:

Nov. 9, 2023



CONTACT:

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Awaken your Senses at Snowshoe Adventures

GENEVA, IL — Don't let a little snow stop you from getting out and enjoying nature! There's plenty of beauty to be found throughout the winter months and snowshoeing is the perfect way to view it. Plus, it's an excellent workout!

Whether you're an avid snowshoer, or just starting out, this program will have you traversing the landscape like a pro. We'll help you learn the basic skills needed to be comfortable, competent and carefree.

After mastering skills like stride length, heel-toe step, and climbing over obstacles, we'll hit the trail for a naturalist-guided hike through winter wonderlands. Attend one or all three of these unique sessions.

Snowshoe Adventures Schedule:

Session One:

Saturday, Dec. 30; 9:30 - 11 a.m.

LeRoy Oakes Forest Preserve

37W700 Dean Street, St. Charles

Fee: \$25/person; advance registration required at least one week prior to program

— MORE —

— **ADD ONE** —

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Session Two:

Sunday, Jan. 28; 9:30 – 11 a.m.

Camp Tomo Chi-Chi Knolls

40W095 Freeman Road, Gilberts

Fee: \$25/person; advance registration required at least one week prior to program

Session Three:

Sunday, Feb. 25; 9:30 – 11 a.m.

LeRoy Oakes Forest Preserve

37W700 Dean Street, St. Charles

Fee: \$25/person; advance registration required at least one week prior to program

Fees in the form of cash or check will be collected at the program, which covers equipment rental, skills training and guided hiking. This program is for ages 8 and above. Advance registration is required. To register, call 630-444-3190 or email programs@kaneforest.com. To view upcoming nature programs, visit www.kaneforest.com or search for us on social media @forestpreserve.