

Snowshoeing Tips

Here are a few tips to help you get the most out of your snowshoeing adventures.

- stretch leg muscles before heading out
- on level terrain, walk with a normal, rolling gait
- on a moderate uphill, point the tips slightly outward and herringbone up
- on steep hills, go straight up, keeping your weight over the crampons
- when traversing a slope, kick your snowshoes on the uphill side into the snow, forming a stable shelf -traversing is hard on the ankles. Sometimes it's better to go straight up and traverse on a level spot
- on downhills, bend your knees and keep the snowshoes parallel to the ground, using all points of contact.
- take turns breaking trail
- use adjustable trekking poles - shorten in the uphill and lengthen on the downhill
- don't try to walk backwards. Do a small circle shuffle to reverse direction
- bindings should be snug but not too tight
- step over rocks and other obstacles to avoid damaging frames and decks
- know your limits!

Make every snowshoeing trip enjoyable and safe.