

WINTER WEEKEND ANYONE ?

The traditional Island winter snowfall is welcome anytime at Mill River Provincial Park. A full calendar of programs and events are planned for the frosty weather. In addition to the popular toboggan run and lighted outdoor skating rink, Mill River boasts the longest lighted cross country ski trails in the region. These features will be the focus of the programs which will provide both recreational and interpretive entertainment for the entire family.

Weekly cross country mini ski clinics will be held in the park as well as the introduction of a **Jack Rabbit Ski League** for children ages 8-13. This program introduces cross country skiing skills and general concepts of fitness and nutrition to children. The clinic date is Saturday Jan 11 at 7pm. An apres-ski social hour will follow.

Mill River is an ideal spot for observing winter birds as they enjoy a snack at our park feeders. A winter workshop dedicated to feeding and attracting winter birds is scheduled for Saturday Jan 18 at 10am. This event is co-ordinated through the Conservation Branch of the Dept of the Environment.

A new snowshoe clinic will be offered this year through the support of the Dept of Energy and Forestry. This clinic examines the variety of equipment available in addition to focusing snowshoe technique. the clinic includes a tour, cookout and discussion on any tracks (non snowshoe) found along the way.

Mill River is also gearing up to host the second annual **International Sled Dog Races**, Feb 1 & 2. Attracting mushers and teams from Atlantic Canada, Quebec and the eastern USA, the race is becoming a popular outdoor winter spectator sport.

The winter festivities continue with our **Family Frolic** weekend scheduled for Feb 8-9. This is hosted in conjunction with Fit-Trek week & is complete with a winter fireworks display on the Saturday night.

A winter photography workshop is planned for Saturday Feb 15 at 10am. This tips and techniques workshop will promote the endless winter photo opportunities available to you.

The program finale, **A Taste of Winter's Past**, will focus on an old fashioned winter complete with horse and sleigh rides and maple sugar candy.

Horse and sleigh rides will be offered every weekend in the park throughout the winter months. The team of percheron horses are a natural attraction complete with decorative chrome and brass harness.

Plan to visit Mill River this winter. Telephone the park office at 859 2448 for an update on events or call the ski shop at 859 2238 for a current ski report. the ski shop is open Monday through Thursday from 1-9pm, Friday 1-10pm, Saturday 9am-10pm, and Sunday 9am-9pm.

Make Mill River Provincial Park a winter weekend destination!