

IT'S COLD? SO WHAT?!

Get moving!



Physical activity opportunities Winter 2010-2011 Orleans/Northern Essex Counties

CHAMPPS

Jennifer Black, coordinator
273 Main St. Suite 1
Newport, VT 05855
802-334-8224
champps@nekcavt.org

Indoor Activities

Jay Peak Ice Haus

www.jaypeakresort.com/icehaus
802-988-2611
4850 VT Rte. 242, Jay, VT
Hockey, figure skating, and curling.
Rentals and lessons available; see website for details.

North Country Hospital Wellness Center

www.nchsi.org, click on "Wellness Center" tab
802-334-5566
1734 Crawford Farm Rd., Newport, VT
Fitness classes include cardio circuits, cycling, kickboxing, Tae Kwon Do, Pilates, Dancing, Zumba, Yoga, Tai Chi, and others. Call for details and registration.



Steam rises off Seymour Lake in Morgan on a frigid winter day.

Glover Recreation

Tai Chi: Thursdays, 6:30 pm
Karate: Fridays, 6 pm
Dance: Saturdays, ages and times vary.
Glover Town Hall
Call 525-4760 or see grecreation.org for more information.

Newport Recreation

<http://newportvermont.org/recreation.php>
newportrecreation@gmail.com
802-334-6345
222 Main St., Newport, VT
Various events as scheduled, including youth dances, karate classes, basketball tournaments, kids' fun nights, and others. Call or watch website for details.

Northeast Kingdom Physical Therapy

www.nekpt.com
802-334-8558
Patient outpatient clinic with aquatic therapy pool and full service gym.
Water Fitness classes: Tuesday and Thursday 10 - 10:30 am.
Membership prices:
Monthly: \$40 for first month, \$20 for consecutive months.
Pool only 10-punch pass: \$30 for members, \$40 for nonmembers.
Call or visit website for more info.

IROC: Indoor Recreation of Orleans County

www.irocvt.org

802-334-8511

400 Quarry Rd., Derby, VT

Indoor walking, swimming, water slide, therapy pool, fitness center, basketball, volleyball, soccer, in-line skating, spinning, gymnastics, tiny tumblers, Body Blast Circuit, AquaFitness, and much more...

Membership is free for youth 17 years old and under living in Orleans and northern Essex counties.

Preschool Playworlds

Lake Region Playworld:

Fridays 9:30 - 11:30 am

October to May

COFEC building, Barton

Contact: Darlene Oxtan 802-525-4153

Barton Public Library Playworld:

2nd, 3rd, 4th Wednesdays

9:30 - 11:30 am, Year-round

Barton Public Library

Contact: Jessica Poirier 802-525-6524

Newport Recreation Playworld:

MWF, 9:30 - 11:30 am

October to April

Newport Municipal Building

Contact: Jessica Ward 802-334-6345

IROC Playworld:

Tuesdays, 9:30 - 11:30 am

October to Memorial Day

Contact: Julie Gunn 802-334-8511

Bowling

Derby: Candlepin Lanes

802-766-2672

Lowell: Missisquoi Lanes

802-744-6630

Newport: Waterfront Lanes

888-334-8144

Kingdom Racquet and Fitness

802-334-2777

102 Union St., Newport, VT

Fitness Club with exercise machines, strength training equipment, free weights, and two full-sized racquetball courts available.

Open M-F 8 am - 6 pm, Sat. 9 am - 12 pm, closed Sun.

24-hour access with card.

Prices vary; call or stop in for details



Pink cheeks, a red nose, and a lifetime love of cross-country skiing follow a winter day out with Siskin Ecological Adventures.

Outdoor Activities**Siskin Ecological Adventures**

www.siskinea.org

programs@siskinea.org

802-673-5638

Offers snowshoe, cross-country skiing, tracking, survival, and ecology programs through the winter. Dates not finalized; watch website for details.

Jay Peak - Downhill

www.jaypeakresort.com

info@jaypeakresort.com

802-988-2611

4850 VT Rte. 242, Jay, VT

Downhill skiing and snowboarding.

Day Lift Ticket prices:

Adult: \$69

Adult Vermonter: \$49

Junior (6-18 years old): \$49

Junior Vermonter: \$39

Other rates may apply; see website for details.

Lessons and rentals available.

See website for further details.

Jay Peak Ski Team

www.jaypeakskiteam.com

Racing club for youth 5 - 16 years old.

Dues apply; see website for details.

Jay Peak Nordic Center

www.jaypeakresort.com/nordic
 info@jaypeakresort.com
 802-988-2611
 4850 VT Rte. 242, Jay, VT
 Cross-country, skate-skiing, and snowshoeing
 Day passes:
 Adult: \$12 full day; \$8 half day
 Junior (6-18 years): \$8 full day; \$5 half day
 Season passes:
 Adult: \$75
 Junior (6-18 years): \$50
 Family (2 adults and 2 juniors): \$150
 Rentals available; see website for details.
 Snowshoe tours available.

Kingdom Trails

www.kingdomtrails.com
 info@kingdomtrails.org
 802-626-6005
 870 Dashney Rd., East Burke, VT
 Day passes:
 Adult: \$10
 Child (8-15 years): \$5
 Under 7 and over 70: free
 Season passes:
 Individual: \$50
 Family: \$100
 NEK Nordic Club Bill Koch Ski League
 Instructional ski league for youth 2-13 years old.
 Meets every Saturday January to March at the
 Kingdom Trails Nordic Center on Dashney Rd.
 See Kingdom Trails website for more details.

Northwoods Stewardship Center

www.northwoodscenter.org
 802-723-6551
 154 Leadership Dr., East Charleston, VT
 Education, youth camps, ski and snowshoe trails and
 rentals, land management, conservation science and
 research, energy initiatives, and more.
 Open Lodge Fridays and Saturdays, 9 am to 4 pm
 January through March: ski or snowshoe, come in
 for a warm wood stove and hot cocoa after.
 Rentals available \$5/day. \$5 trail fee.
 Trails open daylight hours every day on a self-guided
 basis. Trail maps available.
 Family Outing Club: Wednesdays 3:30 - 5:30 pm.
 For the whole family. Snowshoe and ski, build
 quinzhees, examine winter tracks and habitats.
 See website calendar for details.
 Winter Day Camp: Monday, Feb. 22 - Thursday,
 Feb. 25 (February break).
 See website for more events and info.

Newport Recreation

http://newportvermont.org/recreation.php
 newportrecreation@gmail.com
 802-334-6345
 222 Main St., Newport, VT
 Skating rink in winter, weather permitting.
 Jay Peak ski trips, see website or call for details.

Craftsbury Outdoor Center

www.craftsbury.com
 stay@craftsbury.com
 802-586-7767
 535 Lost Nation Rd., Craftsbury Common, VT
 Cross-country skiing and snowshoeing
 Day pass prices:
 Adult: \$10
 Students and seniors: \$5
 Six and under: free
 Memberships also available; see website for details.
 Rentals also available.

Hazen's Notch Association (HNA)

www.hazensnotch.org
 info@hazensnotch.org
 802-326-4799
 Montgomery Center, VT
 Cross-country skiing and snowshoeing
 Open December 18 - April 1
 Welcome Center is 1.5 miles east of Montgomery
 Center on VT-Rte. 58 (see website for details; Rte.
 58 over the Notch is closed in winter).
 Trail access from Welcome Center open 9 am to 4
 pm, 7 days per week except when raining.
 No dogs allowed in winter.
 Fees apply for winter use:
 Day passes:
 Adult: \$12.00
 Child: \$5.00
 Winter Trail passes:
 Family: \$100.00
 Individual: \$60.00
 Student: \$30.00
 See website for further details.

Highland Lodge

www.highlandlodge.com
 802-533-2647
 1608 Craftsbury Rd., Greensboro, VT
 Cross-country skiing and snowshoeing
 Lessons and rentals available.
 Guided snowshoe walks on weekends; other
 programs also available, see website for details.
 Connects to Craftsbury Outdoor Center trails.
 Ski by donation.

Memphremagog Ski Touring Foundation

www.mstf.net

elliebobp@gmail.com

plharris969@comcast.net

Maintains cross-country ski trails around Lake Memphremagog and Mt. Hor. See website for maps and grooming conditions.

Memphremagog Bill Koch Ski Club:

Nordic club for kids in elementary and junior high .

Racing available.

Season passes available for families for \$35.

Season-long rentals available for members only:

Adults: \$50

Kids: \$30

Events through the winter (including 2nd Annual Paintball Biathlon); see website for details.

Catamount Trail

www.catamounttrail.org

802-864-5794

Cross-country and snowshoe trail 300 miles the length of Vermont. See website for maps and information.

Memberships are not necessary to ski the trail; however, members receive discounts at many Vermont businesses and start at:

Individual: \$35

Family: \$50

The trail crosses several ski centers through the state; fees for those centers apply. Centers include:

Craftsbury Outdoor Center

Hazen's Notch

Highland Lodge

Jay Peak Nordic Center

Burke Mountain - Downhill

skiburke.com

info@skiburke.com

802-626-7300

800-BURKEVT

223 Sherburne Lodge Rd., East Burke, VT

Day lift ticket prices:

Adult: \$64

Adult Vermonter: \$45

Youth (12-17): \$47

Youth (12-17) Vermonter: \$35

Child (6-11): \$41

Child (6-11) Vermonter: \$35

\$5 and under ski free

Other rates may apply; see website for details.

Lessons and rentals available.

See website for further details.

Alice Ward Memorial Library Snowshoe Program

Snowshoe Check-out

Alice Ward Memorial Library, Canaan, VT

Contact Deb Lambert at 802-266-7135 for more information.

Large recreational park behind library available for use.

Glover Recreation

grecreation.org

802-525-4760

Youth cross-country skiing program Friday afternoons in February.

Moonlight skiing at Glover school Jan. 22, Feb. 18, and March 19; open to the community. Call for more information.

Community Trails

Christmas Tree Trails (Jay)

Network of trails on approximately 40 acres off Cross Road in Jay. Limited parking is available at the access entrance. See www.jayvt.com for more info.

Lake Region Union High School Trails (Orleans)

Network of trails behind the school. Park in the last parking lot. Access trails there, behind the track, and behind the soccer fields. Call Lake Region School at 802-754-6521 for more info.

Transportation

Rural Community Transportation (RCT)

RCT offers many routes throughout the Northeast Kingdom. Call the Newport office at 802-334-0243, Headquarters at 802-748-8170, or email rct@kingcon.com for schedules and questions.

Routes include:

The Highlander: Newport/Derby/Derby Line

Runs 4x/day M-F, 2x/day Saturdays

The Lowell Mountain Shopper: Westfield/Lowell/Irasburg/Coventry/Newport

1st and 3rd Thursday of each month.

The Northern Lights: Troy/North Troy/Newport Center/Newport

2nd and 4th Tuesday of each month.

The Island Pond: between Island Pond and Newport Through Morgan the 2nd and 4th Thursday of each month.

Through Charleston the 1st and 3rd Thursday of each month.