

Traction Aids for Winter Hiking and afternoon hike in Bowdoin Park

February 10, 2013
Sunday, noon (12:00 p.m.)
[followed by hike at 1:30]

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Adirondack Mountain Club

Eastern Mountain Sports – Spackenkill Plaza

2521 South Road
Poughkeepsie, NY 12601

www.ems.com
(845) 463-3207
Sunday hours: 11 am - 6 pm



Winter hiking presents a variety of traction challenges based on weather, trail conditions and terrain. Learn about the traction aids – Yaktraxs, MICROspikes, STABILicers, crampons, snowshoes – essential for the various conditions encountered during winter hiking. After the presentation, I (and EMS staff) are available to help with any attendee's traction gear purchases which will be discounted 20% as part of this event.

Afterwards we will hike in nearby Bowdoin Park (snowshoe rentals available) regardless of conditions.

Hiking boots	Yaktraxs	MICROspikes	STABILicers	crampons	snowshoes
					