

Snowshoeing

What is Snowshoeing?

Snowshoeing is an aerobic activity that involves walking through the snow.

Snowshoeing is a great workout. However, snowshoeing will cause you to use a lot of fluids in the process. Make sure you stay hydrated so you will have enough energy for the long haul.

If you have never participating in snowshoeing, a guided trip with a group is a great way to get started. The group will be able to give you tips and you can learn the location of different trails.

When you snowshoe, dress in layers so you can shed or add clothing as needed.

Preparing to Snowshoe

During the summer months, you can do aerobic exercises such as swimming, walking, running or cycling to help you get in great shape for snowshoeing.

What are the benefits of snowshoeing?

Snowshoeing is a great activity. It tones your entire body while providing an excellent cardiovascular workout; it strengthens leg and heart muscles and improves delivery of oxygen to muscles.

Before you head out onto a trail you should do some warm up exercises and a lot of stretching. Do your stretching before and after snowshoeing to minimize the pain.

Snowshoeing is a great way to stay healthy during the winter. At moderate speeds, snowshoeing burns between 400-500 calories per hour.

Snowshoeing Equipment

The typical modern snowshoe consists of a lightweight aluminum frame with a platform made of a durable, forgiving fabric for flotation on the snow, a binding that affixes your foot to the snowshoe and a mechanism that allows the foot to move in a natural, free-heel stride, so that your gait is close to your normal walking or running motion.

Snowshoes also have metal talons (also called crampons or claws) on the bottom for traction.

Snowshoes come with integrated bindings, so take a few moments to adjust the binding or strapping system to your footwear of choice and learn how the buckle system works.

Cautions about Snowshoeing

Always leave your itinerary with a responsible friend stating where you will be and when you plan to return. This way someone will know to call authorities in case you get lost or injured.

It is always a good idea to go snowshoeing with someone or a group, particularly if you are going to a park which is not patrolled by a ski patrol.

If you are learning how to snowshoe as part of an exercise program, check with a doctor before beginning your exercise program. Don't overdo it. If you feel tired then stop.