



Winter Recreation Guide

Sports and Activities for Kids

With the first snowfall, kids are excited and clamoring to get outside and enjoy the weather.

Almost all winter sporting activities can be enjoyed by children of all ages if you take time to prepare in advance and ensure their safety. So whether you're heading indoors to the local skating rink or outdoors for some sledding or skiing fun, here's how to keep the kids entertained this season — and keep the cocoa hot for when they return!

SLEDDING

If there's a hilly area near your home, chances are you'll soon see kids sledding on a traditional sled, saucer, toboggan or even a makeshift craft such as a garbage can lid. Your kids will want to join in the fun, but make sure they're protected by extra layers of clothing to keep them safe for the eventual tumbles. If you have toddlers or younger children, you'll want to ride along to help guide the sled.

SKIING

Families with avid skiers encourage their children to begin young to learn ropes of the slopes. Some kids begin very young, as early as 2, but children are likely to develop more confidence and less fear around the age of 5. Lessons



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are recommended to learn techniques and safety as they hit the slopes and trails.

SNOWBOARDING

Snowboarding is the winter equivalent of skating and kids like to start young. Like skiing,

lessons are the most practical way to teach them balance, safety and techniques. Because it's a standing sport, you'll want to ensure kids of all ages wear the proper safety equipment, such as helmets, pads and guards.

ICE SKATING

Ice skating is classic winter sport that allows parents to enjoy the ice themselves while lending the younger ones a helping hand as they learn this tricky-but-addictive activity. It make take time for kids

to find their balance, but once they do many become devoted to the sport. Again, safety is paramount so ensure younger skaters wear helmets and extra layers of clothes for eventual slips and falls.

ICE HOCKEY

Team competition is the name of the game in hockey. And like any team sport, hockey can provide the invaluable benefits of children learning to interact with others and working together for a common goal while having great fun. Kids can begin relatively young after they've mastered the art of skating solo and can focus on the game.

OTHER ACTIVITIES

Build a snowman: Children of all ages can participate in the fun of building the first snowman of the season. Kids and parents can work together to bring their snowman to life with hats, sticks and household and food objects for the eyes and nose.

Build an igloo: Kids love forts and the winter provides them the opportunity to discover igloos and snow forts that are easily constructed with their hands or with the help of a shovel.

Snowshoeing: If your child can walk, he or she can snowshoe. And they likely love the opportunity to tramp through the snow, Bigfoot-style. Snowshoes for all ages are available at most sporting goods stores, along with poles for balance.

Winter Day Hobbies, Activities

Age shouldn't be a barrier to winter activities. While you may not be inclined to pursue the sports you once did, there are plenty of opportunities to engage with others indoors and outside.

Whether you're an older senior or just entering that stage of your life, the National Council for Aging recommends keeping upbeat and sharp by pursuing an activity or hobby this winter.

GO SWIMMING

Swimming? In Winter? It may be cool or cold outside, but many big hotels, gyms and recreation centers provide pools (some heated!). There are many benefits to swimming, as it exercises your body and mind, and is one of the best low-impact activities you can indulge in year-round.

TRY EXERCISE CLASSES AND VIDEOS

You shouldn't stop exercising simply because the weather won't cooperate. Winter is the perfect time to turn your fitness focus indoors with a class or video. Both offer endless indoor exercise opportunities, from yoga to working out with weights or machines. Most are affordable and cater to all ages, genders and capabilities.

JOIN A BOOK CLUB

Reading sometimes takes a back seat to other activities when you're younger. So reviving your imagination or interest in learning a particular subject can return to the forefront in your senior years by joining a book



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club.

You'll get all the benefits of reading and surround yourself with like-minded people for fun and thought-provoking social interaction.

DISCOVER YOUR ROOTS

If a hectic lifestyle has prevented you from researching your family history, the extra time you may find yourself with in the slower winter

months can make way for an enlightening and fascinating examination of your genealogy. Don't know where to start? Try your local library, or investigate the resources available at such popular websites as Ancestry.com and share your findings with your family.

CREATE AN INDOOR GARDEN

The benefits of gardening are numerous. It's active yet relaxing, and studies show it can reduce incidences of dementia. Of course, you can bring things of beauty to life — plus you can eat some of them! Gardening by yourself or with another is among the most fulfilling hobbies you can engage in.

LEARN A MUSICAL INSTRUMENT

Music knows no age. And while your touring days might be over, there's no reason you can't indulge in learning an instrument you've always wanted to play. Learning an instrument keeps your mind sharp and improves your hand-eye coordination. Hundreds of courses are available free online or take a class alone or with a group.

TAKE A TRIP

Even if only one, a few or none of these activities appeal to you, you can always escape the cold by traveling. Fly away or take a cruise to a country or region you've always wanted to visit. You'll almost always find the experience therapeutic and rejuvenating.

Whatever activity you choose, the idea is to either find something you might like or try out new things until you discover something that you enjoy. Even more enjoyable is bringing a friend along or joining a group to pursue new activities together.

Keeping a Healthy Glow

Winter is no friend to your skin. Colder weather brings drops in humidity that keep the air dry, robbing skin of the moisture it needs to maintain a healthy glow.

The dual elements of a colder outdoors and warmer indoors can complicate matters, sometimes taking skin from dry to cracking.

That's why it's important to prepare and care for your skin as soon as you feel that first winter wind. The experts at Be Well have some tips to keep skin more health, comfortable and youthful.

USE LUKEWARM WATER

Resist the urge for a hot shower if you can, but even more when caring just for your face and hands. Lukewarm water is less harsh and will reduce the amount oils stripped from your skin.

MOISTURIZE

The skin requires more moisturizer in the winter — even more after washing. The liberal use of moisture helps keep dampness in skin after cleansing, so keep a bottle handy near where you wash or clean your face and hands.

CHOOSING PRODUCTS

Not all moisturizers are alike. Some have petro-

leum-based ingredients not intended for the winter months that may dry your skin even more. Do some research to select the most natural, nourishing, hydrating moisturizer you can afford. Look for oil-based moisturizers, since they help skin retain moisture. Other nourishing

ingredients include lavender, chamomile and jojoba.

PROTECT YOUR SKIN

Sunscreen? In the winter? Yes! The winter sun can be just as penetrating and damaging as the summer sun. Also remember to use gloves and scarves to protect your

face and hands from the harsh elements.

USE A HUMIDIFIER

Besides keeping you warm and cozy, heating systems can also dry out air and drain moisture. Fight those negative effects by using a humidifier — especially in the bed-

room— in the winter months to replenish that moisture.

HYDRATE

Drinking lots of water in the winter doesn't often happen because the focus is on hot drinks. But drinking plenty of water will help keep your skin hydrated.



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Cool Winter Festivals

If you're a fan of both winter weather and traveling, combine those two passions and plan a trip to one of the many winter festivals taking place this season.

There's something for everyone at these festivals, and the events can take the focus off the temperature and back on the blast of fun! Here's some of the top winter festivals identified by Destination Tips.

STOWE WINTER CARNIVAL
Stowe, Vermont
January 2020

The Stowe Winter Carnival, entering its 46th year, highlights the town's winter wonderland, with more than 20 major activities for all ages, from sports events, ice-carving competitions, ski movies, a kids carnival and snow golf and volleyball tournaments. Tour the town while watching professional ice carvers create elegant and masterful sculptures throughout the village on and during the 20th annual NICA-sanctioned ice carving competition. Visit stowewintercarnival.com for info and dates.

SAINT PAUL WINTER CARNIVAL
St. Paul, Minnesota
Jan. 23-Feb. 3, 2020

Minnesotans know a bit about winter — and they also know how to enjoy the season.

STEAMBOAT WINTER CARNIVAL
Steamboat Springs, Colorado
Feb. 5-9, 2020

Head west and join more



St. Paul Winter Carnival

STEVE MOSES/WIKIMEDIA COMMONS

Since 1886, the Saint Paul Winter Carnival has brought family-friendly events and community pride to Saint Paul and the Twin Cities area. Through special events and activities, the festival celebrates winter like only Minnesotans can. Most events are free, open to the public, and take place in downtown Saint Paul, as well as at the Minnesota State Fairgrounds. Visit wintercarnival.com for more information.



St. Paul Winter Carnival

STEVE MOSES/WIKIMEDIA COMMONS

than a century of winter tradition in Steamboat Springs. This celebration includes a variety of events that embrace Steamboat's western heritage and highlight the city's tradi-

tion of winter sports. The carnival includes a bit of everything, from horse-drawn ski rides down, to the Lighted Man at the Night Show Extravaganza — whose battery-powered suit

weighs 70 pounds. Visit steamboat-chamber.com for more information.

WHITEFISH WINTER CARNIVAL
Whitefish, Montana
Feb. 7-9, 2020

Visit Big Sky Country for the Whitefish Winter Carnival where the coronation of King Ullr and the Queen of the Snows, a Whitefish tradition, kicks off this popular event. Highlights include a Penguin Plunge for charity, an old-fashioned main street parade, a pie social, torch-light ski processions and horse-pulled Skijoring events — and even a Yeti making mischief in the streets. Visit whitefishwintercarnival.com for more information and updates on the 2020 carnival theme.

QUEBEC WINTER CARNIVAL
Quebec, Canada
Feb. 7-16, 2020

Venture to the Great White North for one of the oldest and largest winter carnivals in the world. Since 1894, the carnival has entertained Canadians and visitors to the this snow capital from around the world. The carnival draws huge crowds to its enormous ice palace and for its many winter sports including skiing, snowboarding, skating and dog-sledding among others. There's plenty of events and activities for the entire family from morning to night, as well as the experience of touring the beautiful city. Visit carnaval.qc.ca/en for more information.

Sporty and Stylish on the Slopes

Perhaps no other sport emphasizes good looks and practicality in apparel like skiing, putting the forward in fashion-forward, as it were.

Making a great impression with your wardrobe on the slopes often seems as important to most as it does apres ski. These top looks hit all the marks to make most of the season for comfort, warmth and style for guys and gals, whether your on a run or back at the resort clubhouse.

SKI JACKETS

— According to Powder Magazine, the Spyder Solitude Down Hoody is among the finest ski jackets available. Its long, flattering cut and elastic waistband covers your torso and hugs your hips so there's no flyaway or flapping as you whip down the slopes.

—Other must-have names in ski jackets include Burton, whose use of Gore-Tex and warm, comfortable materials defy even the coldest days, and The North Face, known as much by skiers as casual wearers for their durability and style.

— Powder critics also gush over the Purist hardshell jacket, designed for even the longest day on the slopes. Vented for maximum breathability with reinforced ripstop, the Purist



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lives up to its name.

BASE LAYERS

Reviewers call Sweaty Betty's base layers "some of the warmest, most comfortable and attractive" on the market. Zippers let you warm up or cool off and its elastane

sweat-wicking material keeps it snug but not sweaty. Trendy, stylish and technically top-notch.

Outfits don't end with jackets and base layers, however. Just as important are pants, head coverings, gloves and scarves. The website Business Insider

identified its top best-buys in these categories as a tip-sheet for your skiing adventure on the boards or just romping around.

SNOW PANTS

Overall: Arctix Insulated Snow Pant for men and women

Women: Patagonia Snowbelle Stretch Pants
Kids: REI Co-Op Timber Mountain Pants
Active wear: Columbia Ridge to Run II Pant
Skiing: Trailside Supply Co. Insulated Ski/Snowboard Pant

BEANIES

Overall: The North Face Shinksy Beanie
Under \$20: Carhartt Acrylic Watch Hat
Cashmere: Naadam Signature Ribbed Cashmere Beanie
Pom-pom: Patagonia Vintage Town Beanie
High-tech: Tenergy Wireless Bluetooth Beanie

SCARVES

Overall: J. Crew
Affordable: Uniqlo
Stylish: Topshop and Topman
Plaid: Barbour
Warm: Patagonia

GLOVES

Overall: Ozero Thermal -20°F Suede Leather Winter Gloves
For men: Carhartt W.P. Waterproof Insulated Gloves
For women: The North Face Etip Gloves
Touchscreen: Vbiger Winter Warm Touch Screen Gloves
Working: Ergodyne ProFlex 817WP Thermal Waterproof Utility Gloves
Affordable for women: Il Caldo Thicker Warmer Weather gloves
Gore-Tex: Burton Gore-Tex Gloves



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Don't Ski? Enjoy the View

Winter vacations aren't all about skiing. Adventures abound for those with slope dreams and non-skiers alike.

Trips to Discover pinpointed just a few of the many resorts in the United States and Canada that cater to almost everyone's vision of a winter wonderland and offer a variety of activities for the sports-minded and the more relaxed traveler.

KEYSTONE

Keystone, Colorado

Besides its great skiing set among majestic mountains, Keystone is popular for its

wide array of other indoor and outdoor activities for the entire family. The country's largest outdoor ice rink at Lakeside Village allows you to take in the scenery while on the ice. Horse-drawn sleigh rides provide an air of seasonal romance, but there's also tubing and snow biking in addition to such favorites as yoga and tennis. And don't forget the shopping!

WHISTLER BLACKCOMB

Whistler, British Columbia, Canada

Ranked among the best ski resorts anywhere in the world, Whistler Blackcomb is a delight for skiers and non-skiers. If you don't partake of the adventures on its slopes and trails, Whistler is chock full of shopping and dining, as well

as movies, an outdoor skating rink and a tube park. Like a city dropped into the mountains, Whistler offers true sports and entertainment value. For a trip-capping event, take the Peak 2 Peak Gondola for stunning views.

TETON VILLAGE

Jackson Hole, Teton Village, Wyoming

Famed for its challenging slopes for expert skiers, Jackson Hole is just as well-known for its apres ski nightlife, as well as offerings for the entire family. Ever dreamed of dogsledding? Let a team of Iditarod-inspired dogs take you on a tour of the area for its scenery and wildlife watching. There's also many other activities, from snowmobiling to paragliding.

When the day is done visit one of the village's many restaurants, bars and pubs for prime celebrity watching.

PARK CITY MOUNTAIN RESORT AND MONTAGE

DEER VALLEY Park City, Utah

In Park City, no skis or snowboards are required to enjoy a run down a mountain. The resort's Alpine Coaster winds around more than a mile of elevated track like a roller-coaster, but at slower speeds that allow you to take in the beautiful mountain scenery. While others are skiing or boarding, take the zip line above the runs, or a horse-drawn sleigh ride for a more sedate touring experience through these Utah winter wonderlands.

JAY PEAK Jay, Vermont

Heavy snow and peak powder are the attraction at Jay Peak, known for the most snowfall in the northeast. The resort takes full advantage of it with great skiing, snowboarding, sledding and snowmobiling. For non-skiers, there's numerous activities, such as sleigh rides, ice fishing, skating — even hockey. The resort features its own live music series and offers excellent relaxation therapies such as massage in its full spa. There's also a variety of dining options and other adventures, including the thrilling La Chute. The screams echo when the floor gives way to a plummeting plunge before executing a large 360-degree turn.

Apps for the Alps & Slopes

Because modern technology leaves almost no area of life untouched, there's a plethora of useful and fun apps available for free and purchase that can enhance your skiing trip or vacation this winter.

So just as you pack up the practical and sports gear, load up your phone with this selection of apps suggested by the experts at Travel+Leisure.

SNAG IT

The free Lifthopia app offers up deals on everything from rentals, lifts lessons and equipment for your trip or outing at more than 150 skiing areas, all bookable within the app. Everyone loves a deal and Lifthopia delivers with savings on almost every practical aspect of skiing. Available on the App Store for iOS.

PLAN IT

SkiResort.info offers a mobile app that includes database of some 5,000 resorts and lifts worldwide. In addition, the app features trail maps, weather reports, snow depths and ratings on a variety of skiing necessities on the slopes and on the scene. T+L calls it a "solid, go-to resource" — plus it's free for Android and iOS.



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MAP IT

You can't get there from wherever you are if you're driving without a guide — or more likely, GPS. If you haven't discovered the popular route app Waze, do so now.

Increasingly built-in to newer autos, the socially powered app finds the fastest route available while users update with real-time police sightings, road hazards and other conditions. The app also locates the

cheapest gas nearby, as well as local restaurants and other attractions. Free for Android and iOS.

TRACK IT, TRACE IT

Just as health apps track

your physical well-being and stamina when exercising, Trace focuses on your performance on skis. The app tracks your runs in real time and logs your speed, altitude, air time, calories burned for both the season and the point at which you began using it. The stats are both useful and fun, allowing you to retrace a top run in 3D and share your results on social media. Free for Android and iOS.

NAVIGATE IT

Online or off, Fatmap is the Waze of skiing. Its detailed 3D maps of mountains have been finely created, allowing you to expertly navigate the trails and slopes or find a nearby restaurant or first-aid station. Even more helpful, Fatmap used location sharing so everyone has a mark when they're not in sight range. Free for Android and iOS, but some maps cost extra.

SKI SAFE

If this app seems familiar, it's because Mammut comes from the Swiss manufacturer of backpacks, equipment and safety gear. Designed to help you ski safer, Mammut includes a compass, altimeter and clinometer (an incline measurement tool), allowing you to target your location and figure the relative risks of your surroundings. An SOS button transmits your location to a rescue service or any other programmable number in case of an emergency. Free for Android and iOS.