

# Snowshoeing

## 101



St. Joseph County Parks



# So, you think you want to snowshoe...

## Why Snowshoe?

Snowshoeing is easy to learn; its inexpensive (compared to other winter sports); it poses little risk of injury and its a great way to exert energy during the cold winter months

## For the health of it!

Known to help maintain or improve cardiovascular fitness, snowshoeing helps burn more than 600 calories per hour. Snowshoers can burn more than 45% more calories than walking or running at the same speed.

## Snowshoeing Statistics

- 40.8% women (this number is increasing rapidly)
- 9.4% children (ages 7-11)
- 44.2% of snowshoers are between the ages of 25-44



## What kind of snowshoes are right for you?

### Recreational Hiking

This kind of snowshoe consists of a basic selection and are more than adequate for the novice snowshoer. Usually, these snowshoes work best on simple terrain that doesn't require a lot of steep climbing or descents.

### Aerobic & Fitness

If you are an active snowshoer, the runners and cross-trainers are for you. This type of snowshoe has a very sleek design and is generally tougher than most available.

### Hiking & Backpacking

These shoes are built for intense use: strong aluminum frame, durable material for flotation, and bindings that support all types of boots. This type of snowshoe is also good for use in powder snow.

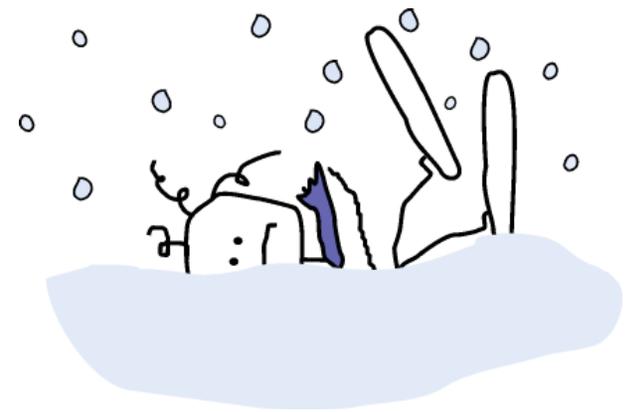
## Cost of Snowshoes

The cost for a pair of snowshoes is generally inexpensive. Prices range from \$100 to \$300, but can vary depending on manufacturer.

Many retailers will offer a package deal that will provide poles and a snowshoe bag. These are generally good deals, but pay particular attention to the type of snowshoe you will be receiving. If you want to do some backcountry snowshoeing, a starter kit won't be the best option. Ask your retailer for more details.

## Snowshoe Size

Usually measured in inches, the length of the snowshoe will depend upon how much you weigh. The most common sizes (excluding kids lengths) are 25 inches, 30 inches and 36 inches. Your retailer should be able to help you when deciding snowshoe length.





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## What to Wear!

### Footwear

Choose your footwear according to your snowshoeing style. Leather hiking boots that have been waterproofed are great for hiking and backcountry trekking. Trail-running shoes are perfect for running and aerobic snowshoeing (GORE-TEX material). Waterproofing is the most important element.

Wool socks for hiking and/or a wool/silk combination for running are important to snowshoeing. Cotton socks are not recommended because they retain moisture.

Gaiters are recommended when hiking in areas of deep, fluffy snow.

### Clothing

Dress in layers and use layers that can be taken off with ease. Consider wearing synthetics and wool to induce heat retention when wet. Long underwear is essential when snowshoeing and a zippered top lets you regulate body heat.

Polyester fleece provides a great insulation, as it too retains heat when wet. And, a waterproof jacket will keep you dry and protect you from cold winds.

The more obvious choices in winter wear are gloves, a hat, sunglasses (or goggles) and other personal selections.

## Online Sites for Snowshoes

### Atlas Snowshoes

[www.atlassnowshoe.com](http://www.atlassnowshoe.com)

### Country Ways

[www.snowshoe.com](http://www.snowshoe.com)

### Crescent Moon Snowshoes \*

[www.crescentmoonsnowshoes.com](http://www.crescentmoonsnowshoes.com)

### Dion Snowshoes

[www.dionsnowshoes.com](http://www.dionsnowshoes.com)

### GV Snowshoes

[www.gvsnowshoes.com](http://www.gvsnowshoes.com)

### Havlick Snowshoes

[www.havlicksnowshoe.com](http://www.havlicksnowshoe.com)

### Mountain Safety Research

[www.msrcorp.com](http://www.msrcorp.com)

### Redfeather Snowshoes

[www.redfeather.com](http://www.redfeather.com)

\*This site features snowshoes specifically designed for women.

Happy  
Snowshoeing!

