

TIME TO
get out

SNOWSHOEING

Love to hike? Don't hang it up for winter.

ASK THE EXPERT

SLC local and snowshoe expert Lori Lee says, "If you can walk, you can snowshoe."

Lee should know, too. She wrote the online guidebook on snowshoeing in Utah, *The Best Snowshoe Trails of the Wasatch*, and is also the author of *Wild Weekends in Utah: A Multi-Sport Outdoor Adventure Guide*. Here Lee details three key factors about snowshoeing, so you can master the basics and have all you need to get started.

Layer Up

"The right clothing is important," Lee says. "Snowshoeing generates a lot of body heat due to the extra resistance of the snow. It's more work than simply hiking, because you have something extra on your feet." The fix? Layering. Start with a breathable, moisture-wicking base layer. "Next, wear a warming layer, like fleece, and then a waterproof outer layer," Lee says. "You can then add or subtract as needed."



Dig In

For climbing: "Use your crampons, the sharp spikes on the bottom of the shoe," Lee says. "Put pressure on the ball of your foot, so the metal teeth hold." To traverse a steep incline: "Dig the sides of the shoes into the snow," Lee says. "It's called edging. Kick the side of the shoe and crampon into the hill and stomp it down."

Pick up Sticks

"Poles are the second most important piece of equipment you'll need," Lee says. "They'll help you maintain balance and support. They're also great for doing switch-back traverses across a steep slope. The pole on the downhill side will support you. Get adjustable poles, so you can make the downhill one longer, and adjust the uphill pole accordingly, too."

3 SNOWSHOE TREKS TO TRY

Rob's Trail

Park City, 2.3 miles each way. "This one gives you nice views of Park City and Canyons resort, and you get into the trees. You're not confined to the city."

Get there: Take exit 145 off I-80 and turn right onto UT-224. Take a right on Bear Hollow Drive and go 1.5 miles up the road. The trailheads for Rob's Trail, Colin's Trail, and the Mid Mountain Trail will be on the left side.

The Pipeline Trail

Millcreek Canyon, Salt Lake, 4 miles round trip.

"It's nice because it's south facing and gets full sun exposure. Plus, there are lovely views all the

way down and a very low avalanche risk."

Get there: From the Mill Creek Canyon fee booth, drive 2.4 miles up to the Church Fork picnic area. Gates are closed for winter. Park along the road.

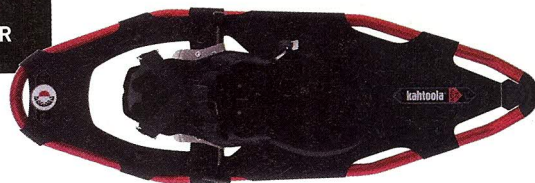
Dog Lake

Big Cottonwood Canyon, Salt Lake, 5.4 miles out and back.

"This is a nice trek through fir and aspen trees, and the last half-mile gives you a climb."

Get there: Drive 9.7 miles up Big Cottonwood Canyon to the Spruces Campground parking lot and park there. The trail to Dog Lake starts by the bus sign. Visit *Lee's online guide, snowshooutah.com.*

THE GEAR



1

Not only are these a good all-around, unisex snowshoe, but the **Kahtoola FLIGHTdeck TS29 Snowshoe's** traction component comes off, so you can wear them alone as crampons for a packed-snow hike. (\$289; backcountry.com)



2

Arc'teryx Women's Gamma MX Jacket is super-lightweight, insulated and breathable. (\$325; rei.com)



3

This seemingly minor piece of equipment can actually save your day. **Tubbs Gaiters** will keep the snow out of your boots. Enough said. (backcountry.com)

DON'T WANT TO GO IT ALONE? These local outfitters will provide you with gear, a guide and often a nice lunch. **White Pine Touring** Trek options range from a three-hour guided tour through Park City's backcountry to a one-hour moonlit snowshoe jaunt in Deer Valley's Empire Canyon. (888-649-8710; whitepinetouring.com) **Snowbird Snowshoeing** Excursions can be customized with private guides through the Snowbird Activity Center, or you can join one of the daily group tours. (801-933-2147, ext 4147; snowbird.com) **Sport Touring Ventures** Full gear is available, along with group, family or private guided tours. These folks also offer snowshoe tours into the Uintas. (435-649-1551; mtnbiketours.com/Snowshoe_Tours)