Activities to try this winter

Why stay inside trying to avoid the cold weather? Here are some winter sports that will help you really embrace the season!

**Skiing/Boarding**
Fitness and incredible views! This sport is perfect for a single-day getaway.

*Where to go:* We have 3 local mountains—Grouse, Seymour, & Cypress. Grouse is the most accessible, & Cypress is the largest.

*Cost:* $$$ Rentals + lift ticket + snow gear.

**Snowshoeing**
When you have large paddles stuck to your feet, it’s impossible not to burn through calories trying to move.

*Where to go:* All 3 local mountains offer snowshoeing tours.

*Cost:* $

**Skating**
Skating is the quintessential wintertime activity. Because we have ice rinks on campus, you can go for a quick skate during your lunch break!

*Where to go:* The Doug Mitchell Centre (Bonus: I work there).

*Cost:* $. Staff/faculty get a discount for public skate @ the DMC.

**Hockey**
Good for both cardio and working on your hand-eye-coordination. Also, it’s Canada’s sport!

*Where to go:* Play stick and puck on campus—all you need is a helmet, skates, a stick and a puck.

*Cost:* $$. Staff/faculty get a discount for stick and puck at the Doug Mitchell Centre.

**Curling**
My favourite! While it is often hotly contested as being a real sport, curling is a great, low-impact sport for everyone of all ages and abilities.

*Where to go:*

*Cost:* $. There are Groupona for beginner curling lessons, or you could ask a friend to take you!

**Images:**
https://www.banff.ca/curling