

Outside Adventures

Activity Update February 8, 2007

Pictures of the Week:

This is our weekly e-mail announcement letter. With this letter, we provide regular updates and offer more impromptu activities to members and friends of Outside Adventures.



Laurel Highlands. Keesha Keeshound finds the Ligonier Ice Festival creations good to lick after a day of skiing, and the Gazebo and town square Festively lit at sunset.

Our recent winter activities include ongoing kayak pool classes and Nordic skiing in the

Got Pictures? Send your favorite photo, slide, or negative from an Outside Adventures event along with a brief caption about your picture to: Outside Adventures 524 Roup Street Tarentum Pa. 15084. Please remember to include a return address and we'll send your picture back to you. Digital images can be emailed to outsideadventures@yahoo.com.

Saturday February 10, 2007

Nordic Ski Touring at Laurel Ridge

Laurel Ridge State Park, Laurel Highlands. This is a cross-country ski touring center with 20 miles of groomed trails, a warming hut and color-coded blazed trails. If you are a brand new skier, meet at 10:15 for an hour of cross-country skiing lessons & easy practice. Then we'll have lunch and tour some more! Ski rentals are available from Outside Adventures if reserved with confirmation in advance. Ski conditions in the ridges are often much better than in Pittsburgh or Donegal. Trips will go if there's snow!

Meets / ~ Skiing begins:	~ Ends / Equipment return:	~ Required skill level:	~ Physical requirements:
By 10:00 AM / 10:30 AM	12:30 PM / 1:15 – 1:30 PM or 4:00 PM / 4:15 – 4:30 PM	(3): Experienced beginners & up	Active – Moderate sustained effort required

\$ 15 Members / \$ 20 Non-Members if you need skis
Equipment Insurance \$ 5 (Optional)

FREE for Members / \$ 10 Non-Members with your own skis

There is a trail fee at Laurel Ridge (\$6 adults / \$ 3 children 6 -12)

Children <100lbs & 5' 0" needing skis
\$ 10 Members / \$ 15 Non-Members

Pre-registration required

Late Registration: Add \$ 5 after 5:00 PM Friday

Please see our contact and registration information at the back of this Update.
(724) 230-0237 (412) 508-2059 www.outsideadventures.org

 **Sunday Afternoon February 11, 2007**

Kayak Pool Class (at the University of Pittsburgh)

Essential Touring Skills & Practical Kayaking

University of Pittsburgh, Oakland, PA: Join us for our comprehensive winter kayak pool classes. Learn practical skills like rescue & re-entry, bracing, maneuvering, rolls, and much more in both sea kayaks and whitewater boats. Attend single sessions or sequential classes that provide more instruction, more practice time, and more results! These classes are fun for beginners and important for experienced paddlers to stay sharp for the early season whitewater/moving water trips. Participants can follow each week's schedule, or learn independently – and you may practice with a buddy or alone. And again this year - a beautiful facility with a huge pool, more practice time, and incredible views of the sunset through the 90 meter windows! Please call ahead to reserve your space and a kayak if needed.

Second Session begins next week!

Class meets / ~ Put-in:		~ Take-out / ~ Ends:		~ Required skill level:		~ Physical requirements:	
4:00 PM unloading 4:30 review & 5:00 pool opens		7:30 PM pool closes loading afterwards		(1): Easy – Beginners & up thru (4): Intermediate & up		Easiest – Self-determined pace & up	
Member	Member	Child Mbr	Child Mbr	Non-Member	Non-Member	Child Non-Mbr	Child Non-Mbr
Using OAL Equipment	Bringing Own Equipment	Using OAL Equipment	Bringing Own Equipment	Using OAL Equipment	Bringing Own Equipment	Using OAL Equipment	Bringing Own Equipment
\$25	\$13	\$17	\$8	\$30	\$18	\$22	\$13

 **Thursday Evening February 15, 2007**

Moonlight Cross-Country Ski Touring Plus Beginner Nordic Ski lessons & Sled Riding At North Park

Pack a thermos of your favorite hot beverage and join us for a fun evening of sledding and Nordic skiing for the young & young-at-heart. Beginners can learn the basics, experienced skiers can enjoy a wintry tour through forest and meadows, and everyone can have fun sledding. We may even build a snow castle! .

Event meets:	Ends:	Skill level:	Physical level:
5:00 PM for the lesson 6:00 PM for Ski Touring 7:00 PM for Sled Riding	Lesson ends at 6:00 PM Skiing & Sledding until 8:00 PM	Ski Lesson: Level (1) Easy Tour: Level (2) Moderate	Variable / your choice (Easy to Strenuous)

FREE for Members / \$ 5 suggested donation for Non-Members if you bring your own skis or sled

Nordic Skis available with advanced registration: \$ 10 Members and \$ 12 Non-Members

 **Saturday February 17, 2007**

Nordic Ski Touring at Laurel Mountain

Laurel Mountain/Forbes State Forest: Try our favorite trails while enjoying the deep snow and Winter Wonderland scenery at Laurel Mountain. Beginner and more experienced in-track skiers often prefer the un-groomed trails here, and there's no worry about being run over by the faster skate-skiers. Continue the companionship with dinner at our favorite local restaurants following skiing. Ski rentals are available from Outside Adventures, but must be reserved with confirmation in advance. Note: Ski conditions in the ridges are often much better than in Pittsburgh or Donegal. Trips will go if there's snow!

Meets / ~ Skiing begins:	~ Ends / Equipment return:	~ Required skill level:	~ Physical requirements:
By 10:00 AM / 10:30 AM	12:30 PM / 1:15 – 1:30 PM or 4:00 PM / 4:15 – 4:30 PM	(3): Experienced beginners & up	Active – Moderate sustained effort required

\$ 15 Members / \$ 20 Non-Members if you need skis
Equipment Insurance \$ 5 (Optional)

Children <100lbs & 5' 0" needing skis
\$ 10 Members / \$ 15 Non-Members

FREE for Members / \$ 10 Non-Members with your own skis

Pre-registration required

There is no trail fee at Laurel Mountain

Late Registration: Add \$ 5 after 12:00 Noon on Friday

Kayak Pool Class (at the University of Pittsburgh)

Begin Second Session

University of Pittsburgh, Oakland, PA: Join us for our comprehensive winter kayak pool classes. Learn practical skills like rescue & re-entry, bracing, maneuvering, rolls, and much more in both sea kayaks and whitewater boats. Attend single sessions or sequential classes that provide more instruction, more practice time, and more results! These classes are fun for beginners and important for experienced paddlers to stay sharp for the early season whitewater/moving water trips. Participants can follow each week's schedule, or learn independently – and you may practice with a buddy or alone. And again this year - a beautiful facility with a huge pool, more practice time, and incredible views of the sunset through the 90 meter windows! Please call ahead to reserve your space and a kayak if needed.

Class V – Advanced Paddling Strokes & Self-Rescue

Class VI – Advanced Bracing

Class VII – Perfecting the Kayak Roll

Class VIII - Additional Group Kayak Skills

Class meets / - Put-in:	- Take-out / - Ends:	- Required skill level:	- Physical requirements:
4:00 PM unloading 4:30 review & 5:00 pool opens	7:30 PM pool closes loading afterwards	(1): Easy – Beginners & up thru (4): Intermediate & up	Easiest – Self-determined pace & up

Number of Classes:	Member	Member	Child Mbr	Child Mbr	Non-Member	Non-Member	Child Non-Mbr	Child Non-Mbr
	Using OAL Equipment	Bringing Own Equipment	Using OAL Equipment	Bringing Own Equipment	Using OAL Equipment	Bringing Own Equipment	Using OAL Equipment	Bringing Own Equipment
1	\$25	\$13	\$17	\$8	\$30	\$18	\$22	\$13
2	\$45	\$22	\$29	\$15	\$55	\$32	\$39	\$25
3	\$60	\$29	\$39	\$19	\$75	\$44	\$54	\$34
4	\$70	\$34	\$46	\$23	\$90	\$54	\$66	\$43



Thursday February 22– Sunday February 25, 2007

Event meets: Thursday morning or any evening or morning at the cabin

Ends: Sunday evening return home

WEST VIRGINIA NORDIC ADVENTURE

Level (3): Experienced beginners & up

Canaan Valley, WV: Spoil yourself with a fun-filled adventure of skiing & hiking in one of the snowiest (and prettiest) regions of Wild & Wonderful West Virginia! Explore Nordic ski trails in Blackwater Falls Gorge, Canaan Valley, and Whitegrass Touring Center. Optional late-afternoon excursions include visiting spectacular waterfalls, enjoying live local mountain music, and taking in panoramic sunsets from atop escarpments – or simply unwinding in the pool or hot-tub after getting off the trails. You may join Outside Adventures leaders for guided cross-country ski trips or hikes each day, hit the nearby downhill ski & tubing slopes, or relax in the cabin and explore on your own. Overnight accommodations will be in a cozy 'fully-equipped' woodland cabin complete with a wood-burning stone fireplace. You may join register for part - or all - of this event.

Advanced registration and deposit are required for this event.

Late Registration \$ 10 after Monday February 19th

Costs:	Member	Child Mbr	Non-Member	Child Non-Mbr	Nordic Ski Equipment is available for \$ 15 Members / \$ 20 Non- members per day.
1	\$70	\$58	\$75	\$63	
2	\$115	\$95	\$125	\$105	
3	\$145	\$115	\$155	\$130	

Upcoming Outside Adventures Events

Sunday February 11, 2007	Kayak Pool Class IV (University of Pittsburgh)
Sunday February 18, 2007	Kayak Pool Class V (University of Pittsburgh)
(Thurs – Sun) FEB 22-25, 2007	Wild & Wonderful West Virginia Nordic Ski Trip (Blackwater Falls - West Virginia)
Sunday March 4, 2007	Kayak Pool Class VI (University of Pittsburgh)
Sunday March 18, 2007	Kayak Pool Class VII (University of Pittsburgh)
Sunday March 25, 2007	Kayak Pool Class VIII (University of Pittsburgh)
Saturday April 1, 2007	April Fools Day Paddle

(Lake Arthur if it's thawed)

Sunday April 8, 2007

Slippery Rock Creek and the "Other" Gorge
(Kayak Pool Class Graduation Trip)

Memorial Day Weekend 2007

ASSATEAQUE ISLAND NATIONAL SEASHORE

SUMMER 2007

ATLANTIC ISLANDS of DOWNEAST MAINE
Contact Outside Adventures if you are interested!



We welcome new members into our growing community of outdoor enthusiasts!

- GET INVOLVED -

Everything in Outside Adventures is organized, prepared and run by volunteers.
Make friends. Learn new skills. Have an Adventure. Volunteer!

E-Subscriptions to our Activities Update are free!

(And we won't Spam you! Outside Adventures has never sold or traded any personal information)

If you would like to receive a single printed Update, please send a large double-stamped and self-addressed envelope to Outside Adventures at the address below.

A yearly subscription of printed updates is available for \$80

**Please let us know if you would like us to email you an
Outside Adventures Membership Form.**

Individual Memberships are only \$25

Please send our information to a friend! Contact Outside Adventures at:

Outside Adventures
524 Roup Street
Tarentum, PA. 15084

www.outsideadventures.org
outsideadventures@yahoo.com

(412) 508-2059
&
(724) 230-0237

...to register for an event, add a friend or be removed from our e-list

• OUTSIDE ADVENTURES KAYAKS & NORDIC SKIS ARE AVAILABLE ON ALL OF OUR EVENTS •
Contact Outside Adventures about camping gear & other equipment availability.



If you are new to Outside Adventures, please review our Tips & Policies Summary on-line or request an email copy before registering for an event.

Outside Adventure Learning of Western Pennsylvania, Inc is a volunteer-run 501 (c) 3 non-profit outdoor education organization and an associated outings club.

A copy of the official registration may be obtained from the PA Department of State by calling toll-free, in PA, 1-800-732-0999. Registration does not imply endorsement.

Contributions are appreciated...  ... **and tax-deductible!**