
Winter Recreation Resources

Skis, Snowboards, Snow Skates & Snowshoes

- ◆ Provisions Sport Shop. (231) 845-4150
Skis & snowshoes for sale & rent.
- ◆ Gordy's Skate Co. (231) 845-9100
Snowboards & snow skates for sale.
- ◆ Trailhead Bike Shop. (231) 843-0545
Skis for sale.
- ◆ Ludington State Park. (231) 843-9261
Snowshoes available. Free for park programs.

Snowmobile Rental

- ◆ Action Rentals. (231) 843-9399

Snowmobile Equipment & Apparel

- ◆ Kelly's Snowmobiles. (231) 843-3618
- ◆ U-Win Motorsports. (231) 843-4458

Ice Fishing Equipment

- ◆ Captain Chucks (231) 843-4458
- ◆ Wal-Mart (231) 843-1816
- ◆ Meijer (231) 845-3700

Ice Skating

- ◆ West Shore Community College Ice Arena.
Ice skate rentals available.
Open skating: Saturdays 1pm-3pm and
Sundays 4pm-6pm.
- ◆ Outdoor ice skating at the North James Street
Plaza. Free. Must provide own skates.



Facts about Winter Recreation

- ◆ Snowshoeing is a great way to exercise and burn off extra calories. One hour of moderate walking in snowshoes burns off 750 calories and is one of the safest winter activities.
- ◆ Walking indoors at a moderate speed of 3 mph for 30 minutes will burn 247 calories.
- ◆ Cross country skiing is a low impact, full body workout. Cross country skiing for one hour at a moderate speed of 4 mph will burn 774 calories.
- ◆ Ice skating at an avg. speed of less than 9 mph for one hour will burn 493 calories.
- ◆ One hour of downhill skiing burns 594 calories.
- ◆ Sledding and tobogganning burns 468 calories each hour.
- ◆ Shoveling snow can burn 400 calories or more in 60 minutes.
- ◆ Swimming in an indoor pool for one hour burns 414 calories.
- ◆ Doing jumping jacks for 10 minutes will burn 51 calories.
- ◆ Taking stairs instead of elevators will help you burn calories and build muscle.
- ◆ Building a snowman burns 285 calories per hour.
- ◆ Having a snowball fight burns 319 calories per hour.
- ◆ Making snow angels burns 214 calories per hour.

(calculations based on a 150 lb. person)

Find out how many calories you burn by doing your favorite winter activities by visiting:

www.healthstatus.com/calculate/cbc

WIN

with

WELLNESS



Mason County Winter Activity Guide

www.ludingtondailynews.com/wellness

WinWithWellness1@gmail.com

(231) 845-2222



Experience a Winter Wonderland on Cross Country Skis or Snowshoes

Ludington State Park

There are several trails throughout the State Park for snowshoeing and cross country skiing. Trails are free to use, however vehicles entering the state park must have a recreational passport. The state park also hosts a series of snowshoe making workshops and guided moonlight walks. For more information, call (231) 843-9261.

Ludington School Forest

The school forest has about three miles of easy trail for snowshoeing or cross country skiing. There is no cost to use the forest.

Big M

The Big M Cross Country Ski Trail covers 18.5 miles in the Manistee National Forest near Wellston. www.skibigm.org

Pentwater Pathways

Pentwater Pathways is a series of well-marked looped trails totaling nearly 15 miles. There is no cost to use the trails, which are maintained by the Oceana Cross Country Ski Association. www.getoffthecouch.info/oceana/pentpath.htm

Crystal Valley Cross Country Trail

Four miles of trails through uneven topography and difficult curves. Groomed by the Oceana Cross Country Ski Association. www.getoffthecouch.info/oceana/crystal.

Pine Valley Pathway

Located in Lake County on M-37, north of Baldwin. The 8 miles of trail are groomed by the Michigan DNR.



Winter Activities

Ice Skating & Hockey

- ◆ West Shore Community College Ice Arena (231) 843-9712
- ◆ Outdoor ice skating at the North James Street Plaza in Ludington

Skiing & Snowshoeing

- ◆ Ludington State Park
- ◆ Ludington School Forest
- ◆ Big M
- ◆ Pentwater Pathways
- ◆ Crystal Valley Cross Country Trail
- ◆ Pine Valley Pathway
- ◆ Scottville Riverside Park

Indoor Swimming

- ◆ Donald C. Baldwin Community Pool (231) 845-5017 or (231) 845-3811
- ◆ West Shore Community College Pool (231) 843-9712

Sledding

- ◆ Danaher Street water tower in Ludington
- ◆ Ludington State Park

Snowmobile Trails

- ◆ Free Soil Trail Head
- ◆ Timber Creek Campground Trailhead

Indoor Walking

The following local schools are open for indoor walking during the cold winter months. The schools are not open on days when classes are not in session, including snow days.

Mason County Central Middle School

M-F from 4pm-6pm. (231) 757-3713

Ludington High School

M-F from 4pm-7:30pm. (231) 845-3811

Mason County Eastern

M-F from 3:30pm-5pm. (231) 757-3735

Many local shopping centers allow people to walk inside their stores. Call the shopping center to inquire about walking.

If you're willing to invest in a treadmill, you can walk in the comfort of your home. You can get a new treadmill for less than \$350, or look through the classifieds for a good used one. Some have features like heart rate monitors, adjustable incline and speed control to give you some flexibility.

