

January – March 2018 Schedule



# TRAILHEAD

Everyone Belongs Outdoors!



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## Did You Know...

Venture Outdoors is a 501(c)3 charitable nonprofit organization. We believe everyone deserves the chance to experience how incredibly fun the outdoors can be, so we provide the gear, guidance and inspiration to make outdoor recreation part of people's lives.

**We believe everyone belongs outdoors!**

## Support Venture Outdoors and Save with a Yearly Membership

Membership Levels start at \$20/year and include affordable options for students/seniors, individuals, and families to get outside while supporting Venture Outdoors.

Go to [ventureoutdoors.org/join-us](https://ventureoutdoors.org/join-us) or call 412.255.0564 x224 to become a New or Renewing Venture Outdoors Member today!



### Your Support Helps Venture Outdoors:

- Fund the outings and events that get you and your family outdoors year-round
- Enable underserved children to learn more about nature and the environment while developing outdoor recreation skills
- Turn volunteers into accomplished Trip Leaders while enhancing their leadership skills and safety training

### Savings to You Include:

- Discounts on outings, Kayak Pittsburgh rentals and season passes
- Savings at Eddie Bauer, Go Ape and Ascend Pittsburgh
- Free Members Only outings and events
- Free Banff tickets and kayak rental vouchers at the \$250 and higher levels

Memberships are tax-deductible. Thank you for your continued support!

Venture Outdoors would like to thank the following participants and volunteers who generously provided photographs for this issue of *Trailhead*.

Vania Arthur  
Sami Caun  
Nanci Goldberg  
Suni Lynn Lee  
Mary Lynn Marsico  
Ryan Tritsch



## Levels of Difficulty

This terminology is general. Please refer to program description for specifics. The activity information is accurate at the time of printing. Occasionally, an activity's information is altered before its start date. You will receive the most recent information when you register.

### RELAXED

- Short distances at a slow pace
- Generally flat terrain, well defined trails
- No prior activity experience is necessary
- Perfect start for beginners
- Not too physically challenging

### EASY

- Short distances at a slow pace
- Relatively flat terrain, well defined trails, may involve some hills
- No prior activity experience is necessary
- Perfect start for beginners
- Not too physically challenging

### MODERATE

- Varying distances at a steady pace
- Varying terrain, fairly established trails
- Some prior experience in the activity is required
- Physically challenging, only for those in good physical condition

### ADVANCED

- Fast-paced over a short distance or steady-paced over a long distance
- Varying terrain, may include off-trail sections, rough spots, unexpected obstacles
- Prior experience in the activity is required
- Physically challenging, only for those in good physical condition

### STRENUOUS

- Fast-paced over a short distance or fast-paced over a long distance
- Difficult terrain, will include off-trail sections, rough spots and unexpected obstacles
- Prior experience in the activity is required
- Only for those in excellent physical condition. Most physically challenging

### FAMILY FRIENDLY



- These activities are geared toward the whole family and offer discounts for children under 18; some restrictions apply. A parent or legal guardian must sign an assumption of risk form for a participant under 18 years of age.

### DOG FRIENDLY



- Bring your best friend along on the trip. These activities are great for both you and your dog.
- The number of dogs allowed on an activity is limited AND those dogs must be registered with participants. Dogs must have licenses and up-to-date shots.

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## How to Sign Up

To register for any outing, please visit the Activities Calendar at [ventureoutdoors.org](http://ventureoutdoors.org) or call 412.255.0564, ext 0.

## FREE MEMBERS ONLY OUTINGS

Registration for these outings opens on the first business day of every month.

### MODERATE

#### SOUTH SIDE SLOPES WARM UP WALK

Warm up with a moderate hike! We will explore the South Side Slopes and one of the neighborhood's coffeehouses and their favorite bean. A cup of coffee is included in the fee to send you on your way.

**January 14**  
**9 AM - 12 PM**  
**South Side**

### EASY

#### SUNDAY AFTERNOON STROLL

Join us for an easy 2-3 mile afternoon walk through one of Pittsburgh's distinctive city parks. We'll explore the rich history of the area as we stroll through the peaceful tranquility of our local parks.

**March 25**  
**1 - 3 PM**  
**Highland Park**





# BIKING

*Bike rentals are not provided.*

## EASY

### URBAN BIKE TOUR

Pittsburgh has bike trails along all three rivers — really! But it takes a knowledgeable guide to connect them smoothly. You can expect a great 10-12 mile tour of the city and its riverfronts with plenty of interesting stops along the way via the Three Rivers Heritage Trail.

**March 31**  
**1 - 3 PM**  
**Downtown Pittsburgh**  
**Non-Member: \$15**  
**Member: \$10**

**Looking for more cross country skiing outings?** More programs will be added as conditions allow.

Stay up to date by following us on Facebook, Twitter, and Instagram or check out the Activities Calendar on [ventureoutdoors.org](http://ventureoutdoors.org)



# CROSS COUNTRY SKIING

*Ski rentals are not included in the activity fee but are available en route to the meeting locations.*

## EASY

### BEGINNER CROSS COUNTRY SKIING

This easy, instructed outing is for true cross country skiing beginners or those that have not been out for a long period of time. We'll emphasize education and technique as we wind our way around Kooser State Park. The route is mostly level with some gently rolling terrain. We'll focus on getting down the basics while reveling in winter's beauty.

**January 7**  
**February 3**  
**10 AM - 2:30 PM**  
**Kooser State Park**  
**Non-Member: \$27**  
**Member: \$20**

### WOMEN ONLY BEGINNER CROSS COUNTRY SKIING

This is a day for women to learn from experienced female outdoor instructors how to be comfortable and have fun cross country skiing. The group will start off with some instruction to this great winter sport, and then embark on a day of cross country skiing with a stop for lunch along the trail. This program is focused on meeting the interests of a beginner to intermediate skier.

**January 27**  
**February 11**  
**10 AM - 2:30 PM**  
**Kooser State Park**  
**Non-Member: \$27**  
**Member: \$20**



## MODERATE

*Previous cross county skiing experience is required for these outings.*

### INTERMEDIATE CROSS COUNTRY SKIING

This moderate outing is for people who wish to improve their cross country skiing technique and to ski at a steady pace. Laurel Summit is a popular place to cross country ski that includes varying terrain and a picturesque landscape.

**January 13**  
**February 17**  
**10 AM - 2:30 PM**  
**Laurel Summit**  
**Non-Member: \$27**  
**Member: \$20**

### DESTINATION CROSS COUNTRY SKIING

For intermediate skiers, we'll showcase popular places to cross country ski. The routes include varying terrain and picturesque scenery. Ski rentals are not included in the activity fee but are available en route to the meeting location unless otherwise noted. Previous cross county skiing experience is required for these outings.

**January 21 - North Woods Trail**  
**February 25 - Moraine State Park**  
**10 AM - 3PM**  
**Non-Member: \$27**  
**Member: \$20**



# FAMILY

## EASY

### GIMME S'MORE WALK



Who wants more? I want s'more! Join us as we warm up on this afternoon walk through the scenic landscape of Frick Park. Afterwards, we'll hang out around the fire as we roast marshmallows for our s'mores!

**January 21**

**1 - 3 PM**

**Frick Park**

**Non-Member: \$8**

**Member: \$6**

**Kids: \$5**

**Family: \$15**

### COCOA & COOKIE ADVENTURE



If you like cookies dipped in milk, then try them in hot chocolate! Join us as we take a nice afternoon stroll through Riverview Park. Afterward, we'll dip sugar cookies in hot cocoa! Come enjoy, and bring the parents!

**February 17**

**1 - 3 PM**

**Riverview Park**

**Non-Member: \$8**

**Member: \$6**

**Kids: \$5**

**Family: \$15**

### POT O' GOLD GEOCACHING



Embark on a special mission to find the Pot O' Gold in Schenley Park! We'll learn all about the hand-held GPS (Global Positioning System) units that we can use to discover the magical treasures, or "caches" in this family-friendly St. Patrick's Day adventure. No experience necessary. Fee includes GPS rental.

**March 17**

**2 - 4 PM**

**Schenley Park**

**Non-Member: \$12**

**Member: \$8**

**Kids: \$5**

**Family: \$18**

### EASTER EGG GEOCACHING



Embark on a special mission to find hidden treasures in North Park! We'll learn all about the hand-held GPS (Global Positioning Satellite) units that we can use to locate the Easter eggs, or "caches" in this family-friendly Easter adventure. No experience necessary. Fee includes GPS rental.

**March 31**

**1 - 3 PM**

**North Park**

**Non-Member: \$18**

**Member: \$12**

**Kids: \$8**

**Family: \$30**



### TYKE HIKE - BUNNY HUNT



The Easter Bunny is coming to town, and we've found a trail of eggs in South Park! Bring your Tykes out to kick off this year's Tyke Hikes season. We'll take an Easter egg discovery walk, followed by healthy snacks and hands-on Easter crafts. Great for children ages 0-5.

**March 31**

**10 - 11:30 AM**

**South Park**

**Kids: \$5**

**Family: \$12**

# HIKING

## EASY

### FULL MOON HIKE



Join us for an evening of hiking and forest exploration under the light of a full moon. We will enjoy the tranquility of the evening while observing the stars in the sky and the critters that are more active at night. The hike will cover 3-4 miles at an easy pace with moderate changes in elevation. Marvel at how well you can see by the light of the moon! Snowshoe rentals will be available if weather permits.

**January 31**

**6 - 8 PM**

**Boyce Park**

**Non-Member: \$12**

**Member: \$8**

### NORTH SIDE EVENING STROLL

Join us for an easy 2-3 mile evening stroll through Pittsburgh's North Side neighborhood. We'll explore the rich history of the area as we stroll through charming residential streets, past eclectic shops and the peaceful tranquility of our local parks.

**February 28**

**6:30 - 8:30 PM**

**North Side**

**Non-Member: \$12**

**Member: \$8**

### WOMEN OF PITTSBURGH WALK

March is Women's History Month, and Pittsburgh is one of the most historically-rich places for women's history in the country. Join us for a guided walk around Oakland as we visit historical sites, and revisit some of Pittsburgh's most famous and influential women.

**March 10**

**9 AM - 12 PM**

**Oakland**

**Non-Member: \$12**

**Member: \$8**

### A STROLL THROUGH HISTORY: AIR QUALITY AND INDUSTRY



The Group Against Smog and Pollution is taking hikers on a stroll through history in an unlikely location — The Waterfront. We will explore the Battle of Homestead, U.S. Steel's legacy, and our region's air quality over time and space on this all-levels hike along the Great Allegheny Passage.

**March 24**

**10 AM - 12 PM**

**Homestead**

**Non-Member: \$8**

**Member: \$10**

**Kids: \$5**



*The trip leaders were friendly, knowledgeable and enthusiastic about the event.*

## Fly Fishing: European Nymphing for Trout

### MODERATE

Trout spend 70-90% of their feeding time eating subsurface insects. In this class you will learn the new European nymphing techniques. Originated in Poland and refined by the Czech, Spanish and French world fly fishing teams, this style of nymph fishing will greatly improve your success on moving water anywhere in the world. We will examine the flies, retrieves, leaders, gear and tactics to catch more and bigger fish. After lunch we will take what we learned in class to the water in pursuit of trout! Pennsylvania Fishing License requirements apply. Prior fly fishing experience is required for this outing.

**March 24**

**9 AM - 5 PM**

**Ohiopyle State Park**

**Non-Member: \$86**

**Member: \$65**

## MODERATE

### NEW YEAR'S RESOLUTION HIKE

Have you made a resolution this year to get outdoors and get more exercise? Why not start right away with a steady-paced hike through beautiful Frick Park? We'll hike 4-5 miles over hilly terrain, while admiring winter's beauty from the trail. It's the perfect beginning to a great new year!

**January 1**  
**1 - 4 PM**  
**Frick Park**  
**Non-Member: \$12**  
**Member: \$8**

### KEYSTONE STATE PARK HIKE

Explore Keystone State Park on this half day adventure. We'll hike at a steady pace over 4-6 miles on moderate terrain. This hike is focused on learning a new area, enjoying the company of others and getting a great workout!

**January 6**  
**1 - 4 PM**  
**Keystone State Park**  
**Non-Member: \$12**  
**Member: \$8**

### GAME DAY HIKE

Get in a good workout before the football game! We'll explore Frick Park at a steady pace covering 4-6 miles of moderate terrain. This hike is focused on showcasing the area, enjoying the company of others and getting in a great workout!

**January 13**  
**9 AM - 12 PM**  
**Frick Park**  
**Non-Member: \$12**  
**Member: \$8**

*It's wonderful that Venture Outdoors has a lot of activities in the winter that get you to enjoy the outside.*



### ROARING RUN HIKE

Explore Roaring Run on this half day adventure. We'll hike at a steady pace over 4-6 miles on moderate terrain. This hike is focused on learning a new area, enjoying the company of others and getting a great workout! *Snowshoe rentals will be available, weather permitting.*

**January 14**  
**1 - 3 PM**  
**Roaring Run Natural Area**  
**Non-Member: \$12**  
**Member: \$8**  
**Snowshoe Rental: \$10**

### CITY LIGHTS HIKE

Join us for a 2-hour hike offering different vantage points of our city's spectacular skyline. We'll take in the city-scape while hiking at a moderate pace along sidewalks, up staircases and over bridges.

**January 17**  
**6:30 - 8:30 PM**  
**Downtown Pittsburgh**  
**Non-Member: \$12**  
**Member: \$8**

### BEAR RUN NATURE RESERVE HIKE

Explore Bear Run Nature Reserve on this half-day adventure. We'll hike at a steady pace over 4-6 miles on moderate terrain. These hikes are focused on learning a new area, enjoying the company of others and getting a great workout! *Snowshoe rentals will be available, weather permitting.*

**January 27**  
**10 AM - 1 PM**  
**Bear Run Nature Reserve**  
**Non-Member: \$12**  
**Member: \$8**  
**Snowshoe Rental: \$10**

### WINTER TREE ID

You may be able to tell an oak leaf from a maple leaf, but how do you identify trees in the winter when the branches are bare? It's easier than you think! Local ecologist Henry Schumacher will lead us on a walk through Frick Park, teaching us the ins and outs of winter tree identification. We'll enjoy a refreshing outing while developing a new appreciation for the winter landscape.

**January 28**  
**1 - 3:30 PM**  
**Frick Park**  
**Non-Member: \$12**  
**Member: \$8**

### GROUNDHOG DAY HIKE

You'll enjoy this hike so much, you'll want to repeat it over and over again. We'll celebrate Punxsutawney Phil with an invigorating evening hike through the hustle and bustle of downtown Pittsburgh. Whether you want to see winter stick around, or are looking forward to warmer days ahead, get your weekend started with a hike that includes a stop at the Point fountain.

**February 2**  
**6:30 - 8:30 PM**  
**Downtown Pittsburgh**  
**Non-Member: \$12**  
**Member: \$8**

## Winter Camping Introduction

### ADVANCED

This is the perfect course if you are thinking about getting into Winter Camping. This two-part course includes a pre-trip workshop and an overnight excursion. The workshop will cover gear, food, shelter, and travel during a winter camping trip and is required to attend the overnight February 3rd and 4th. For the weekend trip, we'll start on Saturday morning at Raccoon Creek State Park. We will prepare our packs and head out into woods in search of a good camp spot. After setting up camp we will continue to explore the winter landscape, after which we will cook dinner, share stories around a campfire, and retire to our tents. Please come prepared with appropriate gear and your own food and cooking supplies.

<b>Classroom Session:</b>	<b>Overnight:</b>	<b>Non-Member: \$45</b>
<b>January 31</b>	<b>February 10 and 11</b>	<b>Member: \$30</b>
<b>6:30 - 8:00 PM</b>	<b>9 - 5 PM</b>	
<b>Venture Outdoors office</b>	<b>Raccoon State Park</b>	

## GAME DAY HIKE

Get in a good workout before the football game! We'll explore Frick Park at a steady pace covering 4-6 miles of moderate terrain. This hike is focused on showcasing the area, enjoying the company of others and getting in a great workout!

**February 4**

**9 AM - 12 PM**

**Frick Park**

**Non-Member: \$10**

**Member: \$6**

## GLOW STICK HIKE

Join us for an evening of fun. We're going hiking at South Park with glowsticks! As the sun sets, the dark sky will sparkle with stars and we will glow red, blue, yellow and green! Fee includes glow sticks. *Snowshoe rentals will be available weather permitting.*

**February 9**

**6:30 - 8:30 PM**

**South Park**

**Non-Member: \$12**

**Member: \$8**

**Snowshoe Rental: \$10**

## STARGAZING HIKE

Join us for a night hike in the darkness of a new moon. We will enjoy the tranquility of the evening while observing the stars in the sky and the wildlife that is more active at night. The hike will cover 3-4 miles at a moderate pace going up and down some hills. Marvel at how well your eyes can adapt to the night!

**February 15**

**6:30 - 8:30 PM**

**North Park**

**Non-Member: \$12**

**Member: \$6**

## PRESIDENTS' DAY HIKE

Join us for a morning hike in Riverview Park! We'll cover 4-6 miles on wooded trails with some hills within this 259-acre park.

**February 19**

**10 AM - 12 PM**

**Riverview Park**

**Non-Member: \$12**

**Member: \$8**

## WOMEN IN NATURE (WIN) HIKE

We're going to enjoy a Saturday hike in the woods! Female leaders will lead the group on a 3-4 mile hike through local parks. When you come with us you WIN! Beverages and light refreshments will be provided after the hike.

**March 11**

**10 AM - 12:30 PM**

**North Park**

**Non-Member: \$15**

**Member: \$12**

VENTUREOUTDOORS.ORG

# Rachel Carson Trail Quest Series

## STRENUOUS

The Rachel Carson Trail snakes for 34 miles across northern Allegheny County. It is the most rugged trail in Western Pennsylvania as it follows power and gas lines, skirts residential areas, challenges your arches on paved roads, crosses creeks without bridges, meanders through woods and fields and passes along the edge of steep bluffs. Parts of this trail are pretty; parts are wretched; all of it is surprising. Every year some 600 people take the Rachel Carson Trail Challenge and complete the full distance in one exhausting day. This Quest series lets you hike the trail in four sections in the direction of this year's Rachel Carson Trail Challenge. On each hike, we will meet at the hike end point and carpool to the start.

*This is a very strenuous hike and you need to be in shape to attempt it. The saying is: "If there's a possible worst way for a trail to go, that's where The Rachel goes." This trail includes sections that are very steep with no switchbacks or alternatives.*

**March 3**

**March 10**

**March 17**

**March 24**

**9AM - 3PM**

**Rachel Carson Trail**

**Non-Member: \$12**

**Member: \$8**

**Series Non-Member: \$48**

**Series Member: \$25**

## IRISH PERK-UP HIKE

Start your celebration of the Irish with a moderate hike! We will explore Emerald View Park and one of the area's coffeehouses. A cup of coffee is included in the fee to send you on your way.

**March 17**

**8 - 10:30 AM**

**Emerald View Park**

**Non-Member: \$12**

**Member: \$8**

## BEAR RUN NATURE RESERVE HIKE AND FALLINGWATER TOUR

Explore Bear Run Nature Reserve and Fallingwater on this half day adventure! We'll hike at a steady pace over 4-6 miles on moderate terrain, joined by a member of the Western PA Conservancy, who will share information about the area. After the hike, we'll take a tour of Fallingwater, a house designed in 1935 by American architect Frank Lloyd Wright.

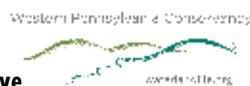
**March 18**

**10 AM - 2 PM**

**Bear Run Nature Reserve**

**Non-Member: \$52**

**Member: \$48**



## VERNAL EQUINOX HIKE

Spring is finally here! Celebrate the sun's position over the equator with a night hike around Riverview Park. We will wind our way along the wooded trails and view the star-studded sky while enjoying the first spring evening of the year.

**March 20**

**7 - 9 PM**

**Riverview Park**

**Non-Member: \$12**

**Member: \$8**

## DOWNTOWN HISTORY HIKE AND FORT PITT MUSEUM TOUR

Explore downtown Pittsburgh and the Fort Pitt Museum on this half day adventure! We'll start with a guided tour of the Fort Pitt Museum, where we'll learn about Western Pennsylvania's role during the French & Indian War and American Revolution, as well as the establishment of Pittsburgh. Afterward, we'll head outside for a 2-3 mile hike through the downtown area to learn more about Pittsburgh's past and present.

**March 25**

**10 AM - 12:30 PM**

**Downtown Pittsburgh**

**Non-Member: \$15**

**Member: \$12**



# Urban Fitness Hikes

**ADVANCED**

**6 – 9:30 PM**

**Member \$8, Non-member \$12**

Exercise doesn't have to be dull! This winter, come outside and play as we hike Pittsburgh's rugged terrain. We'll warm up quickly, climbing steep hills and impossibly high stairways with incredible views of the city from unusual vantages. This series of seven challenging 5-6 mile weeknight hikes will move at a fast pace — we'll work up a sweat! We will be stopping occasionally to discuss local landmarks.

**January 4**  
**Woods Run**

**January 18**  
**Mt. Washington**

**February 1**  
**Sewickley**

**February 15**  
**West End**

**March 1**  
**South Side**

**March 15**  
**Greenfield to Hazelwood**



## COOK FOREST HIKE

Discover the old growth stands and "Forest Cathedral" of Cook Forest as we hike 8-9 miles through this beautiful, 8,500-acre PA State Park. We'll cover moderate terrain at a steady pace while taking in the natural beauty of the area. There will be some large climbs along the way. We'll stop for lunch and periodic breaks.

**January 21**  
**10 AM - 4 PM**  
**Cook Forest State Park**  
**Non-Member: \$12**  
**Member: \$8**



*The interactive learning was helpful and I could tell all of the instructors were passionate about what they do, which made me feel passionate about it as well.*

## SATURDAY HIKE IN THE WOODS: MORAIN STATE PARK HIKE

Come for a hike in the woods! We'll spend the day exploring different trails and natural areas on this advanced hike. We'll cover 8-10 miles while learning about the natural history of the area. *Snowshoe rentals will be available weather permitting.*

**February 3**  
**10AM - 4PM**  
**Moraine State Park**  
**Non-Member: \$12**  
**Member: \$8**  
**Snowshoe Rental: \$10**

## RACCOON CREEK LONG DISTANCE HIKE

Spend a day on the trail as you explore some of Raccoon Creek State Park's longer trails. This hike is designed for advanced hikers who are in shape and want to test their endurance. The pace will be steady and quick covering 10+ miles over some rocky terrain, stream crossings, mud, and include elevation changes between 225 to 325 feet.

**March 11**  
**10 AM - 4:30 PM**  
**Raccoon Creek State Park**  
**Non-Member: \$12**  
**Member: \$8**

## HIGH-ENERGY HIKE

Join us for a brisk evening hike! We'll follow the winding paths of the beautiful Frick Park covering 4-6 miles.

**March 27**  
**6:30 - 9 PM**  
**Frick Park**  
**Non-Member: \$12**  
**Member: \$8**

# LEADERSHIP

**RELAXED**

## VOLUNTEER ORIENTATION

Do you love the outdoors? Share your passion with others by becoming a volunteer with Venture Outdoors! From trip leading to helping with events, we've got a place for you in our community. Learn more about the organization and opportunities to give back.

**January 16**  
**February 20**  
**March 27**  
**4 - 7 PM**  
**Venture Outdoors office**  
**FREE!**

## ANNUAL VOLUNTEER MEETING

All current and perspective volunteers are encouraged to attend our Annual Volunteer Meeting! The meeting will include presentations on Venture Outdoors and the plan for 2018, and a chance to meet and socialize with other volunteers. Dinner will be served. RSVP is requested by January 24.

**January 28**  
**4 - 7 PM**  
**Wilkins School Community Center**  
**FREE!**

## OUTDOOR LEADERSHIP TRAINING

This day-long, classroom-based training is designed to improve your leadership skills in a format that fits your schedule. The 8-hour course is a fast-paced mix of skill training, awareness development and fun. The curriculum is based on our popular in-depth weekend training but scaled down to just cover the basics. No previous leadership experience is necessary. In fact, that's just what this course is about — learning to be an excellent leader. Topics include assessing the group, setting expectations, and managing risk.

**February 10**  
**9 AM - 5 PM**  
**South Hills**  
**Non-Member: \$80**  
**Member: \$60**

# SNOWSHOEING

Snowshoeing is dependent on proper snow conditions. Office staff will determine the day before the outing if there is likely to be enough snow to snowshoe. If there is not, the trip leader may offer a hike instead; participants who participate in the hike will receive a refund for the difference in cost of the programs, and those who opt out of the outing will receive a full refund. Snowshoes are included in the activity fee unless otherwise noted.

**EASY**

## BEGINNER SNOWSHOEING

Snowshoeing is an easy and low-impact way to get some exercise and fresh air during the winter. It's as simple as walking but a lot more fun! Participants will learn to "float" across deep snow and easily access terrain that could challenge a hiker or cross country skier. This trip will cover fewer miles than our moderate snowshoeing outings, with more time to rest and appreciate nature while enjoying the winter wonderland! Fee includes snowshoe rental.

**January 13 - Laurel Summit**  
**January 20 - Laurel Summit**  
**January 28 - Roaring Run Natural Area**  
**February 18 - Laurel Summit**

**10 AM - 1 PM**

**Non-Member: \$29**

**Member: \$22**



*Looking for more snowshoeing outings?* More programs will be added as conditions allow.

Stay up to date by following us on Facebook, Twitter, and Instagram or check out the Activities Calendar on [ventureoutdoors.org](http://ventureoutdoors.org)



# SPECIALTY HIKING

**EASY**

## WINTER CHEER WINE TASTING WALK

Bundle up and stroll with us along the bustling streets of the Strip District. We'll take in the area's sights and sounds as we walk. Afterward, we'll stop in at R Wine Cellar where we'll learn about the many wines they produce at their family urban winery and have a private tasting paired with various snacks. Each participant will receive an etched wine glass to take home! The minimum age is 21.

**January 27**  
**4:30 - 7:30 PM**  
**Downtown Pittsburgh**  
**Non-Member: \$47**  
**Member: \$35**

## THE LEGACY OF HENRY CLAY FRICK HIKE

During this outing, we'll explore the influence of Henry Clay Frick on the Pittsburgh community and the history of the Frick family. We'll start at Frick Park with a 2-3 mile hike exploring the park and learning about its establishment. Following the hike, we'll attend a guided tour of Clayton, the home of the Henry Clay Frick family from 1883-1905.

**February 3**  
**9 AM - 12 PM**  
**East End**  
**Non-Member: \$29**  
**Member: \$22**

*It's been a while since I had a nice walk like that. I had a broken ankle a year and a half ago and was pleased with how well it worked out on the uneven terrain. It was a great confidence builder. The pace was good and the leaders were very informative and helpful.*



### MILLVALE BEER TASTING WALK

Explore Millvale's rich history and bright future on this easy hike. We will wander through Millvale's neighborhood and commercial district in search of the interesting, the unique and the offbeat. We will then try out some tasty brews at Grist House Brewing. Each participant will receive a fresh growler of beer to take home! The minimum age is 21.

**February 25**

**11 AM - 2PM**

**Millvale**

**Non-Member: \$45**

**Member: \$32**



### WINTER WINE TASTING HIKE

Food, wine, and merriment are the ingredients for a perfect Venture Outdoors outing. We'll begin with an easy 3-4 mile hike through Frick Park and Point Breeze while learning about the area. After the hike, we'll go to the nearby Pino's Contemporary Italian Restaurant to taste a delicious selection of wines with appetizers. The minimum age is 21.

**March 3**

**2 - 5:30 PM**

**Frick Park**

**Non-Member: \$52**

**Member: \$40**

### SPRING SEASONAL BEER TASTING HIKE

We'll hike 3-4 miles of hills and winding streets as we traverse the Greenfield neighborhood. Along the way, we'll learn about the area. After the hike, we'll stop in at Hough's Bar and Restaurant for a seasonal microbrew tasting. We'll try their hand-picked beers along with appetizers. The minimum age is 21.

**March 31**

**1 - 4 PM**

**Greenfield**

**Non-Member: \$47**

**Member: \$35**



### HEARTY STEW HIKE

Do you want to know our recipe for the perfect winter day? How about hiking for a couple of hours over rolling terrain and then enjoying a hearty hot bowl of stew! We'll put in 4-5 miles at a moderate pace before finishing at a shelter for some Irish Beef Stew, bread and hot beverages.

**January 6**

**10 AM - 1 PM**

**Settlers Cabin Park**

**Non-Member: \$29**

**Member: \$22**

### ZELIE BREW TASTING HIKE

Enjoy a winter hike over the hilly terrain and winding trails of ECOZ Park, part of the The Western PA Water Conservancy. The 2-3 mile hike showcases one of the lesser-known hiking areas in Zelienople. Following the hike, we'll visit ShuBrew Handcrafted Ales & Pub, where we will get a tour. Participants will enjoy a tasting of the beers and light appetizers. The minimum age is 21.

**February 11**

**2 - 5 PM**

**Zelienople**

**Non-Member: \$35**

**Member: \$27**

### SOUTH PARK SWEETS HIKE

Check out a new park with us on this Sunday afternoon hike! We'll explore South Park and its many trails on this moderate paced hike. Afterward, we'll stop by The Woods Café and Bikes for hot beverages and some sweet treats! *Snowshoe rentals will be available weather permitting.*

**February 18**

**1 - 4 PM**

**South Park**

**Non-Member: \$27**

**Member: \$20**

**Snowshoe Rental: \$10**



## Virtual Senior Academy Presentations

Explore the city and region from the comfort of your home or senior center as we use the computer-based *Virtual Senior Academy* ([virtualsenioracademy.org](http://virtualsenioracademy.org)) to showcase Venture Outdoors programs. Trip Leaders and staff will present on a variety of topics such as bike rides, neighborhood hikes, and nature walks. The presentations include 40 minutes of content with time for questions and conversation.

**January 11**

**Introduction to Venture Outdoors**

**January 25**

**Virtual Sparkle Season Lights Hike**

**February 8**

**Riverfront Trail Bike Tour Preview**

**February 22**

**Squirrel Hill Neighborhood Virtual Walk**

**March 8**

**Great Allegheny Passage Ride Preview**

**March 22**

**Women in Nature Virtual Walk**

**4 PM - 5 PM**

**FREE!**

## SATURDAY HIKE AND LUNCH

What is a better way to learn about a new area than taking a hike and having a bite to eat at a local hot spot? Join us as we take a 3-4 mile hike through Harrison Hills Park followed by a delicious lunch.

**February 24**

**10 AM - 1 PM**

**Harrison Hills Park**

**Non-Member: \$29**

**Member: \$22**

# WATER SPORTS

RELAXED

## PADDLER'S GUIDE TO SAFETY

This workshop highlights on-water safety for paddlers. It is presented by the local U.S. Coast Guard Auxiliary.

**January 20 – 10 - 11:30 AM**

**March 20 – 6:30 - 8 PM**

**Venture Outdoors Office**

**FREE!**



## LOCKING THROUGH AND LOW HEAD DAMS SEMINAR

Have you heard the term "lock" or "low head dam" and wondered exactly where they are and how they work? Ever wonder what it is like to go through a lock? This seminar presented by the U.S. Coast Guard Auxiliary will help answer those questions and explain the roles of the locks and low head dams on Pittsburgh rivers and important safety tips.

**January 31**

**6:30 - 8 PM**

**Venture Outdoors Office**

**FREE!**



## FLOAT PLANS AND CONGESTED WATERWAYS WORKSHOP

The Pittsburgh rivers are a source of amazing recreation, but they are also a major part of the Pittsburgh and regional economy. We will discuss the importance of maintaining clear navigation for commercial and recreational boaters, as well as the creation of a float plan for recreational boating. This interactive seminar presented by the U.S. Coast Guard Auxiliary will have you fill out a float plan and walk through some real-life scenarios that may occur.

**February 15**

**6:30 - 8:30 PM**

**FREE!**



# About Boating Safety

RELAXED

Join Venture Outdoors and members of the U.S. Coast Guard Auxiliary for About Boating Safety. This course gives participants the knowledge needed to obtain a boat license or safety certification in Pennsylvania. Topics include: general information about boats and maintenance, navigation rules and aids to navigation, guidelines for operating your boat or PWC safely, what to do in case of boating emergencies and state-specific laws and regulations you must follow. Cost includes lunch, book, certificate and card of completion.

**March 24**

**9 AM - 5 PM**

**Venture Outdoors office**

**Non-Member: \$45**

**Member: \$30**

EASY

## INDOOR ADAPTIVE KAYAKING INTRODUCTION

Are you interested in learning to kayak? Venture Outdoors and the Children's Institute have partnered to offer indoor kayaking workshops for individuals with physical limitations and an interest in flat-water kayaking. The 2.5 hour class for adults and/or youth is held in a heated pool and caters to the individual's needs. Discover what modifications would help you to paddle outdoors. The level of difficulty for the workshop ranges from easy to advanced based on the ability of the participant. Classes are limited to four participants and have a 1:1 or 2:1 trip leader to participant ratio based on the participant's needs. Minimum age 12.

**January 20**

**February 17**

**March 17**

**9 - 11:30 AM**

**Children's Institute of Pittsburgh**

**Non-Member: \$10**

**Member: \$10**

## INTRO TO KAYAKING

This course gives you a chance to try kayaking in the safety and security of an indoor swimming pool. You will learn kayaking basics, along with some simple paddle strokes and self-rescue techniques. Expect to get wet! Boats, paddles and PFDs are provided.

**January 7**

**February 24**

**March 18**

**Time - TBD**

**South Hills**

**Non-Member: \$29**

**Member: \$22**

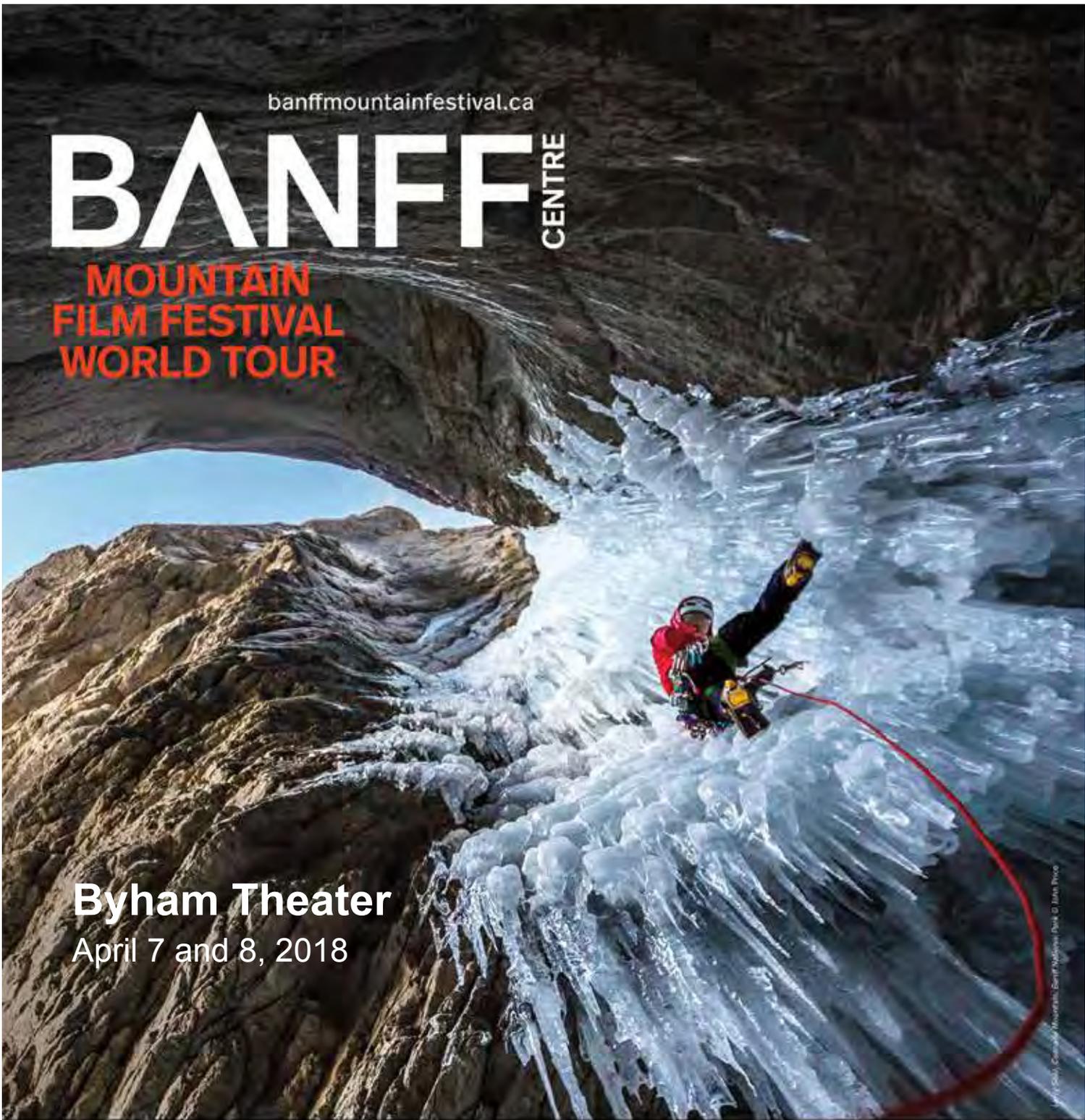
*I've been kayaking for a year and I learned things from Venture Outdoors that my original beginner paddle leader did not tell us.*



banffmountainfestival.ca

# BANFF CENTRE

**MOUNTAIN  
FILM FESTIVAL  
WORLD TOUR**



**Byham Theater**  
April 7 and 8, 2018

Photo: Courtesy Mountain Banff National Park © John Provo



# SAVE THE DATE

Ticket sales start in January • Check our website then for more information.

# JANUARY 2018



indicates multi-day outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Resolution Hike	2	3	4 Urban Fitness Hike	5	6 Keystone State Park Hike Hearty Stew Hike
7 Beginner Cross Country Skiing Intro to Kayaking	8	9	10	11 Virtual Senior Academy Presentation	12	13 Women's Only Beginner Cross Country Skiing
14 South Side Slopes Warm Up Walk Game Day Hike Roaring Run Hike	15	16 Volunteer Orientation	17 City Lights Hike	18 Urban Fitness Hike	19	20 Paddler's Guide to Safety Indoor Adaptive Kayaking Introduction Beginner Snowshoeing
21 Destination Cross Country Skiing Gimme S'more Walk Bear Run Nature Reserve Hike	22	23	24	25 Virtual Senior Academy Presentation	26	27 Winter Cheer Wine Tasting Walk Bear Run Nature Reserve Hike Women's Only Cross Country Skiing
28 Winter Tree ID Annual Volunteer Meeting	29	30	31 Full Moon Hike Locking Through and Low Head Dams Seminar Winter Camping Introduction Classroom Session			

# FEBRUARY 2018



indicates multi-day outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Urban Fitness Hike	2 Groundhog Day Hike	3 Beginner Cross Country Skiing The Legacy of Henry Clay Frick Hike Saturday Hike in the Woods
4 Game Day Hike				8 Virtual Senior Academy Presentation	9 Glow Stick Hike	10 Outdoor Leadership Training Winter Camping Introduction
11 Women's Only Beginner Cross Country Skiing Zelie Brew Tasting Hike				15 Stargazing Hike Float Plans and Congested Waterways Workshop Urban Fitness Hike		17 Intermediate Cross Country Skiing Cocoa & Cookie Adventure Indoor Adaptive Kayaking Introduction
18 Beginner Snowshoeing South Park Sweets Hike	19 Presidents' Day Hike	20 Volunteer Orientation		22 Virtual Senior Academy Presentation		24 Saturday Hike and Lunch Intro to Kayaking
25 Destination Cross Country Skiing Millvale Beer Tasting Walk			28 North Side Evening Stroll			

# MARCH 2018



indicates multi-day outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Urban Fitness Hike	2	3 Rachel Carson Trail Quest Winter Wine Tasting Hike
4	5	6	7	8 Virtual Senior Academy Presentation	9	10 Rachel Carson Trail Quest Women of Pittsburgh Walk
11 Women in Nature (WIN) Hike Zeli Brew Tasting Hike Raccoon Creek Hike	12	13	14	15 Urban Fitness Hike	16	17 Rachel Carson Trail Quest Irish Perk-Up Hike Pot O' Gold Geocaching Indoor Adaptive Kayaking Introduction
18 Bear Run Nature Reserve Hike and Fallingwater Tour Intro to Kayaking	19	20 Paddler's Guide to Safety Vernal Equinox Hike	21	22 Virtual Senior Academy Presentation	23	24 European Nymphing for Trout Rachel Carson Trail Quest About Boating Safely A Stroll through History: Air Quality and Industry
25 Sunday Afternoon Stroll Downtown History Hike and Fort Pitt Museum Tour	26	27 High-Energy Hike Volunteer Orientation	28	29	30	31 Spring Seasonal Beer Tasting Hike Tyke Hike - Bunny Hunt Easter Egg Geocaching Urban Bike Tour



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