



Physical Activity Level Most activities will take place outside and may involve a wide range of physical activity including bending, standing, carrying light weights (pack), arm movement (skiing), and walking (all classes) distances of up to 2 km through wooded areas. If you have any questions, please contact us at bownovascotia@gmail.com

Accommodations The Gaelic College rooms are residence-style that can accommodate 2-3 people per room. Rooms are heated. Mattresses and linens are provided but participants must bring their own towels and personal items. Washrooms & shower facilities are located within the building.

Clothing Bring layers, wind-water resistant outer layers, or wind breaker jackets with fleece inner layer, warm winter boots, waterproof mitts, hats, and base layers, extra warm socks.

Animals in Winter

Join wildlife professionals for a winter outing focused on wildlife. What can you find? Where? How do you stay warm, safe and comfortable while discovering wildlife? Are you ready to track animals at the easiest time of year? We will discuss and practice ideas outside for most of the class. Please dress in layers and bring a keen sense of curiosity.

Ice Fishing

Yes, you can go fishing in the winter! Learn some tips that will provide a rewarding and enjoyable experience. Did you know that choosing the right site can mean more fish on your hook? We'll show you all the gear, from ice augers to the small lures, how to set up a home away from home on the ice, a secret jigging technique, and how to be safe and warm on the ice. Wear layers including base layer, wind-water resistant outer layer, warm winter boots and hat/toque. Waterproof pants and gloves, ice grippers or ice cleats if you have them, if not, they will be supplied. We'll travel to a local fishing hole to catch some fish. Transportation will be provided.

Bursaries Limited funds are available for partial bursaries. Preference will be given to Nova Scotians who are first-time participants, full-time students, single parents, and low-income households. Bursary application deadline is January 9, 2023. Applications are online at www.bownovascotia.com

Alcohol/Smoking Policy Participants may bring alcoholic beverages with them, however responsible consumption is expected and restricted to the residence rooms, not to be consumed in public areas at the College, including outdoor areas. There is a *No Smoking* policy within buildings. Smoking is permitted in outside areas only.

Registration on Eventbrite goes live on January 14, 2023 at 9:00 am. Sign up early to get your first choices.

Cross Country Skiing

Basic instruction in cross country skiing, such as technique, equipment and waxing will be provided. This will be accomplished through a mix of brief indoor time and mostly time in the snow. It is a great way to experience and enjoy a Nova Scotia winter. Ski equipment will be provided for those who need. Bring your own equipment if you have it. We will need to know your height and boot size on your registration form.

Fat Bikes

A fat bike is an off-road bicycle with oversized tires, typically 3.8 to 5 inches, designed for any rough or soft terrain, typically used for riding on compacted snow in winter but can be used year round. You can't help but smile when you try a fat bike, join us to learn some of the riding skills that are particular to the fat bike as well as some basic maintenance and bike-handling for climbing, descending, and braking. Wear layers including wind-water resistant over pants, warm winter boots, ski gloves, a light toque for under the helmet (we will provide helmets). Bikes will be provided. We will need to know your height for sizing purposes.

Winter Photography

Join an experienced nature photographer and learn the trade secrets and the factors essential to create great nature photos. This is a hands-on class, bring your camera, spare fresh batteries and a tripod if you have one to practice your new knowledge. We will be going outside, so dress for the weather.

Snow Forts

Have you ever spent hours creating a snow fort that you are proud of? Perhaps it's been a few years since you've built a snow fort, but why should kids have all the fun? Come out and learn all about snow shelters from "A" to quinzhee. You will learn about different types of snow shelters based on snow conditions, the environment and time available to build. Learn tips and techniques for building safe snow shelters whether in an emergency survival situation or for fun. We will work together to build demonstration shelters. Please dress in layers and be ready to be fully engaged. Bring extra set of mitts/gloves and a small snow shovel if you have one.

Snowmobiling

Learn the basic needs for using a snow machine - rules of the trail, choosing the proper sled for your needs, clothing, riding techniques, basic mechanics and emergency tips to keep you from being stranded. Participants will drive snowmobiles on an established course.

Snow Shoeing

Snowshoes have served as a means of transportation for hundreds of years in our northern climate. From the traditional wooden snowshoes to the more modern versions, snowshoes allow us to explore our winter wonderland unhindered. Learn the history of the snowshoe, explore the variety of models available, and be prepared to try them out. You can bring your own snow shoes if you have them, if not they will be provided. It's the best way to enjoy wintery weather!

Trapping and Snaring

What is involved in running a snare and trap line? You will be making snares and learning special techniques that will put more rabbits in your stew pot. An overview of trapping and snaring ethics will form part of this experience as well as a skinning demonstration. Wear layers including wind-water resistant outer layer, warm winter boots, gloves/mitts.

Wilderness Survival

We know getting lost could happen, but if you were in such a situation would you survive? What you will learn in this class may make the difference. Learn how to cope in a survival situation using materials on hand. Learn how to minimize heat loss, maximize heat or vice versa depending on the season and be found if you do get lost.

Winter Camping

Winter camping gear and equipment choices are the basis for this informative course. Learn how to select and use clothing, tents, sleeping bags and stoves for below freezing camp-outs. Other topics include trip planning, safety considerations, and handy hints for collecting/storing water, food preparation, and travel methods in the cold weather. Those who wish, can camp out overnight Saturday. If camping out overnight, bring warm clothes for sleeping in and extra blanket(s), sleeping bags/tents will be provided but if you have a winter sleeping bag or mattress pad of your own, we encourage you to bring these along. A warm toque/balaclava and neck warmer are recommended.

Winter Day Outings

Setting out for a winter day outing in Nova Scotia's natural places presents some unique challenges and opportunities. Explore several specific topics related to day tripping in winter. Some basic skills and knowledge relating to things like navigation, winter survival, trip planning, safety, food, etc. will be examined, as well as some "value added" tidbits like flora and fauna identification and winter bird calling. A fun and informative, hands-on session, outside in the fresh air.

By registering for a BOW Workshop, the applicant recognizes that the program involves some risk and takes responsibility for all action or injury that may result by participating