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NATIONAL TRAILS COALITION

NTC WEEKLY NEWSLETTER



# Winter in Saskatchewan

Saskatchewan winters have been getting a bad rap forever. Yes, they are usually bone chilling cold but they are filled with outdoor possibilities. The hearty folks who live in Saskatchewan can't figure out what everyone is whining about and they have developed an active winter life style that others find astounding. Everyone is welcome to get out there and enjoy this winter wonderland and participate in the fun. We all know it is imperative to maintain an active lifestyle all year round so winter weather is no excuse to hibernate. There are hundreds of kilometres of trails that are prime for cross country skiing, snowshoeing,

horseback riding, hiking, dog sledding, tobogganing, sleighing, ATV and snowmobile riding and trails that lead to great locations for ice fishing and skating. If you are used to the "mamby pampy" cold then what a surprise Saskatchewan will be. In the extreme cold make sure as much flesh is covered as possible. Use lots of layers to keep warm and always have your head, ears and fingers covered. Sun glasses or snow goggles are a good idea too for all ages. No matter what the outdoor activity doing a little warm up is encouraged. This gets your mind and your muscles ready for activity. Make sure to

stretch your major muscle groups and start off slowly until your heart and lungs get warmed up. Make sure you leave the trails the same way you found them. Clean up after yourself and your pets. The most important piece of information is to take in the gorgeous scenery and enjoy!



# Project Profile

## City of Moose Jaw

Journalist and author Robert Moon once wrote—“Moose Jaw is one of the liveliest cities anywhere-and always goes all out.” This city is growing and changing in leaps and bounds. This growth also applies to the many kilometres of trail that weave their way through this city. As the city spreads and improves so does the well utilized trail system. The City of Moose Jaw has been actively working on trails for around 28 years and when Canada’s Economic Action Plan announced money for trail creation and improvements through the National Trails Coalition the City of Moose Jaw brought a great project to the table.

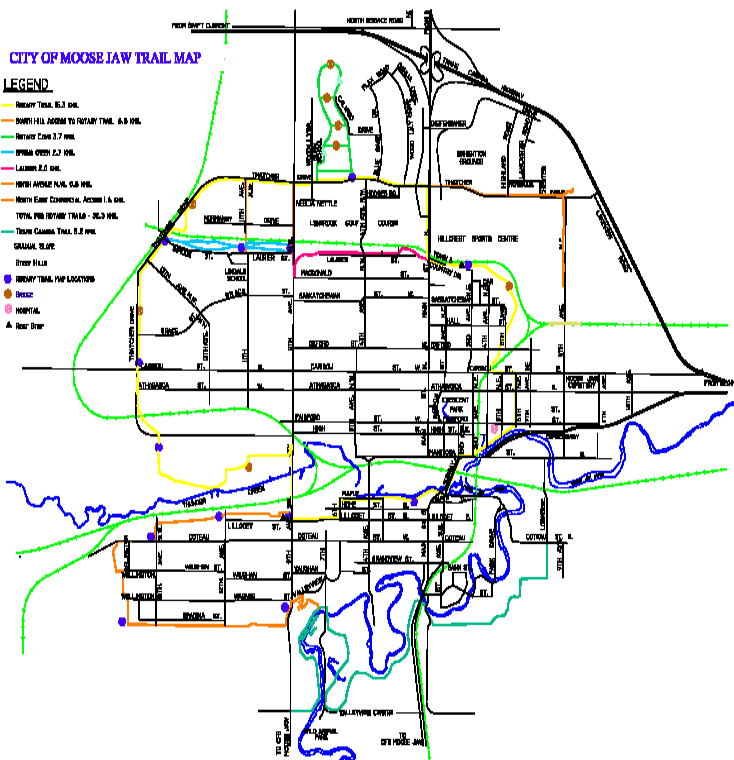
The city’s Parks and Recreation Department works tirelessly to create and improve the outdoor experience all year round for trail users. The over 50 kilometres of recreational trails are used by walkers, joggers, hikers, cross country skiers, snowshoers and more. The trail system encompasses all different kinds of terrain including untouched prairie landscape. Special attention is paid to environmentally sensitive areas surrounding the trails. Everyone makes sure that they will be conserved, respected and enjoyed.



Some of the enhancements that have been made to the trails over the years are: better trail surfaces, increased accessibility for users with special needs, additional rest stops, garbage receptacles, trail maps and lighting.

The city of Moose Jaw parks and recreation department with the partnership of the National Trails Coalition completed recapping of approximately 1 km of trail in the NW section of the city. The addition of park benches were also added along the Spring Creek Trails. By maintaining, improving and adding to the trail system, the

city of Moose Jaw is ensuring that everyone will be able to enjoy a great outdoor experience in their community all year round. The improvements will provide safe and accessible recreation opportunities for people of all ages and activity levels. Funding in future years will be used for asphalt rehabilitation of existing paved trails which may include: removing and re-building sections of trails using proper base materials and new asphalt. The Parks and Recreation Department started this process in the last few years and has had success with this rehabilitation process. “A large number of Moose Jaws citizens enjoy the trail system and I believe it is a great way to get out and stay active. With the help of the NTC the city of Moose Jaw was able to double there 2009 budget and complete some large sections of trail rehabilitation,” says project Manager Bob Craig.



For more information on the City of Moose Jaw please go to [www.moosejaw.ca](http://www.moosejaw.ca)

For more information on the National Trails Coalition please go to [www.ntc-canada.ca](http://www.ntc-canada.ca)

