

SNOWSHOES

ALL ABOUT SNOWSHOES

When the snow is deep, there's nothing like a pair of snowshoes to help you explore the outdoors.



For thousands of years, people have been strapping wood, leather, and other materials to their feet so that they can walk in deep snow. Today, many snowshoes are built of modern material like plastic. No matter what they're made of, all snowshoes work the same way: **they spread your weight across a larger area so that more of that soft, fluffy snow is holding you up with every step.**



ANIMAL SNOWSHOES

Many kinds of animals have natural "snowshoes" that help them get around in deep snow.

Maybe the most famous example is a creature that has the word "snowshoe" in its name. Can you guess which one? That's right—the **snowshoe hare** gets its name from its big, fluffy hindfeet. This mammal stays active all winter, hopping about and eating buds and twigs.

Another example is the **ruffed grouse**. This bird grows little projections on its feet, called pectinations, which help it stand on ice and snow.



Reunite the matching hat and mittens!



SNOWSHOEING AT MASS AUDUBON

So long as there's snow (fingers crossed!), there's plenty to do at Mass Audubon for snowshoe fans. Depending on the sanctuary, you may be able to hit the trails with your own snowshoes, rent a pair, or take a guided hike.

massaudubon.org/snowshoe

ready,
set,
Go Outside!

There's more online!

www.massaudubon.org/go

Answer on next page.