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## **FOR IMMEDIATE RELEASE**

### **Snowshoe the Neponset River in Mattapan on February 18th**

*Free snowshoes to borrow for February Break fun!*

**BOSTON, MA – February 8, 2010** – Snowshoeing is a fun way to get outdoors and be active during the wintertime, and it can be done even in the middle of the city! Boston Natural Areas Network will host an introductory snowshoe program on Thursday, February 18, 2010 at 1:00 p.m. along the Neponset River in Mattapan. This program is ideal for families and youngsters who would like to try out this fun activity during their February school vacation. Free snowshoes are available to borrow, in both adult and youth sizes. Call to reserve a pair! The teens of Vigorous Youth of Mattapan Food & Fitness Coalition are also collaborators in this winter fitness program.

The riverside trail behind Ryan Playground will provide a beautiful backdrop for our walk. Comfortable warm clothing and boots are recommended. Even without snow, we'll enjoy a winter wildlife walk. The group will meet at the parking area of DCR's Ryan Playground, which is on River Street between Mattapan Square and Lower Mills Dorchester, just a 5-minute walk from Mattapan Square. **Reservations are required to borrow equipment; contact BNAN at 617-542-7696 or [info@bostonnatural.org](mailto:info@bostonnatural.org).** Snowshoes generously provided by Weston Ski Track.

Boston Natural Areas Network is a non-profit organization dedicated to bringing together local residents, partner organizations, public officials and foundations to preserve, expand, and enhance urban open space, including community gardens, greenways, and urban wilds. For more information about the organization, becoming a member or the calendar of events, visit [www.bostonnatural.org](http://www.bostonnatural.org) or call 617-542-7696.

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