

Houghton County Community Winter Activity Guide

Downhill/Snowboard Ski Areas

Mount Ripley – Houghton
Mount Bohemia – Lac Labelle

Cross Country Ski Areas

Michigan Tech Trails - Houghton
Swedetown - Calumet
Maasto Hiihto - Hancock
Chassell Trails
McLain State Park

Tubing/Sledding

Swedetown – Calumet
Covington

Ice Rinks

George Gipp – Laurium
Calumet Coliseum – Calumet
Houghton County Arena – Hancock
MTU SDC – Houghton
Dee Stadium – Houghton
South Range

Outdoor Rinks

Oscar Bay
Hurontown
Loren Grove - Hancock

Snowshoeing

Michigan Tech Trails – Houghton
Swedetown – Calumet
Maasto Hitto - Hancock
Wherever there is public land!

Indoor Walking Areas

Copper Country Mall – 10am-9pm M-F, 10am-8pm Sat, 12pm-5pm Sun
Michigan Tech SDC

Indoor fitness areas

Portage Health Fitness Connection
Keweenaw Memorial Fitness Center
Michigan Tech University SDC

Local Active/Sporting events for winter 2008

January

- 7 Portage Mall Walking program begins
- 16 Lake Effect League – Swedetown Trails (free snowshoe rental and cross country skies)
- 19 Lumijuoksu: “Snow Run” - Hancock
- 19 Keweenaw Land Trust TalviTohinat – MTU Trails
- 20 Copper Island Classic – Chassell Classic Trails
- 23 Lake Effect League – MTU Trails
- 30 Lake Effect League – Swedetown

February

- 3 Winter Carnival begins at MTU
- 6 Lake Effect League – MTU Trails
- 9 Ski for the Heart of the Community - Swedetown
- 13 Lake Effect League – Swedetown
- 20 Lake Effect League – MTU Trails
- 27 Lake Effect League – Swedetown

March

- 8 Junior Bear Chase – MTU Trails
- 9 Great Bear Chase - Swedetown

Tuesday Town Relays – A fun series of weekly Nordic ski races Tuesday nights at MTU Trails. Every Tuesday from January 8 to February 26 at 6 p.m. Email majordomo@mtu.edu for more information.

Lake Effect League – A weekly snowshoe and cross country ski club for every fitness level. Free snowshoe and ski's are available. Meets every Wednesday and the MTU Trails or Swedetown. Email alucas@portagehealth.org for more information or call 483-1153.

Western UP District Health Department is pleased to announce:

Community Health Programs for Adults

Indoor Walking Programs

Finlandia University is opening their gym to adults of all ages. The indoor walking program will provide participants with an indoor setting for regular exercise, as well as the opportunity to meet new people. So grab a friend or two, come 'walk and talk'.

**Free Indoor Walking Program Begins:
Tuesday, October 30, 2007 at the
Paavo Nurmi Gymnasium
Tuesdays & Thursdays, from 7:45 am--9:15 am
18 Laps = 1 mile. Remember Your Walking Shoes**



Need a ride?

The City of Hancock Transit Bus will provide program participants a round trip 50% discount to the Paavo Nurmi Gym

**Call Rachelle Bachran
at 482-7382, Ext. 189
with any questions.**

Community Walking FREE to the Public
Michigan Tech University Student Development Center
This is not an organized event and not available during paid events. Available times would be weekdays between 8:00AM—10:00PM.
Bring your walking shoes.
Hockey Arena 6 laps = 1 mile
Temperatures are cool in the arena.
Contact the MTU Sports & Recreation Manager, Kevin Kalinec, at 487-2975 with any questions.

Sponsored by Western U. P. District Health Department in collaboration with:



Western Upper Peninsula District Health Department
and Superior Home Health & Hospice Division

We Care, You Count

FINLANDIA
UNIVERSITY
FOUNDED IN 1896

