

Getting outside in winter

Exposure to nature carries benefits to our mental and physical health. Here's some ideas to make the most of our chilly Alberta winter- just be sure to bundle up and stay warm! Check out the [City of Edmonton](#) website for more!

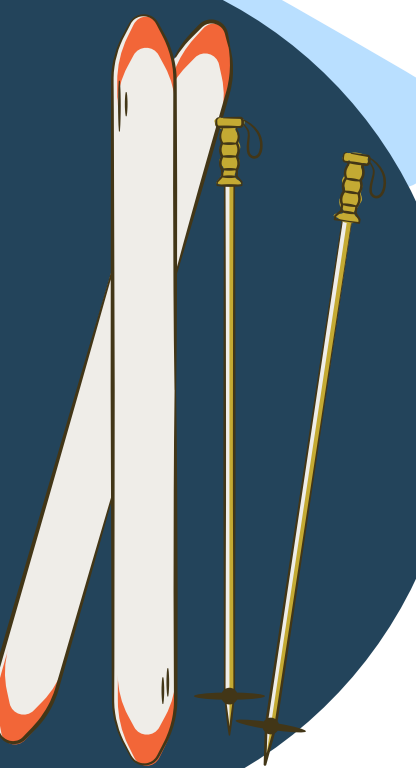
Take a stroll

Try using the [Discover YEG map](#) to find pedestrian routes, local trails, and parks near you! [Snowshoeing](#) can also be a great way to use snowy parks safely.



Hit the slopes

Make the most of the snow, and get on some skis! Check out [CADS Edmonton](#): an organization making snowsports more accessible, offering adaptive skiing/boarding programs each winter. Not into downhill? Find cross-country ski routes in Edmonton for all levels [here](#). The City of Edmonton also has programs to learn to cross-country ski!



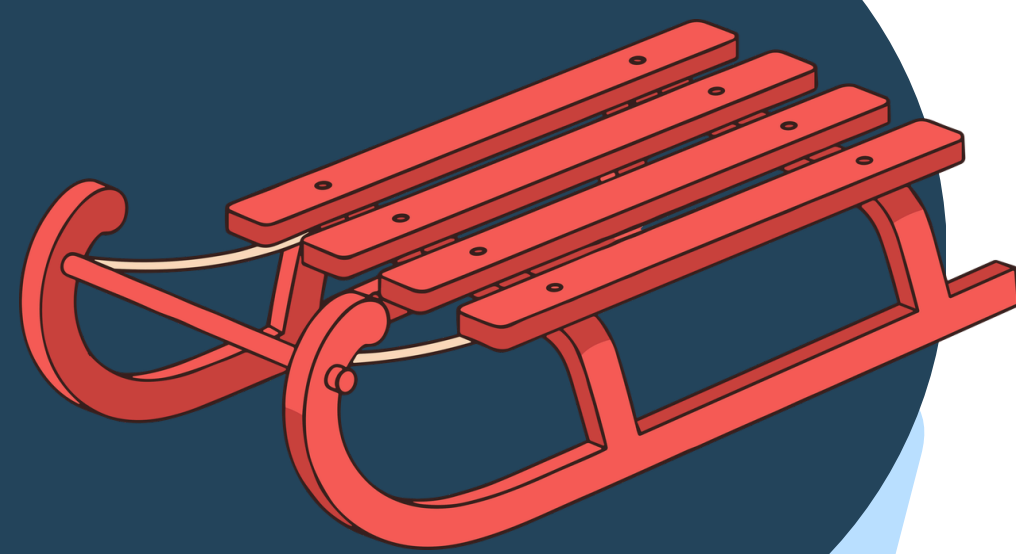
Go skating

[Find a public outdoor rink near you, and get on the ice \(or watch a hockey game from the sidelines\)! You can locate city rinks and check ice status \[here\]\(#\).](#)



Try tobogganning

Have fun and get active with tobogganning! Check out the [City of Edmonton site](#) and [this guide](#) to tobogganning in the city. Just don't forget your helmet!



Enjoy your own backyard

Winter in Edmonton is a great time for activities from birdwatching to snowman-building. You don't need to travel far to get fresh air and a meaningful exposure to nature- you can reap the benefits of the outdoors from your very own doorstep!

