

seven **days**



Rob Newell photo

STRAP ON A PAIR OF WINTER SHOES — Dave Howells (above) leads a special snowshoe demonstration night at Mount Seymour next Thursday (Dec. 16) evening for those wanting to learn more about the burgeoning winter sport. The complimentary (as in free) 30-minute session includes the use of Atlas snowshoes, a guide and a trail ticket. Pre-registration is required at dave@theyeti.ca