



LOWER TRENT
CONSERVATION

MEDIA RELEASE

Healthy Watersheds for Healthy Communities

FOR IMMEDIATE RELEASE

March 5, 2019

Lower Trent Conservation's *Farewell Frost Fest*

Technically speaking, spring is just around the corner, and like many, Lower Trent Conservation is ready to bid a fond farewell to the cold, blustery, wintry months. If you're tired of hibernating, or just looking for something fun to do with the kids on March Break that won't break the bank, Lower Trent Conservation invites you to join them for the ***Farewell Frost Fest!*** This inaugural event is happening March 13th from 10:00 AM to 2:00 PM at Goodrich-Loomis Conservation Area, just off Hwy 30, north of Brighton. It's the perfect opportunity to stave off those winter blues, connect with family and friends, and embrace the beauty of nature.

Farewell Frost Fest features fun activities for people of all ages and is open to the public **free of charge**. Discover how forest bathing, or *shinrin-yoku*, restores energy, promotes vitality, and freshens the senses as Lower Trent Conservation staff take you on a *Winter Forest Bath* guided hike. Test your snowshoeing skills on a self-guided snowshoe adventure – snowshoes will be provided. Enjoy wildlife stories by the bonfire – there will be marshmallows for roasting too! Check out interactive displays, nature crafts for kids, and warm-up with a FREE cup of soup and hot chocolate indoors at the Goodrich-Conservation Centre. These are just a few of the highlights Lower Trent Conservation will be serving-up to celebrate the tail end of winter 2019!

Lower Trent Conservation reminds those planning to attend to dress appropriately for weather conditions. For example, dress in layers and be sure to wear trustworthy winter attire such as coats, boots, hats, gloves/mitts, scarves and snow pants.

Farewell Frost Fest is hosted by Lower Trent Conservation under the organization's 'Connecting KIDS with NATURE' initiatives. While the event is completely free of charge, donations in support of their youth environmental education programming are welcome and appreciated.

Attached: Event poster with images.

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