

Alton Parks and Recreation Community Connection

Local, Guided Snowshoe Hikes

The Alton Parks and Recreation Department is sponsoring free Snowshoe Hikes this winter, weather permitting. All abilities are welcome. If you are new to snowshoeing, we will share tips for participating in this great sport. View wildlife tracks, experience the open sky, and surround yourself in silence. Bring snowshoes to this outdoor experience. For more information and/or to register contact parksrec@alton.nh.gov or 603-875-0109.

Sunshine Hike on Thursday, February 12 at 10:00a.m. at Cotton-Hurd Brook, located on Chestnut Cove Road. Enjoy a scenic snowshoe trek through the woods, including over a small foot bridge for approximately 60 minutes. Register by February 9. Off-road parking is available.

Full Moon Hike on Tuesday, March 3 at 7:00p.m. at Morse Preserve/Pine Mountain, located on Avery Hill Road, off Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 60-90 minutes- depending on trails chosen. The moon should be bright enough to light the way but an extra headlamp or flashlight is helpful for each person. Register by February 26. Off-road parking is available at the Mike Burke parking lot. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After .75 miles on Rand Hill Road, take a left onto Alton Mountain Road. After approximately 2 miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burk Trail System.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays, February 19, March 5, and March 19 from 6:30p.m.-7:15p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit the food pantry. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30p.m.-2:30p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Dungeons and Dragons

Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays at the Alton Bay Community Center from 6:00p.m.-8:00p.m. The program is free for ages 18+. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.