



**QUEST Bodies in Motion: The Biomechanics of Sports**  
 If you enjoyed viewing QUEST, Bodies in Motion: The Biomechanics of Sports you may want to participate in activities and events or look for further information about our surroundings in northern New England.

## Body Carnival – The Science and Fun of Being You

■ This exhibit is an exploration into the human body and what makes it tick. Visitors can crawl through an artery, the “Tunnel of Blood,” and see for themselves the effects of plaque formation that can occur inside blood vessels. While traveling through the “Dizzy Tunnel,” visitors of all ages can put their balancing skills to the test, and the reverberations of sound in your bones and muscles make learning fun at the “Feel Music” pad.

**When:** November 7, 2003 to February 29, 2004

**Time:** Daily, 10 a.m. – 5 p.m.

**Where:** Norwich, Vt.

**Admission:** Adults, \$7; youth 3 to 17, \$6; children under 3, free

*For more information contact:*

Montshire Museum of Science, One Montshire Road, Norwich, Vt. 05055  
 (802) 649-2200 / [www.montshire.org](http://www.montshire.org)

## Walk-On Adventures

■ Are you interested in trying out a new sport or just experiencing something new? L.L. Bean's Walk-On Adventures are one to two hour experiences in cross-country skiing, and snowshoeing in January and February. (Fly casting and kayaking are available on a seasonable basis.) All equipment is provided and minimum age of participants is eight.

**When:** Weekends in January and February and the week of February 16 – 20, 2004

**Time:** Snowshoeing: 9:30 a.m. – 12 p.m.; x-country skiing: 1 – 3:30 p.m.

**Where:** Freeport, Maine

**Admission:** Free

*For more information contact:*

L.L. Bean, Main Street, Freeport, Maine 04032  
 1-800-441-5713 / [www.outdoor.discovery@llbean.com](mailto:www.outdoor.discovery@llbean.com)



## Backcountry Ski and Snowboard Festival

■ Sponsored by the Appalachian Mountain Club (AMC), this three-day event promises to be fun for the whole family. Join backcountry ski guides, professional riders, AMC mountain instructors and guest lectures for exciting and educational activities. There will be ski and snowboard lessons, special programs and Skills & Winter Sports Safety Clinics that will feature nine programs covering everything from preventing cold weather injuries, to first aid and winter survival.

**When:** January 23 – 25, 2004

**Time:** Check festival Web site for complete schedule

**Where:** Bretton Woods, N.H.

**Admission:** For registration and rates, call the Highland Center

*For more information contact:*

The Highland Center, Route 302, Bretton Woods, N.H. 03581  
 (603) 466-2727 / [www.outdoors.org](http://www.outdoors.org)



## Swimming at Your Local YMCA

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■ Swimming is a great activity that tones your muscles and strengthens your heart. It's also a relaxing activity and a fun way for parents and kids to spend time together. Many YMCA's have "family" or "public" swims" built into their weekly schedules.

**When:** Ongoing

**Time:** Check your local YMCA's schedule

**Where:** YMCAs in Maine, New Hampshire and Vermont

**Admission:** Some YMCA's require membership or charge fees for public use of their pool.



To find a YMCA near you, visit:  
[www.YMCA.net](http://www.YMCA.net)

## Acadia National Park

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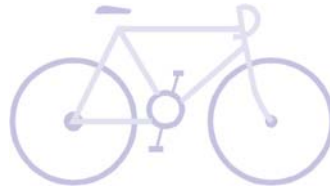
■ Acadia offers 120 miles of hiking trails, 45 miles of carriage roads suitable for biking, snowshoeing or cross-country skiing, and has two life guarded beaches for swimming. Canoes, kayaks and sailboats can be rented in surrounding communities. Contact the park for activity accessibility or updated snow conditions.

**When:** Year round

**Time:** Varies

**Where:** Bar Harbor, Maine

**Admission:** Most trails are free



For more information, contact:

Acadia National Park, Eagle Lake Road, Bar Harbor, Maine 04609  
(207)-288-2141 / [www.nps.gov/acad/home.htm](http://www.nps.gov/acad/home.htm)



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Maine Forest Products Council

