



P.O. Box 117 Yellowstone National Park, WY 82190 * 406-848-2400 * www.YellowstoneAssociation.org

Welcome to *Y Not Winter – A Beginner’s Experience in Yellowstone*. The following information will help you prepare for your upcoming program. Please read it carefully and do not hesitate to contact us at registrar@yellowstoneassociation.org or 406-848-2400 with any questions.

The Program

This three-day experience is designed for the first-time winter visitor. We’ll take extra care to prepare participants for daily explorations while providing easy and fun introductions to things like cross-country skiing, snowshoeing and winter wildlife watching. On the first morning we’ll depart for Lamar Valley on a 14-passenger minibus to observe wildlife along Yellowstone’s Northern Range. Your naturalist guide will share up-to-date information about Yellowstone’s wildlife ecology and geology along the way. The Institute will provide high powered spotting scopes and binoculars for group use. Upon return, you’ll enjoy lunch at the Mammoth Hot Springs Dining Room, followed by an introductory ski and snowshoe lesson and outing at the Mammoth Hot Springs Upper Terraces. On the second morning, we’ll board a snowcoach for a trip to the spectacular Grand Canyon of the Yellowstone River. We’ll ski and snowshoe along the rim and sightsee along the way. Each evening you will return to excellent meals, comfortable accommodations, and educational evening programs at the Mammoth Hot Springs Hotel.

Your naturalist guide will inform you of the departure time for the next day’s activities. The schedule for the week incorporates group activities and reserves free time for individual exploring, relaxing, and ice skating. All field activities will be conducted as a group, however, it is fine if you choose not to participate in a day’s activities—just let your instructor know your decision in advance.

How Fit Do You Need to Be?

This program is rated for easy snowshoe and ski trips, up to three miles per day with climbs up to 250 feet. Participants will have the choice of skiing or snowshoeing during outings. The wildlife watching tour is predominately a driving tour - no skiing or snowshoeing will occur that morning. The ski and snowshoe lesson includes a short outing to familiarize participants with the equipment and activity. The last day, spent at Canyon, involves the majority of the skiing and snowshoeing. Both snowshoeing and skiing are an aerobic activity—more so at 6000 to 8000 feet. If you have not already done so, it would be wise to commence a program of moderate aerobic exercise prior to the trip. For your safety and the safety of other participants, please take the time to answer the Confidential Health Information Questionnaire completely and accurately. If you have any questions or concerns regarding physical or medical conditions, please contact us.

What to Bring

Winter in Yellowstone can be cold and unpredictable; exploring the park safely and comfortably requires planning and preparation. Please study the attached clothing and equipment list carefully.

What’s Included

The *Y Not Winter* program includes an educational program by an Institute naturalist guide, in-park transportation, three nights of lodging, snowshoe and ski rentals, all breakfasts and lunches, one dinner, hot beverages and snacks on the road; as well as a gratuity for all prepaid meals and snowcoach driver. Any other gratuities, including gratuities for your naturalist guide and ski guide are discretionary. You will receive a Snowcard that entitles you to a 10 percent discount for dinners. Dinner reservations are required. We recommend that you make dinner reservations before your arrival to Yellowstone by calling 866-439-7375. The attached itinerary gives arrival times at our daily destinations.

Your enrollment also includes a one year subscription to our magazine *Yellowstone Quarterly*.

We look forward to sharing Yellowstone with you!

ITINERARY

The itinerary is designed to take advantage of the best opportunities in the park, but may be adjusted to adapt to weather conditions, animal movements, holidays and road construction.

Day 1	Welcome and Orientation
7:00 p.m.	<ul style="list-style-type: none"> • Orientation in Mammoth Conference Room. Introduction to Yellowstone, program preview, winter clothing and equipment review, and question and answer session
8:30 p.m.	<ul style="list-style-type: none"> • Optional evening program or free time on your own • Overnight in Mammoth Hot Springs
Day 2	Northern Range Wildlife Watching / Introductory Snowshoe or Ski Lesson
7:15 a.m.	<ul style="list-style-type: none"> • Meet at bus with day's gear (pack, water, and appropriate clothing) • Depart for Lamar Valley <ul style="list-style-type: none"> ○ Box breakfasts in the bus ○ Wildlife viewing, history and geology overview
12:00 p.m.	<ul style="list-style-type: none"> • Return to MHS • Lunch at MHS Dining Room (with coupon)
2:00 p.m.	<ul style="list-style-type: none"> • Meet at MHS Bear Den Ski Shop for introductory lesson on snowshoeing and cross-country skiing • Depart for Mammoth Hot Springs Upper Terrace snowshoe or ski trip
4:30 p.m.	<ul style="list-style-type: none"> • Return to MHS • Exchange equipment at MHS Bear Den Ski Shop if needed • Dinner on own (advance reservations required), Snowcard discount
Day 3	The Grand Canyon of the Yellowstone
6:30 a.m.	<ul style="list-style-type: none"> • MHS Dining room opens for breakfast • Breakfast on your own (with coupon)
7:15 a.m.	<ul style="list-style-type: none"> • Meet at bus with day's gear (skis or snowshoes, pack, water, and appropriate clothing) • Depart for the Grand Canyon of the Yellowstone <ul style="list-style-type: none"> ○ Interpretive Stop at Norris Hot Springs ○ Cross-country ski and snowshoe: North Rim of the Grand Canyon of the Yellowstone ○ Sightseeing on the South Rim of the Grand Canyon ○ Bag lunch on the trail
5:30 p.m.	<ul style="list-style-type: none"> • Return to Mammoth • Return skis, boots, and poles (before 5 p.m. at the MHS Bear Den Ski Shop)
7:00 p.m.	<ul style="list-style-type: none"> • Group Dinner at MHS Dining Room (with coupon)
8:30 p.m.	<ul style="list-style-type: none"> • Optional evening program or free time on your own • Overnight in Mammoth Hot Springs

CODE OF ETHICS

The Yellowstone Association Institute is committed to demonstrating a high standard of appropriate and ethical behavior in Yellowstone. As a participant in an Institute program, we ask you to adhere to the following Code of Ethics. In addition to the ethics highlighted below, the Institute abides by all National Park Service rules and regulations. We also practice Leave No Trace guidelines for traveling responsibly in the wilderness.

Observing Wildlife: We will do our best to have as little impact on wildlife as possible. Animals will be observed from a distance, using high powered spotting scopes to help keep our presence from affecting their behavior. Participants should not expect to get close-up photographs of wildlife. The Institute will adhere to National Park Service regulations by keeping a minimum distance of 25 yards from bison, elk, bighorn sheep, deer, moose, coyotes, nesting birds, and 100 yards from bears and wolves. We will not entice wildlife with food, animal calls, or any actions that change their behavior.

Leave What You Find: It is illegal to remove natural or cultural artifacts (plants, animals, bones, rocks, etc.) from the park. Institute instructors have permission from the National Park Service to manipulate plants, rocks, bones, etc. for educational purposes, and will return them to their natural positions and locations.

General Etiquette: Institute groups will be considerate of other visitors and respect the quality of their experience. Voices and vehicle sounds carry great distances and affect both wildlife and people—remaining silent or very quiet while watching wildlife lets the sounds of Yellowstone (including wolf howls) prevail.

Roads and Vehicles: Expect wildlife on the road, and drive at or below the posted park speed limits. When stopping to observe wildlife or other park features, the Institute will move vehicles entirely off the road. If there is no safe pullout available, we will drive to the next safe place and walk back to observe the wildlife. We will not stop in the middle of the road, and should a traffic jam develop as a result of our activities, we will cease the activity.

Properly Dispose of Waste: We will pack out all trash, leftover food, and litter. Your instructor will discuss techniques for properly disposing of human waste in the field.

Traveling Lightly: When hiking or walking in Yellowstone, we will use existing trails and boardwalks, and follow appropriate techniques when walking off-trail. Walking around muddy or wet places in the trail increases erosion and negatively affects the resource; proper equipment is essential to hiking ethically. Participants should come adequately prepared with the equipment listed for their course and should expect to walk through mud, snow, or puddles in the trail.

Thank you for helping us set a good example in Yellowstone!

WINTER CLOTHING/EQUIPMENT LIST

Weather in Yellowstone is unpredictable; you will need to prepare for greater temperature and weather extremes. The elevation in the park interior is 5000 to 7000 feet. If you are poorly prepared in winter conditions, “uncomfortable” can quickly become life threatening. Conditions could range from 20-30° F below zero to the 30’s above with calm or windy conditions. Heavy snows can occur daily. If you are adequately equipped with the right gear and clothing, you will have a more comfortable and enjoyable experience. If you have any questions about appropriate clothing or gear, please do not hesitate to contact the Institute at 406-848-2400.

Clothing

The layered use of synthetics and wool with protection from the wind is the goal of your clothing choices. Loose fitting layers allow you to maintain a comfortable and dry body by having flexibility in insulation as outside temperatures change and as your own body’s temperature and moisture output changes with different levels of exertion. It is strongly recommended that you not wear cotton clothing outdoors in the winter, especially next to your skin.

- **Insulating Underwear:** Capilene, silk, polypropylene, or similar. Should have ability to wick moisture away from the body. A light or medium weight is adequate.
- **Lightweight Insulating Layer:** A light 200-weight synthetic fleece shirt or wool garment is a good choice.
- **Heavyweight Insulating Layer:** Fabric can be wool, down, heavy-weight fleece, or other synthetic fabric. A heavy winter coat with a water resistant shell will suffice for less active activities.
- **Wind/Rain Jacket and Pants:** A layer that breaks the wind yet breathes is important. Gore-Tex shells do both, but are expensive. Coated nylon blocks wind and rain and is economical, but doesn’t release sweat. If your rain jacket does not breathe, you might consider a separate wind jacket. A jacket with a hood is a plus. Wind pants should be wind/water resistant and loose fitting.
- **Shirts:** Synthetic shirts are ideal, because they wick moisture away from the body.
- **Pants:** Wool or fleece pants or tights are recommended. The fleece variety in a 200-weight are excellent. Wool army surplus pants are okay, too. The tight-fitting ski pants used for track or skate skiing are typically inadequate.
- **Hat:** Insulated hat that covers your ears.
- **Gloves:** Lightweight glove liners, and a pair of heavy wool or fleece gloves or mittens. A water and windproof outer layer is recommended.
- **Neck Warmer/Gaiter:** Synthetic or wool is best.
- **Socks:** A lightweight liner with heavyweight synthetic or wool socks are best, however, if you have a system that works for you, bring that.
- **Gaiters:** Knee-high length is recommended to keep the snow out of your boots and to keep your pants dry.
- **Insulated Boots:** Boots should have a water repellent layer outside, thick insulation inside, and be large enough to fit over thick socks. Tight boots are the surest way to get painfully cold feet. General hiking boots will not provide adequate insulation.
- **Off-duty Shoes:** Sandals, athletic shoes, or other leisure footwear.

Equipment

Your instructor will be carrying a first aid kit, bear spray (if needed), and emergency communication device.

- **Daypack:** In addition to extra clothes, you’ll be carrying water, lunch, a camera, binoculars, field guides, and other items during excursions away from the vehicle. Make sure your daypack is large enough to accommodate these items.
- **Water Bottle (reusable):** Staying hydrated is very important. One quart/liter is the minimum recommended. Camelback or similar hydration systems work as well. We will provide one complementary YAI thermos at orientation, but we encourage you to bring one reusable bottle of your own, as well. To reduce our impact, we do NOT provide disposable water bottles.
- **Sunglasses/Goggles:** Glare can be debilitating and damaging.
- **Sunscreen/Lip Protector**
- **Camera, Binoculars:** If you have them, bring them. If you have a digital camera, you may be able to take close photos of surprising quality through the Institute spotting scopes.
- **Personal First Aid Kit:** Please bring any personal medications you require.
- **Alarm Clock:** Make sure you’re ready for early mornings! Not all hotel rooms/cabins have alarm clocks.
- **Pocket Hand/Foot Warmers:** These can help with comfort, but do not rely on them for safety.

OPTIONAL READING LIST

No prior reading is required, but you might want something to occupy your flight or car ride. Whether your passion is history, geology, wildlife, or ecology, there's something for everyone. Most publications are available from the Yellowstone Association's online store at www.YellowstoneAssociation.org or by calling 406-848-2400.

Yellowstone Association members receive a 15 percent discount and all proceeds go directly back into the park for education and research.

- Henry, J. 1998. *Yellowstone Winter Guide*. Roberts Rinehart Publishers, Boulder, CO. 104 pp.
- Schullery, P. 1995. *Yellowstone's Ski Pioneers: Peril and Heroism on the Winter Trail*. High Plains Publishing Co., Worland, WY. 163 pp.
- Schullery, P. 1999. *Searching for Yellowstone: Ecology and Wonder in the Last Wilderness*. Houghton Mifflin Co., NY, NY. 338 pp.
- Smith, R.B. and Siegel, L.J. 2000. *Windows into the Earth: The Geologic Story of Yellowstone and Grand Teton National Parks*. Oxford University Press. 242 pp.
- Smith, D. and Ferguson, G. *Decade of the Wolf 2005*, Lyons Press, NY 212 pp.

TRAVEL INFORMATION

Leave all of the driving to us! If you're flying into the Bozeman, MT airport an inexpensive shuttle to the Mammoth Hot Springs Hotel is available. Call Yellowstone Park Lodging at 307-344-7311 or toll free 866-439-7375 for schedule and pricing.



In winter, the only park entrance open to wheeled-vehicles is the North Entrance at Gardiner, Montana. All other park entrances are accessible only by snowcoach or snowmobile. Plan on extra driving time in the park. The speed limit is 45 mph or lower. There may also be construction delays. Visit www.nps.gov/yell/planyourvisit/hours.htm, call the NPS at 307-344-2107, or check in at a visitor center for up-to-date travel information.