

**FOR IMMEDIATE RELEASE:**

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**SKILLED ST. CHARLES COUNTY PARK RANGER TO TEACH HANDS-ON BACKPACKING CLASSES**



**ST. CHARLES COUNTY, MO** – With more than 4,000 miles of trail under her feet, including the well-known Pacific Crest and Florida trails, St. Charles County Park Ranger Abigail Chambers (photo) is more than qualified to teach hiking and backpacking skills. And she'll do just that at the Parks Department's exciting "Polar Backpacking Series." Even if you missed session #1, there's still plenty to learn in the final outdoor adventures on February 8 and March 14 – 15.

"I've hiked some of the most extreme trails in the country and traveled through the mountains, swamps, deserts, forests and on ice, to name a few," says Chambers.

"These unique experiences allow me to share the worldly sport of backpacking with others who also have a deep passion for nature and the environment around us."

These hiking trips through County Parks provide participants 12 and older the skills needed to tackle any winter backpacking excursion. The series includes extensive hikes through two of St. Charles County's largest parks as well as an overnight campout. Check out the details below and register now for Sessions #2 and #3!

- **Session #2: 11 a.m. - 2 p.m., Saturday, Feb. 8**  
**Matson Hill, 670 Matson Hill Road, Defiance**

Before heading out on a 6-mile hike through the rugged, heavily forested 475-acre park known for its intense hiking and biking trails, Ranger Chambers will go over hiking gear essentials for winter backpacking. Bring backpacking equipment to this session! Cost is \$5 per person and pre-registration is required.

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## Polar Backpacking Series, p. 2

- **Session #3: 11 a.m., Saturday, March 14 through 11 a.m., Sunday, March 15**  
**Indian Camp Creek Park, 2679 Dietrich Road, Foristell**  
Backpack 10 miles through St. Charles County's largest park – 603 acres! Participants will spend the night to experience a winter campout. Bring backpacking equipment; participants will not be able to attend this session unless they've attended one of the other sessions. Cost is \$10 per person and pre-registration is required.

For questions or to register, call the Parks Department at 636-949-7535 or visit <http://bit.ly/2020PolarBackpacking>.

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### **About St. Charles County Parks & Recreation**

The St. Charles County Parks & Recreation Department was created in 1997 after voters approved a local use tax with the sole purpose of park land acquisition, development, operations and maintenance. The department's mission is to preserve natural and historic features in areas throughout the county for the use of future generations. Today, the department operates 16 parks and consists of 3,645 acres of acquired park land. From historic homesteads to a youth skate park; from camping, hiking, biking, and fishing to weddings and educational classrooms, there's something for everyone in St. Charles County Parks.

For more information and specifics about each park, amenities, trails, and more, visit [stccparks.org](http://stccparks.org).