NORTH CASCADES
NALT PARK

See MethowTrails.com or winthrop.com for winter rec maps for skiing, skate skiing and fat bikes. Ice skating, hockey and snowshoe softball north of Twisn.

Twisp joins the adventure and freedom of the lower valley's unbrideled expanse with the excitement and energy of the upper valley's organized high tech fun

MAZAMA

Highway 20 closed

in winter

# TUSP III TER HEART OF THE METHOW VALLEY

Washington Pass Overlook 5500'

## twisp winter rec

Many roads are closed in winter due to snow. great quiet places for a ski, snow show, walk or snow machine adventure. Sledding, tubbing, bonfires and ice fishing.

CHECK FS.USDA.GOV for current travel map.

## snowmachines

The Methow Valley has access to about half of the county's 1369 miles of groomed snowmobile trails. Call Methow Valley Ranger District (509) 997-2131 for where the best snowmobile riding in the valley is happening.

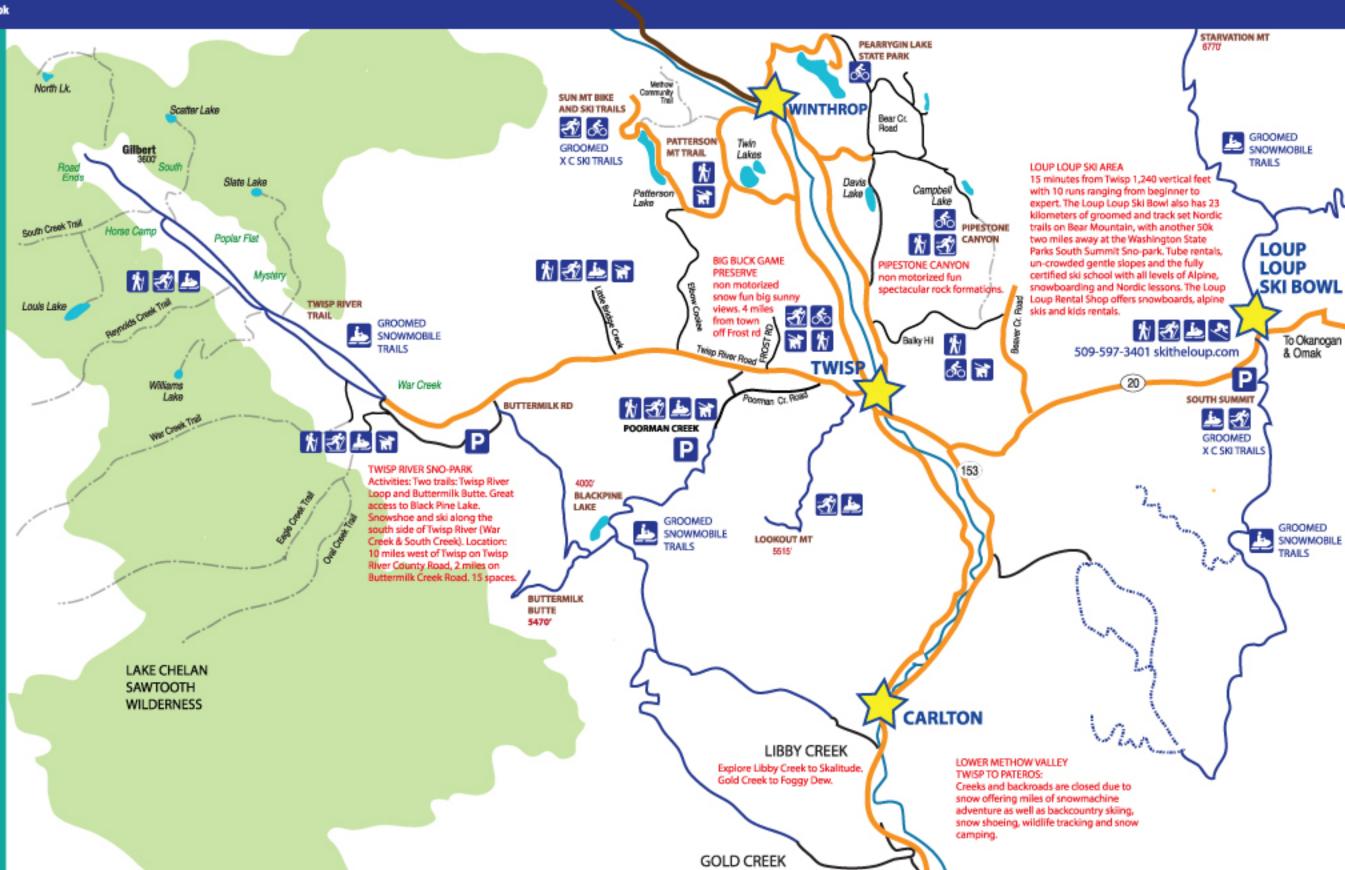
Up-to-date information on snowmobile conditions, maps and county roads open for snowmobiling is available from the Okanogan County Dept. of Public Works at 509 422-7324.

mvsnowmobile.blogspot.com/ 509-996-4348

### ski events

Ski Rodeo Jan 31
Try Biathlon Jan 2
Nature Snowshoe Tours Jan 3 - 2/21
Winter Trails Day Jan 9 - 11
Race of the Methow Jan 17 - 18
Backyard Ski Day Jan 23
Nordic Festival SKI! RUN! BIKE! Jan 23 - 25
Ski Derby Feb 7
Try Biathlon Feb14
Women's Ski & Yoga Feb 27 - Mar 1
Backyard Ski Day Mar 7





## **2014 WINTER EVENTS**

THE MERC PLAYHOUSE 101 S GLOVER ST 997 7529 2014-2015 Season!

WINTER WONDER Stories and Dance for the Season December 5 - 13, 2014

MERC CHILDREN'S THEATER Shakespeare's comedy, As You Like It March 6-15, 2015

METHOW VALLEY COMMUNITY CENTER 997 2926 Saturday, December 6 MV CHRISTMAS BAZAAR

December 16,17 CASCADIA HOLIDAY CONCERT cascadiamusic.org 997-0222

LOCAL 98856 997-0978 HOLIDAY BAZAAR Dec 6-24

SPARTAN ART PROJECT December 12 at 7pm

Act I: Short films about the Carlton Complex Wildfires
Act II: Vanessa Moss playing J.S.Bach's
Chaccone in D minor for solo violin.
Cellist Brian Coyne Ravel's Sonata
for Violin and Cello.

METHOW ARTS 997-4004 Kinsey Sicks – America's Favorite Dragapella" Beautyshop Quartet Fri, Dec 12, 7pm, 2014 The Duhks Fri, Feb 6, 7pm, 2015

CONFLUENCE GALLERY AND ART CENTER 997 2787 Holiday Show: Snow and Indigo Nov 15-Jan 3, 2014-2015

GLOVER ST MARKET Wine tasting every SAT 2-6pm

METHOW MADE PRODUCT TASTING
DECEMBER 6 SATURDAY 2-6 PM AT
Glover Street Market
DECEMBER 13 SATURDAY AT 1-4 PM
Hank's Harvest Foods
DECEMBER 20 SATURDAY AT 2-6 PM
Glover Street Market

AREA CODE 509 TWISP INFO 509 997 2020



## **RELAX AND RESTORE**

#### THE STUDIO

thestudiomethow.com 997-0211 997-3090 vinyassa yoga, zumba, pilates, ishhin-ryu karate, post natal yogo, oriental and tribal belly dancing, YOGALUSH 997-0560

#### LFW DANCE STUDIOS

Methow Valley Community Center Ifwdancestudios.com 996-2544

#### PASAYTEN TAEKWONDO

Methow Valley Community Center
Dr. Love 997-7062
Jody Love Drop in classes in taekwando
YOGA Lois Caswell M and W from 9:15-10:30 am
YOGA Maureen 5:30 to 7:15 pm on Tuesdays

BE LIGHT gentle yoga at Confluence Gallery Susie Kowalsczk 997-4412 Sun am Mon pm Tues am

METHOW VALLEY PHYSICAL THERAPY 997-4851
TERI GABLE MASSAGE 341-4463
CIRCLE M MASSAGE 341-4215
METHOW VALLEY CHIROPRATIC CLINIC 997-7062
Institute-Structural Medicine 997-2344
METHOW VALLEY FAMILY PRACTICE 997-2011
SAWTOOTH DENTAL 997-7533

214 N Glover St. northgloverhealing.com Elaine Marquez, LMP 996-3960 Tracy Bocarde Sprauer, LMP 341-4568 Alison Childers-Darwood, LMP 341-4468 Michael Pritchard, LMP 996-3960 Elizabeth Singleton, LMP 341-4831 Blue Bradley, CNM, ARNP 341-4256 Chaya Kudla, LAc, NTP 997-2488 Robin Baire 997-5053 Christine Schlotzhauer 429-3155

#### SALONS

TRIMLINE SALON 866 949-5558 SAGE BRUSH 997-3030 PATS SALON 997-0500 3RD AVE SALON 997-2046 TWISP GYM
114 N. Glover St.
Kids and adults fitness
and gymnastics
Coach: Jeff Monahan
449-0452
jeff@twispgym.com



2014 TWISP WINTER MAP©TWISP RIVER SUITES

30. METHOW POWER SPORTS 429-7855