

Get the latest developments on health and well-being all in one place. [discover more >](#)

GetInsideHealth
Philips' exclusive guide to Health and Well-being

www.getinsidehealth.com

[Feedback - Ads by Google](#)



Fav
Bio

Fun activity classes with REI

September 26, 5:43 PM • DC Recreation Examiner • Tania Leach

Comment Print Email RSS Subscribe

Previous

Having spent many hours (perhaps even days!) in my life browsing the aisles of REI stores, I know how easy it is to get lost imagining all the fun activities one could get involved in.

Well to make the transition to new sports easier, [REI's stores offer various levels of classes](#) for different activities (through their REI Outdoor School), and from my experience they could not have been better organized. On Saturday a friend and I took the Map Orientation class (one of their 'outing' classes), and we had a great time!

Not knowing much about this other than how to read a road map (quite well if I do say so myself!) and some vague memories of geography lessons in school, I pretty much knew nothing. We were taught how to use a compass properly and how to use the compass with the map to navigate from A to B through the beautiful woods of Virginia's Fountainhead Park. After a day out in the park I really felt that I had the hang of it, all due to the great instructor. He was very patient and informative, but also created a fun learning environment for his collection of often-confused students!

So if you've ever have a desire to get out and learn a new activity, try giving one of these a shot (check your [local stores](#) for specifics):

- Climbing
- Road cycling
- Mountain biking
- Kayaking
- Hiking
- Camping skills
- Backcountry cooking
- Navigation
- Photography

For more info: Check out foogli.com where you can find more fun activities of all prices.

More About: [Kayaking](#) · [Biking](#) · [Outdoor](#) · [Active](#) · [hiking](#) · [Camping](#)



Stock.exchng: iprole

YOUR AD HERE

It helped me.
SAW VI
IN THEATERS
OCTOBER 23
WATCH THE TRAILER

0:00 Ads by Google

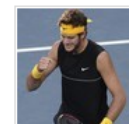
Recent Articles

Juan Martin Del Potro and Roger Federer post final interviews



Monday, September 14, 2009
Roger Federer Presenter: You're the runner up now, you were beaten by a terrific player tonight. Roger: Yes, I would like to congratulate him on ...

Juan Martin Del Potro beats Roger Federer to win 2009 US Open, part 1



Monday, September 14, 2009
First Set It started badly for Del Potro (#6 seed), and even though he got Federer (#1 seed) running to all four corners of his side of the court at ...

[All Articles >](#)

Things to see and do

Today	TUE 29	WED 30	THU 01	FRI 02	SAT 03
-------	--------	--------	--------	--------	--------



Lebowski Fest
28 Sep 2009 - 6 pm
9:30 Club
[More special event >>](#)

Hawaii
U.S. Botanic Garden

I've Got a Secret
Washington Walks

[See all Events >](#)