

Hosted by



With support of NM State Parks

Hearty Souls Invited to
***New Year's Day
Polar Events***

at
Eagle Nest Lake State Park
(spectators welcome)

12 Noon *Registration starts at
Eagle Nest Lake State Park
Visitor Center, 42 Marina Way
Eagle Nest, NM 87718
Phone 575-377-1594*

1 PM *Stomp leaves Visitor Center*

2 PM *Plunge Mandatory Orientation*

2:15 PM *Plunging starts*

No Event fee, but Plunge Participants must:

- Attend the mandatory orientation, and
- Complete & sign the Release/Waiver
*Parent or guardian must sign Release/Waiver for
participants under age 18*



*Complimentary hot chocolate & cookies
for participants & spectators*

More details for both activities at
FriendsOfEagleNestLake.org/events

State Park Day Use Fee applies
Cash or check required for Day Use Fee payment

January 1

POLAR STOMP!

(First Day Hike)



*An hour stomp over one of the flat trails at
Eagle Nest Lake State Park.
Snow depth will determine whether you need
snowshoes or **snow boots** for stomping.
Participants are welcome to dress in costume.*

AND

POLAR PLUNGE!

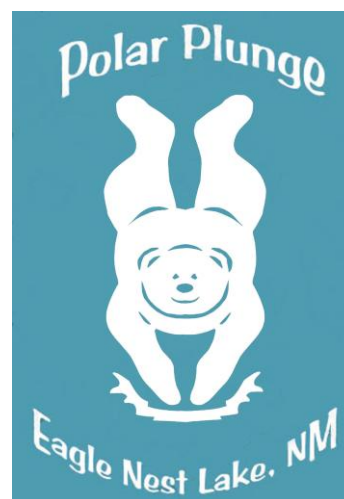
*into the ice-cold waters
of*

Eagle Nest Lake

at

Eagle Nest Lake State Park

Ice, Water & Weather Conditions Permitting



Shoes are mandatory when plunging to protect
feet from injury by fish hooks, rocks & debris.
*Plunger must have an assistant to manage plunger's
personal items & assist plunger after exiting water.*

(11-24-2025)