

HEARTY SOULS INVITED

January 1 Annually

New Year's Day Polar Events

Eagle Nest Lake State Park

(spectators welcome)

*12 Noon Registration starts at Eagle Nest
Lake State Park Visitor Center*

1 PM Stomp leaves Visitor Center

2 PM Mandatory Plunge Orientation

*2:15 PM Plungers start plunging Shoes
are mandatory when plunging to protect feet
from injury by fish hooks, rocks and/or debris.
Plunger must have an assistant to manage
plunger's personal items, towel & assist plunger
after exiting water.*

No Polar Event fee, but must attend mandatory orientation and
complete & sign Release/Waiver. More info at:
www.friendsofeaglenestlake.org/events

*Release/Waiver required to be signed. For
participants under age 18, Release/Waiver
must be signed by parent or guardian.*

Hosted by

FRIENDS

of Eagle Nest Lake
and Cimarron Canyon
State Parks

With support of NM State Parks

POLAR STOMP!

(First Day Hike)



*A 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*



Ice Conditions Permitting

POLAR PLUNGE!

into the ice cold waters

of

Eagle Nest Lake

at

Eagle Nest Lake State Park

Complimentary T-Shirt to first 90 plungers

Complimentary hot chocolate & cookies for participants & spectators

Registration for both events begins at 12 Noon

at Eagle Nest Lake State Park Visitor Center - 575-377-1594

42 Marina Way, Eagle Nest, NM 87718

More details for both activities at www.friendsofeaglenestlake.org/events

Parking requires payment of State Park Day Use Fee or valid Annual NM State Park Pass

(cash or check required for Day Use Fee payment)