A GUIDE TO SURVIVING AND THRIVING IN MADISON'S WINTER
FUN WINTER ACTIVITIES

Sledding

Giddings Park
429 Castle Pl
Madison, WI 53703

Olbrich Sledding Hill
3201-3299 Oakridge Ave
Madison, WI 53704

Ice Skating

UW-Madison: The Shell
(paid)

Tenney Park Rink
402 Thornton Ave
Madison, WI 53703
(free)

*equipment rentals available at both locations*
FUN WINTER ACTIVITIES

Winter Carnival

The Wisconsin Union’s Winter Carnival is a long-standing tradition.

Last winter, activities included: ice fishing, ice climbing to snowshoeing, mini-golfing, movies, art projects, live music, and more.

Other Activities

UW-Madison: Wisconsin Hoofers
Skiing and snowboarding: local trips, join club teams

UW-Madison: Outdoor UW
Memorial Union equipment rental (snowshoes, ice skates)

Indoor bowling
Snowmobile riding

Winter Carnival
2023
FEB. 6-11
HEALTH TIPS

- Be connected with people / friends to combat isolation
- Consider sun lamps in your room or living area to help with shorter daylight hours
- Some people find increasing their Vitamin D (through supplements or food sources) helpful due to the reduced exposure to sunlight
- Use lip balm or Chapstick for your lips
- Invest in a good moisturizer (water-based or oil) for your skin
- Be in contact with your physician or with University Health Services (UHS)
Advice from Maxwell and Jeeva

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