



For Immediate Release: 12/21/21

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GRAFTON LAKES STATE PARK TO HOLD CABIN FEVER EVENT

(Cropseyville, NY) –Grafton Lakes State Park and the Friends of Grafton Lakes State Park will host a Cabin Fever event on Saturday, January 22, 2022. Due to COVID-19, many of the indoor exhibits will be offering hikes and outdoor demos throughout the day. The event will include a polar plunge, food vendors, and family-friendly recreational activities. The event is free of charge and runs from 11:30 AM-3:00 PM.

Cabin Fever will include activities such as its popular snow bowling hill, snowshoe outings and a snowball toss, as well as sled dogs. Other outdoor offerings this year include free snowmobile rides, sensory walks, and an ice dive demonstration. Registration for the hikes will open on January 2nd via phone. Check our website and Facebook for updated information.

The Polar Plunge kicks off the main events at 11:30AM (registration from 11-11:30am). As always, the Plunge includes a playful prize for the silliest costume offered by the Friends of Grafton Lakes State Park, so start planning your January beach attire! To pre-register for the Plunge, please call Ray Dozois for more information at 518-663-5648, or call the park office at 518-279-1155.

For visitors who need to warm up there will be many large fires outside by the Welcome Center and the beach. Live animals will also be present at the festival in the welcome center. Visitors will not be disappointed with the refreshments available both inside the welcome center and outside by the main parking lot. Music will be presented by iHeartMedia. Don't miss out on the horse drawn carriage. Even if we don't have snow, Cabin Fever is the perfect event to get outdoors

Note that this year's Ice Fishing contest is being held on the weekend before, on Saturday, January 15th. Registration will take place the morning of the 15th. There is no pre-registration. A soft-ice date (rain date) is schedule for Feb. 12th. Please call the park for more information: 518-279-1155.

Assuming the mask mandate is still in place, masks will be required indoors and are suggested regardless.

Grafton Lakes State Park is located off of Route 2, twelve miles east of Troy, New York. Please use the park's main entrance on Grafton Lakes State Park Way for this event. There is no entrance fee for this event. For more information, please call the park at 518-279-1155.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which are visited by 78

million people annually. A recent study found that New York State Parks generates \$5 billion in park and visitor spending, which supports nearly 54,000 jobs. For more information on any of these recreation areas, call 518-474-0456 or visit parks.ny.gov connect with us on [Facebook](#), or follow us on [Instagram](#).

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