

Happy Trails

The air is crisp and cool. A morning fog is blanketing the valley and creek bed. A red-tail hawk sweeps over vast stretches of open prairie as the perfect autumn day beckons. Trails connect us with our surrounding natural world, but trails also offer a place of retreat, time away to relax, and an easy way to get some exercise.

So lace up your walking shoes and leave the motorized pace, billboards, and television screens far behind. Trek under towering oaks or trod along dew kissed prairies and allow for a simple family adventure that kids can't see while strapped in the back seat of the car.

Walk, hike, stroll, meander, wander, roam ... put your best foot forward and create some foot traffic! If only for a few hours, slow down and look around. Sit down on a well-placed bench and breathe in the spectacular views.

Walking is inexpensive, requires no fee, fancy equipment or team uniform, nor a minimum number of people to participate. Enjoy the quality time on a shared walk with a four-legged friend, turn a family hike into an adventure as kids become nature detectives or take a quiet reflective walk alone.

Before you go, be sure to pack ...
Binoculars
Sketchbook or Camera
Wildflower/Tree Identification Guides
Picnic Lunch, Water Bottle
Compass for Navigating
GPS Unit and Coordinates for Geocaching
Sunscreen and Hat
Your Favorite Walking Stick
Map of the Site You're Going to Hike

MCCDistrict.org
Landscapes, summer 2008