FIVE WAYS TO GET THE MOST OUT OF YOUR NEXT HIKE

1. **BE PRESENT**

Try to be more present on your next visit to the park. Leave your phone or headphones behind and enjoy the sounds of nature. Studies show that walking in a park space where you cannot hear the sounds of traffic is more effective in reducing anxiety.

2. **TRY A GUIDED HIKE**

Not sure which trail to walk? Try adventuring through our local parks with guided hikes. Currently, guided hikes are offered in Frick Park and in Allegheny Commons Park. Visit pittsburghparks.org/park-events to register for one of these free hikes (Restorative Hikes, Meet Me at the Fountain, First Friday Nature Walk, Third Friday Hikes, Hike with a Naturalist).

3. **BE CREATIVE**

Bring your notebook or camera on your next trip to the park. Taking the time to notice photo-worthy details in your park spaces may help you to be more mindful of your experience. Resting during your trip to journal, or journaling afterward, will bring you clarity.

4. **CHECK YOUR SENSES**

We have five senses. Use them all on your next hike! To practice mindfulness and to be more present on your next trip to the park, evaluate your senses at the beginning of your walk and again during. What do you see? What do you hear?

5. **BRING A FRIEND**

Spending alone time in nature helps us to better connect with ourselves to reduce stress. Spending time in nature with others helps us to deepen our connections and strengthen our relationships with each other. Invite your friend to the park for a walk or enjoy your next date with a photography trip through the park.