

## Outdoor Recreation

### Did You Know?

In 2014, 38.05 million people hiked during spring in the United States.

Nearly 50 percent of Americans participate in outdoor recreation.

70 percent of outdoor participants see outdoor activities as a way to get exercise.

Almost 25 percent of outdoor enthusiasts go on an outdoor excursion at least twice per week.

Adults with children in the house participate in outdoor recreation more than those without children.



Getting Outdoors can be an excellent way to stay active and enjoy nature. Hiking and other outdoor activities have many health benefits such as, improved blood pressure, increased bone density, improved balance, stronger muscles, stress management and improve your mood.

In addition to the health benefits, nature helps people become more familiar with the environment and better understand our local natural resources.

If hiking alone, be sure to let someone know where you are going and when you expect to return. If you are interested in hiking with others, consider checking out the Hiking In The Pacific Northwest Facebook group or with friends and family. Whether hiking alone or with others, be sure to wear appropriate clothing and take any necessary supplies including water, to stay hydrated.

## Five Principles For Responsible Hikers:

### [Know before you go](#)

Check trail conditions and plan ahead. Take a map.

### [Stick to the trail](#)

Staying on the trail keeps you from becoming lost. It also preserves local wildlife.

### [Leave only footprints](#)

Anything you take with you should leave with you or be properly disposed of.

### [Mind the wildlife](#)

Keep your distance from wildlife. If you don't bother them, they won't bother you.

### [Take only pictures](#)

Don't disturb the environment. Only take what you bring with you.

## Where To Go:

The following is a list of local trails in Oregon and Washington.

### [Oaks to Wetlands Trail](#)

### [Battleground Lake](#)

### [Multnomah Falls](#)

### [Lacamas Lake](#)

### [Ridgefield Wildlife Refuge](#)

### [Cape Horn Trail](#)

### [Forest Park](#)

### [Steigerwald Lake](#)

### [Eagle Creek](#)



## Resources

[Alltrails.com](#)

[Americantrails.org](#)

[Besthike.com](#)

[Wildernet.com](#)

[Trails.com](#)

[Washington Trail Association](#)

[Gifford Pinchot National Forest](#)

[National Forest Foundation](#)

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