



Hiking

Description

Hiking in nature provides you with physical exercise and mental relaxation. Hiking is something people of all abilities and ages can do. The main thing is to find a place that fits your ability and desires. If you need more flat terrain, places to sit down frequently, or paved walkways due to physical limitations, then look for these types of trails. Don't let physical limitations get in the way of you experiencing nature and the world around you. My posts on places to hike are meant to provide information for you to determine if this is a place you are able to hike or even want to hike. I'm also trying to find places people didn't realize are available to hike. Some of the posts also include educational activities for people doing home schooling with their children.



[Dressing for Winter Weather](#) – The cold weather shouldn't stop you from enjoying the outdoors. All you need to do is dress appropriately and in layers.



[River Falls School and Community Forest](#) – All are welcome to these 114 acres in River Falls, Wisconsin. There are many hiking trails that run through upland wooded areas, lowland wooded areas, prairie, and along the banks of the Kinnickinnic River. Some trails are wide enough to drive a car down, but others look like deer trails.



[Lee-Kay Family Educational County Forest](#) – Get out and explore! You don't have to go far away to explore new places. There are many free walking trails around. You just have to look in your

neighborhood or community.



[Hiking in Picture Rock National Lake Shore](#) – Waterfalls, sand dunes, colorful sandstone cliffs, and beautiful beaches on Lake Superior are things you can expect to encounter while visiting Picture Rock National Lake Shore in Michigan's upper peninsula.

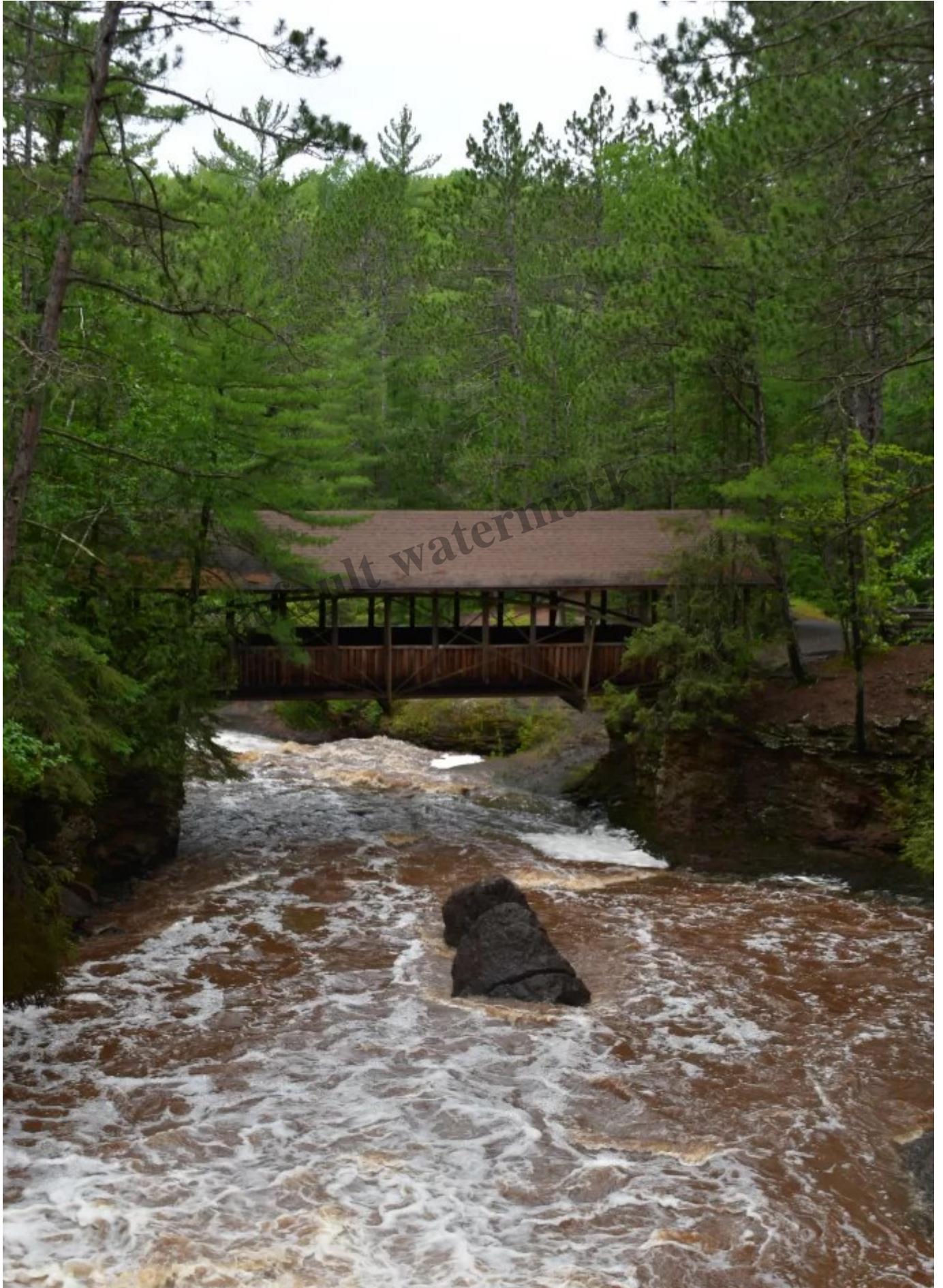
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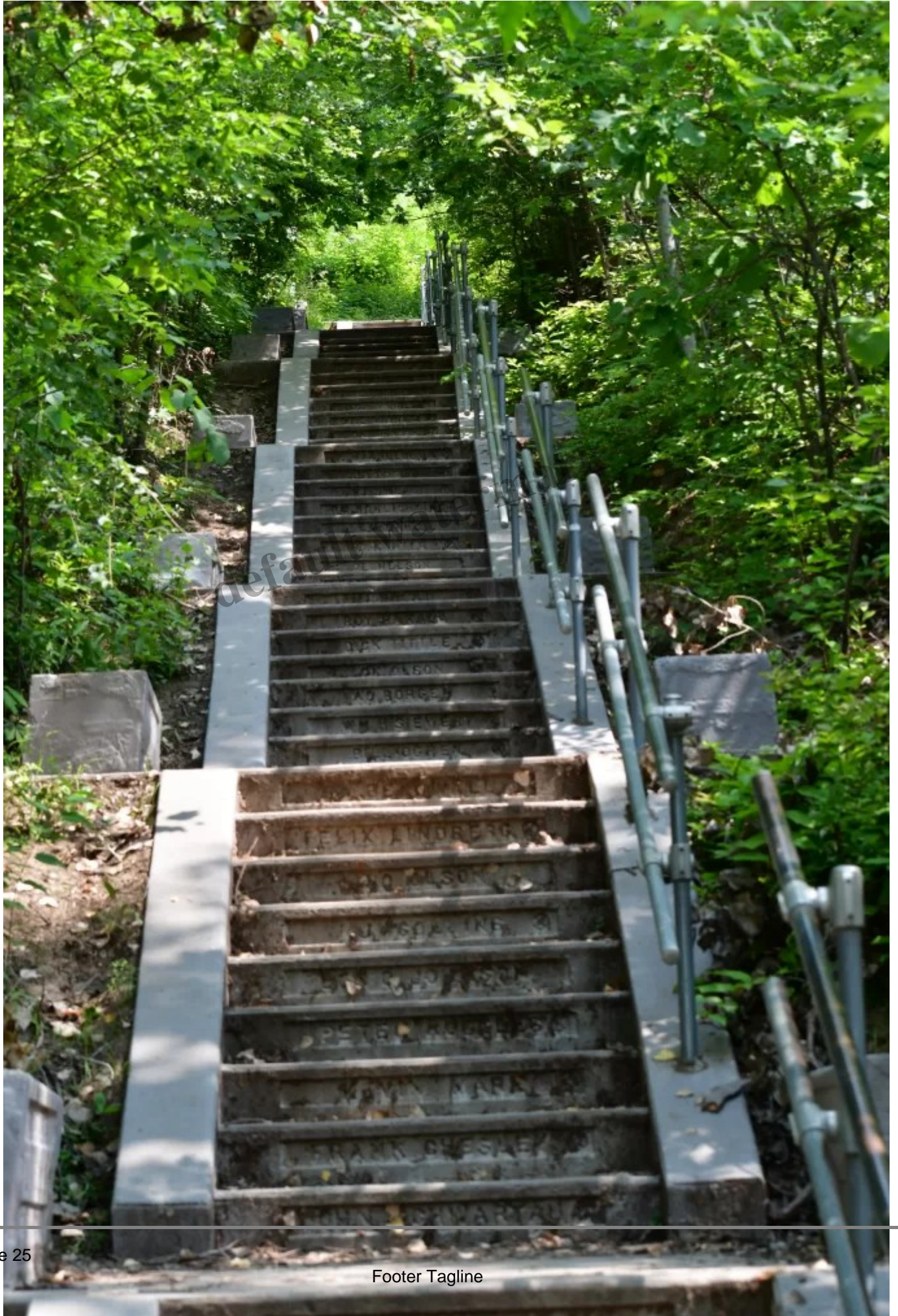
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Date Created

October 28, 2024

Author

sherri

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