



5 HIKES CHALLENGE 2022

Hiking is an incredible form of exercise as it works both cardiovascular health and bone strength. But the best thing about hiking is the opportunity to spend time in nature and explore new places. Spending time in nature has been proven to reduce stress, improve cognitive functioning, and make you feel happier.

To successfully complete the challenge, you must go on 5 hikes of your choice (before the end of August). Here are some examples of great local hikes to get you started:

- 1 STEWART FALLS
- 2 SQUAW PEAK TRAIL
- 3 BRIDAL VEIL FALLS
- 4 TOP OF THE Y
- 5 BUFFALO PEAK TRAIL
- 6 SLATE CANYON
- 7 BATTLE CREEK FALLS
- 8 POWERHOUSE OVERLOOK

For details about these hikes and more, AllTrails is a great website/app that allows you to search for hikes anywhere you want!

NAME OF HIKE	DATE COMPLETED

This challenge is for you and your family. Upon completion of this challenge, you may come to 2001 JKB to pick up a hiking sticker.