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COVID-19 Can Take a Hike, and So Can Your Family

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Texas offers a variety of hiking locations to accommodate your level of skill; all you have to do is make a reservation. In the wake of the pandemic, state parks are limiting park entry to those with reservations. Book your adventure in advance through the Texas State Park website at <https://tpwd.texas.gov/state-parks/>

Take a Peak

Being outdoors is one of the best places to mitigate the spread of COVID-19. The outdoors also offer connection with nature that is proven to boost your mental state. How lucky are we in Texas to have such a range of natural places to visit? I'd say very lucky! We have our pick from the piney trails of east Texas to the highest point in the state in the west. At a quite literal breathtaking 8,749 feet, Guadalupe Peak- is the highest point in all of Texas.

Tips for Trips with Family

If a trip to a trail is something you want to try, check out the Texas State Park website to find one in your area. Depending on the level of hike, you may even want to take young children. Instilling the love of the outdoors early is a great way to foster love for the environment. When it comes to taking children hiking, take baby steps. You may not reach the summit of Guadalupe Peak on your first go round, but if you keep the following tips in mind, your little one may grow to appreciate the greatness of the outdoors in no time.

- Start small
- Pack snacks
- Play games
- Equip your young hiker with hiking gear to increase interest
- Pack a fresh set of clothes for the return trip

A year has taught us so much about appreciating the little things; one of those things is nature. Texans, go out and take a hike!

Other resources to visit for hiking tips:

Six Kid-friendly Bird Guides - <https://www.audubon.org/news/six-kid-friendly-bird-guides>

How to Make Hiking Fun with Kids - <https://www.rei.com/blog/hike/how-to-make-hiking-fun-with-kids>

10 Tips to Make Adventure Fun for the Family - <https://www.wilderness.org/articles/article/take-your-kids-hiking-10-tips-make-adventure-fun-whole-family>

Ten Essential Survival Items for Hiking - https://en.wikipedia.org/wiki/Ten_Essentials

The 7 Principles of Leave No Trace - <https://lnt.org/why/7-principles/>

Top 10 Trails Across Texas - <https://www.texasmonthly.com/articles/take-a-hike/>

Central Texas Hiking Trails - <https://www.hikingproject.com/directory/8010445/central-texas>

