



Hike for Health



Hannah Marie Brown Elementary School

Friday, Apr 22, 2022

6:15 PM Arrival

6:30 PM Hike Begins

Boulder City's Nature Discovery Trail

(Click the link above for more information on the hike site. Travel time is about 30 minutes from school)

Did you know that hiking has many physical and mental health benefits and that we live in a hiking mecca? The therapeutic benefits for hiking include burning energy which reduces stress and anxiety, improving sensory perception, building and maintaining relationships through conversations, shared observations and teamwork, building self-esteem through gaining skills, muscle/brain connectivity to increase balance and equilibrium which aids overall well-being through cognitive functioning. Interacting with nature increases focus, increases creativity, induces a state of presence and peace, decreases depression/stress/anxiety and increases feelings of happiness and contentment. So let's take a hike, Brown Bear Families!

Your family is invited to join our School Counselor Mrs. Carpenter for a hike. All students MUST be accompanied by their parent/caregiver/adult the entire evening (Mrs. Carpenter is not responsible for any students). This is a family event on a paved hiking path, so bring the family!

Tips: Please remember to bring water, a headlamp/flashlight and check the weather/dress appropriately (layers and hiking/tennis shoes with soles).

DIRECTIONS: From Boulder City Parkway turn North onto Yucca Street. Take Yucca up to the Bootleg Canyon Park entrance, go through the roundabout and turn into the parking lot. A giant jackrabbit will be there to greet you! [Click Here for Directions in Google Maps](#)

