Benefits

- According to the National Park Service, being in nature can boost your mood and improve mental health.
- American Hiking says there are a myriad of benefits of hiking like lower blood pressure, healthier body weight, and improved mental health.
- Being outdoors reduces stress, anxiety, and can lower the risk of depression.
- You can connect with others and nature while hiking.
- You can get away from all the technology and screens in your daily-to-day life.

Drawbacks of Technology

- Not many teens spend their free time outdoors.
- Mental health issues arise when spending so much time looking at screens.
- Many develop bad anxiety issues.
- There's a direct correlation between social media/technology and mental health issues in adolescents.
- Teens spend more than nine hours a day online.

Trails

1. Hemlock Hills & Lake Windwing
2. Weir Farm National Historic Site/ Nod Hill Refuge
3. Ridgefield Rail Trail
4. West Mountain Refuge
5. Seth Low Pierrepont State Park
6. Aldrich Park
7. Bennett's Pond State Park
8. Pine Mountain

more about trails →

Feedback

Please fill out this form once you have completed any of the hikes to provide feedback.

Hike Feedback

Sources

- Technology and Teen Mental Health: What We Know and Don’t Know - Challenge Success
- AHS Report Highlights Hiking-Health Connections - American Hiking Society
- The Effects of Technology on Teen Anxiety, Depression and Mental Health - The Edvocate (theadvocate.org)
- Benefits of Hiking - Trails & Hiking (U.S. National Park Service) (nps.gov)
- https://www.alltrails.com/