

Trails for Teens and Tweens

(SAMANTHA THOMAS)

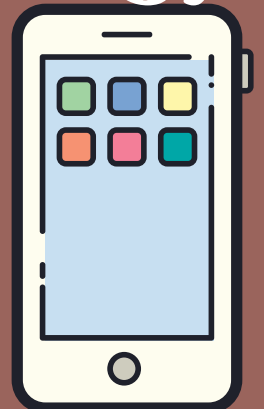
Benefits



- Boost in mood and improved mental health according to National Park Service
- Lower blood pressure, healthier body weight, and improved mental health according to American Hiking Society (an organization promoting and protecting foot trails and the hiking experience)
- Reduces stress, anxiety, and lowers risk of depression

Drawbacks of Technology

- Not many teens spend their free time outdoors
- Mental health issues arise when spending too much time staring at screens
- Many develop anxiety
- A direct correlation between social media/technology and mental health issues
- Teens spend more than nine hours a day online



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

Trails



**Did you know you can hike from Seth Low Pierrepont State Park to Pine Mountain, Bennett's Pond State Park, and Wooster Mountain with only a small road section on Bennett's Farm Rd?

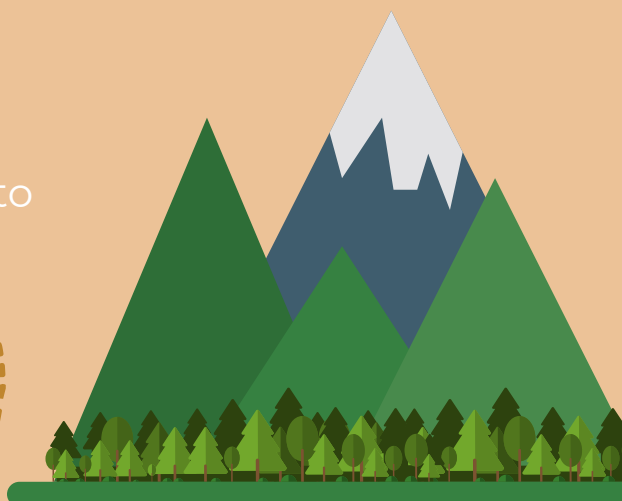
FOR MORE INFO CLICK THE CAMPFIRE



Feedback

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

FOR THE FORM CLICK THE FOOTPRINT



Sources



- [Technology and Teen Mental Health: What We Know and Don't Know - Challenge Success](#)
- [AHS Report Highlights Hiking-Health Connections - American Hiking Society](#)
- [Avenza mobile app https://www.avenza.com/avenza-maps/](https://www.avenza.com/avenza-maps/)
- [iNaturalist mobile app https://www.inaturalist.org/](https://www.inaturalist.org/)
- [Conservation Commission | Ridgefield CT](#)
- [The Effects of Technology on Teen Anxiety, Depression and Mental Health - The Edvocate \(theedadvocate.org\)](#)
- [Benefits of Hiking - Trails & Hiking.\(U.S. National Park Service\). \(nps.gov\)](#)
- <https://www.alltrails.com/>
- FOR LINKS TO SOURCES CLICK HERE



Click here to access maps!

