

30-60 Minute Outdoor Hike

Earn 10 points (1-time ONLY):

The purpose of this activity is to enjoy some outdoor exercise, and add a challenge to a normal walk. Find an area with safe trails and some challenging terrain (e.g. incline).

Safety Tips

- Wear appropriate clothes and shoes for conditions.
- Hike with a partner.
- Bring water.
- Stay on the trail.
- If going on an all-day hike, bring watch, food, first aid kit, rain gear, cell phone etc.
- Let someone know where you will be hiking and when you plan to return.
- Be aware of surroundings, such as wildlife or obstacles on trail.

If you are looking for a local place to hike, you can try the trails at Badger Mountain, located just off of Keene Road in Richland.

Badger Mountain information:

Canyon Trail - 1.25 miles one way (hikers)

Directions: Take Keene to Shockley Road (near Bethel Church). Take Shockley to the end. Turn left on Queensgate and go up the hill. Park in the parking lot next to the cinder block pump house. From there, follow the trail around Westcliffe Park to the base of the mountain and the trailhead.

Skyline Trail - 2.25 miles one way (hikers, mountain bikers, horse riders)

Directions: Take Keene Road west to Kennedy Road. Turn left on Kennedy and take it to Dallas Road. Turn left on Dallas. Go under I-182 overpass and continue to the top of hill. Turn left to a parking area up the gravel road and to the right maybe 0.1 mile. The trail starts out from this parking area.

Note: Canyon Trail is a shorter, steeper hike, and Skyline Trail is longer with less of an incline. Take your time, be careful, and enjoy the view!





For questions, call: Health Education

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