

Celebrate National Take a Hike Day on November 17

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November 17 is National Take a Hike Day. A hike through late autumn trees and fresh air is something to enjoy on the days before the winter months. With over 60,000 miles in the National Trail System across the United States, your hiking options are endless.

You might be surprised to discover exactly how much of your time is spent indoors. From the moment you wake up to when your head hits the pillow, you average spending 70-90% of your waking hours indoors. It is no wonder the national holiday calendar dedicates a day to an outdoor activity.

Walking in itself is a grounding exercise for the body and mind, but hiking will quickly increase your heart rate to allow for much-needed blood flow and oxygen to all the muscles in your body. The energy flow also helps with creating good conversation. A three-hour long hike can be quality time spent with family or a new friend as you trek along the trail in the depths of nature.

Celebrate National Take A Hike Day and discover what trails are near you! Here are some great ideas on how to make the most of this holiday:



Create a Fitness Group

Put the word out on social media or on your community bulletin board and see who is open to joining a fitness group. Get to know your friends more deeply or get to know a neighbor who has similar interests. It could become a regular meet up and a natural way to connect with others and their interests.

Dedicate the Day to Devotion or Prayer

A great way to tend to your life of faith is to intentionally set aside time in nature to self-reflect and connect with God. Maybe God has something specific to share with you and creating space to listen is exactly what He needs.

Invite a Friend

With our busy lives, many times we miss opportunities to connect in heart with a family member or a friend we've lost touch with. Take this holiday to connect with a loved one and rebuild your relationships.

If anything, hiking is a perfect way to appreciate the nature God has given us. With so many environmental issues at hand, National Take A Hike Day is also a day to honor the preserved forests where many hiking trails are located. So, grab a friend and take a hike for some fresh air and exercise!