Crowder State Park to offer January 1st hikes

News

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Begin 2013 in a healthy and invigorating way by participating in Americaâ□□s State Parks First Day Hikes in one of 13 Missouri state parks. The free guided hikes on Tuesday, January 1st will offer individuals and families an opportunity to begin the New Year connecting with the outdoors and getting great exercise.

First Day Hikes are part of a national effort by Americaâ□□s State Parks to get people outdoors into state parks. People from all 50 states are expected to join the effort to celebrate the New Year with a hike in a state park.

Thirteen Missouri state parks will offer guided hikes ranging from a half mile to two miles and varying from thick forests to the open prairie.

Americaâ□□s State Parks and Missouri State Parks are committed to promoting outdoor recreation in state parks as a way to address obesity, especially among children. Getting kids outside and unplugged from video games and other electronic media creates a unique connection with nature that promotes physical and mental well being and encourages creativity and stewardship of our shared resources.

Anyone planning to enjoy a First Day Hike at one of the 13 Missouri state parks hosting a hike should dress appropriately for the weather. For more information on First Day Hikes as well as all Missouri state parks and historic sites, visit mostateparks.com. For information on the First Day Hikes initiative across the nation, visit americasstateparks.org.

Missouri State Parks is a division of the Missouri Department of Natural Resources.