

# Hiking and Family

**By: Ivette O'sullivan**

On beautiful September and October days, there's nothing like a robust hike to bring the family together for equal measures of fun, exercise, and nature awareness. The opportunity to learn firsthand about the natural environment, and rediscover each other under conditions other than frenetic mealtimes and the burgeoning pressures of work and school, is one of the season's gifts. While a challenge may bring you closer together, identifying individual needs, goals, and limitations before mapping out a course that accommodates everyone will make for a fun, attainable, successful family hike, and provide incentive for the next one.

The Next Generation Latino youth group experienced hiking for the first time at Mt. Beacon! Team building encouraged the group to stay motivated and get to the overlook. I'm so proud of group and the parents that joined us!!! A hands-on experience is also the best way to teach adolescence and children about the environment, and help them identify ways they can help to maintain the natural world. Make your family hike an opportunity to connect with each other in new and exciting ways, respecting the environment and each other in the process. Most of all enjoy the day together.

