

# IT'S GETTING CHILLY. LET'S TAKE A HIKE!



WARM, INVITING WEATHER TENDS TO DRAW ALL OF US OUTSIDE. BUT DON'T BE A SHUT-IN WHEN TEMPERATURES DROP. WINTER CAN BE A GREAT TIME TO ENJOY A HIKE.

## Advantages

- Fewer people on the trails.
- No spider webs, no bugs, no poison ivy!
- Cool refreshing air means a lot less sweat.
- You can see much farther when the leaves are off the trees.
- Hidden landscape features are suddenly easy to see.
- Hiking in snow can be magical.
- Bonus... hiking in the cold burns more calories than when warmer.

## Tips

- Check the forecast and be prepared in case of rain or snow.
- Start out early and make sure you will be back before dark.
- Dress in layers that you can unzip or remove as necessary.
- Wear moisture-wicking synthetics and/ or wool.
- Thermal long underwear or fleece-lined pants are great.
- Remember what Mom said: Cover your head!
- Bring gloves, too. You'll be glad you did.
- Don't forget water. Below freezing? Keep it close to your body or use an insulated bottle.
- Extra gear for snow: sunglasses for glare, hiking poles, waterproof boots.
- Bring a buddy.



## Places to Go

- Nature Conservancy preserves & more – [nature.org/Tennessee](http://nature.org/Tennessee) (Places We Protect)
- State Parks – [tnstateparks.com](http://tnstateparks.com)
- Natural Areas – [tn.gov/environment/topic/na-na-list-of-natural-areas](http://tn.gov/environment/topic/na-na-list-of-natural-areas)
- State Forests – [tn.gov/agriculture/topic/ag-forests-state-forests](http://tn.gov/agriculture/topic/ag-forests-state-forests)
- Smokies – [nps.gov/grsm](http://nps.gov/grsm)
- Big South Fork – [nps.gov/biso](http://nps.gov/biso)
- Obed Wild & Scenic River – [nps.gov/obed](http://nps.gov/obed)