



270 Conservation Areas to Explore



Celebrate International Trails Day 'Take a Hike' at an Ontario Conservation Area!

May 2012



International Trails Day is June 2nd!

International Trails Day is an annual celebration of trails to promote trail development, the use of trails and the healthy lifestyles they encourage. It is celebrated each year on the first Saturday in June.

What better way to celebrate International Trails Day than to hit the trails and enjoy a hike, bike ride, geocaching adventure, or even some leisurely bird watching?

Ontario's Conservation Areas contain more than **2400 km of trails** just waiting to be explored. This Saturday, *Step Into Nature* at a Conservation Area near you!

www.ontarioconservationareas.ca

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Health Alert!

Have you heard of 'wood essential oils'?

We all know that physical activity is good for us, but did you know that there are special benefits to outdoor recreation?

Heading outside and getting active in nature has numerous physical and mental benefits.

A recent *Globe and Mail* article [Why is Walking in the Woods so Good for you?](#) examines multiple ways that stepping into nature can boost your well-being.

[READ THE ARTICLE HERE](#)



Search for Conservation Areas, trails, and events at
www.ontarioconservationareas.ca

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