

# Outdoor Recreation

The weather is warm, the days are long, flowers are blooming and it’s a great time to be outside. No matter how familiar you are with your city, it’s always fun to explore it on foot or by bike or spending a day or two at a nearby national or state park. Forbes had a few ideas to help you get some sun and a bit of exercise during your summery staycation.

**EXPLORE ON A BIKE**

No matter how well you know your city, it always look different on two wheels. You can spend a day on your bike, either mountain biking along the trails nearby or biking on roads or urban trails. You can bring a lunch and go all day or keep it short and relaxing. Always wear a helmet when biking. If you want to try something new, look into renting a tandem bike.

**GO HIKING**

There are national and state parks with a couple hundred miles of many Americans, and a staycation is a good opportunity to explore a new park. But if you don’t want to go that far, the same trails that make for good biking are good for hiking too. Find a wilderness park in your city or check out trails just outside the city limits, put on hiking boots or solid tennis shoes, pack water, put on sunscreen and go for walk in nature.

**EXPLORE THE CITY ON FOOT**

There’s nothing like walking among the shops and restaurants in a city’s downtown, soaking in the sights, sounds and smells of city life. Check out the fresh bread and pastries at your local bakery, enjoy a leisurely hour at an



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outdoor table at a café, go window shopping (or regular shopping) in stores that you may not always get to.

**Tips for a Safe and Fun**

**Day Outside:**

- Wear sunscreen and a hat.
- If you’re hiking or biking or doing other strenuous activity, make sure to bring

enough water and snacks – including for your dog if you take it hiking.

- Rest as needed. This is especially true when you’re

working hard, but on a hot enough day even strolling the streets can take its toll.

- Wear shoes that are appropriate for the activity.

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