



### Preparing for a hike:

Hiking in the Allegheny County Parks is fun, relaxing and offers lots of opportunities to discover the great outdoors. The health benefits are many, from lowering the risk of heart disease and diabetes to reducing overall stress. This guide provides lots of short hikes and a few longer ones for the adventurous. There's trails for experienced hikers and for those venturing out for the first time. Lace up your hiking boots and pack some supplies.

- Water. Be sure to bring a filled water bottle – in winter too.
- Navigation tools: your printed guide, a compass and a GPS. All the trails in this guide are included in the Allegheny County Parks Trails app, so download it and familiarize yourself with it before heading out.
- Snacks: Trail mix, protein bars, fruit and veggies, nut butter and crackers, pretzels. Don't leave any wrappers behind.
- Bug spray.
- A hat and sun screen.
- Hike with a companion and let someone know where you're heading.
- Bring your cell phone and make sure it's charged.
- Stay on the trail.
- Leave No Trace.

