


# Local Hikes to Start the New Year Off Right!

Trying to think of different and healthy ways to spend New Year's Day? Or are you one of the millions of folks whose New Year's resolution is to get in shape and lose the weight you gained over the holidays?

If you answered yes to either of these questions, Colorado Parks and Wildlife has a great program, First Day Hikes, and they're the perfect way to start the New Year on the right track.

And there's even one in our backyard – at Castlewood Canyon in Douglas County, Colorado where a four-mile moderate hike will begin at 10 a.m. Thursday, Jan. 1, 2015, starting at the Westside Trailhead parking lot.

First Day Hikes are guided expeditions that are available at 23 state parks across Colorado, offering you, your friends and family a fantastic way to get exercise, explore nature and welcome in the New Year.

 The hiking program is part of a national initiative to promote healthy lifestyles and year-round recreation in the great outdoors. And you already know that we live in the best state in the nation to enjoy those great outdoors.

So if you don't want to spend another day sitting around, watching football and eating lots of leftover goodies and fruit cake, First Day Hikes might just be the answer for you.

The hikes are free, but you must possess a valid parks pass to participate. The annual Colorado State Parks Pass is \$70, but it gives you and your family a year's worth of hiking, biking and other outdoor recreation opportunities – all of which will keep you moving throughout the entire year as you strive to

keep that New Year's resolution.

If you decide to go on one of the hikes, make sure you bring plenty of water, snacks and sun protection. And be sure to wear appropriate clothing for the weather. If it's cold and snowy, that clothing could include snow shoes, strap-on ice cleats and trekking poles.

For a complete list of participating parks, visit <http://cpw.state.co.us/thingstodo/Pages/First-Day-Hikes.aspx>.

Happy New Year from your friends at Osgood Team Real Estate!