



# recharge

IN THE PARKS

Presented by the National Park Foundation and Humana  
[www.nationalparks.org](http://www.nationalparks.org)

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Research shows we're spending a lot of time on our phones. Too much. The average American spends nearly five hours a day on his or her phone and the negative health impacts are everywhere, from increased stress and anxiety, to lack of sleep and staying inside on perfectly sunny days. Americans spend approximately 93 percent of their life indoors and 30 percent of Americans do not spend any significant time outdoors on a daily basis.

Spending time in a park can be so much more than a simple day outside. It can be a wonderful opportunity to improve your mental and physical health. You can take a digital detox and recharge by visiting any one of America's 400+ national parks. Get active with a bike ride down a rugged Badlands trail or a canoe trip along the secluded shores of the Grand Canyon. Engage your mind by taking a stroll through history and walk the path of our founding fathers at Independence Hall. No membership required.

Studies show people who take a simple 15-30 minute walk each day in nature have fewer diseases, are less likely to get cancer, have a lower risk of heart attack and stroke, and have better bone density. Taking advantage of the health benefits of parks is a win-win and besides, great things are ahead of you when you have your health. So, today is the day to get to a national park and become one with nature. Use this guide to find a park that can replenish and refresh your mind, body, and spirit.

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# NATIONAL MALL AND MEMORIAL PARKS

Washington, DC



iStock/Silvrshootr

Millions of people visit the National Mall and Memorial Parks every year to walk in the footsteps of our founding fathers, honor military veterans at war memorials, and soak up American history in the free Smithsonian museums that line the two-mile stretch from the Capitol to the Lincoln Memorial.

## SIGHTS TO SEE

Free and open to the public 24 hours a day, the National Mall includes iconic memorials for Martin Luther King, Jr., Franklin Roosevelt, Thomas Jefferson, Abraham Lincoln, as well as the iconic Washington Monument. Don't miss the war memorials. Take a moment to reflect at these sites and notice how each design evokes different emotions. The World War II Memorial, equally striking in the daytime and at night, honors the sacrifice and victory of "the greatest generation" with tall glowing wreaths. As you walk around the site, study the themes and symbols incorporated into the design. Then, walk over to the Vietnam Veterans Memorial and reflect on the simplicity, honesty, and power of its design. As you make your way to the Reflecting Pool, make sure to see the Korean War Memorial and walk next to the grey soldiers, representing ghosts of a war forgotten.



## GETTING THERE

On the metro, get off at Smithsonian Station to exit directly onto the National Mall. Use the northern exit for an incredible first view of the U.S. Capitol Building and the Washington Monument. By car, take Interstate 395 from the South, Interstate 495 from the North, and Interstate 66 from the West.

*Take a moment to reflect at the war memorial and notice how each design evokes different emotions.*

# AGATE FOSSIL BEDS NATIONAL MONUMENT

Nebraska



Shutterstock/Zack Frank

Located in the Niobrara River Valley in Nebraska, Agate Fossil Beds National Monument preserves the history of the plains area—the ancient history. It's hard to believe, but 19 million years ago this area looked more like the African savanna and unique prehistoric animals, like a creature that was half gazelle and half camel, called it home. The park was created to protect remnants of ancient grasses, hoof prints of prehistoric animals, and layers of fossilized bones. Take time to explore the area and contemplate the generations of folks who lived here or passed by.

## SIGHTS TO SEE

Follow the monument's two trails, the one-mile Daemonelix Trail, and the three-mile Fossil Hills Trail, to sites where paleontologists discovered prehistoric remains. Step back in time and see examples of how ancient land beavers, the palaeocastor, once burrowed into the ground via spiral tunnels, or walk to the quarries where scientists first discovered some of the most complete fossilized Menoceras, Moropus, and Dinohyus skeletons in the world. After your hike, cool off in the visitor center and check out the life-size skeleton replicas of the prehistoric mammals found at the park.



## GETTING THERE

The park is located in Sioux County in the northwest corner of Nebraska. From U.S. Highway 26 (East or West), head north on State Highway 29 in Mitchell, Nebraska. After 34 miles, turn east on River Road and follow the National Park Service signs for three miles to reach the visitor center and museum.

*Step back in time and see examples of how ancient land beavers, the palaeocastor, once burrowed into the ground via spiral tunnels.*

# BIG CYPRESS NATIONAL PRESERVE

Florida

mind

## SIGHTS TO SEE

Immerse yourself in nature and relax your mind on an overnight camping trip at one of Big Cypress National Preserve's eight different campgrounds and approximately 200 sites. During the day, enjoy a hike along Deep Lake Trail and look for new types of flowers in the cypress area, or new animal tracks through the hardwood hammock. At night, look to the skies instead of a screen and gaze at the stars on a ranger-led astronomy program at the Preserve, one of the darkest areas east of the Mississippi River. Presentations include constellation tours and telescope viewing of astronomical objects including stars, star clusters, planets, nebulae, and galaxies.

## GETTING THERE

Take I-75 to Exit 80 (SR-29 / Everglades City) and head south on SR-29 towards Everglades City 17 miles to where it intersects with US-41. Turn left onto US-41 southbound for two miles to the Big Cypress Swamp Welcome Center.

*Reducing screen time at night will help your mind unwind and promote better sleep.*



National Park Service

Big Cypress National Preserve is located in southwest Florida in some of the most rugged terrain in the state. With hundreds of miles of multi-use trails, and almost all of its 729,000 acres open to backcountry camping, you can spend your entire vacation outdoors.

# WEIR FARM NATIONAL HISTORIC SITE

Connecticut

mind

## SIGHTS TO SEE

Artists and art historians alike should visit the 60-acre site at least once in their lifetime. The park celebrates the American Impressionism style with regular free workshops for painters of all skill levels. Free watercolors, pencils, and pastels are also available at the visitor center to spark creativity and inspire you to capture one of the picturesque landscapes throughout the park. Studies have shown that art activities like painting and coloring have a calming effect and lower stress levels. And it's great for long term health because art stimulates and creates new communication between different parts of the brain. So grab a handful of pencils, visit one of the colorful gardens on the farm, and spend an afternoon painting and letting your creativity flow.

## GETTING THERE

Located in Ridgefield and Wilton, Connecticut, the park is accessible from the north via I-84, the south via I-95 and I-684 from the west. Once in Ridgefield, take Route 102 West then turn left on Old Branchville Road. Take another left turn onto Nod Hill Road. Continue for one mile then parking will be on the left and the visitor's center will be on the right.

*Studies have shown that art activities like painting and coloring have a calming effect and lower stress levels.*



National Park Service

The only national park dedicated to painting, Weir Farm was established in 1990 to preserve the home of Julian Alden Weir, the father of American Impressionism. Today, the park continues to inspire people to experience the power of creativity, art, and nature, and offers art education through its Artist-in-Residence program, where professional artists live and work on the farm year-round.

# TUSKEGEE INSTITUTE NATIONAL HISTORIC SITE

Alabama



Bigstock/jefffrank

Booker T. Washington founded the Tuskegee Institute in 1881 and hired other brilliant minds to lead the school such as George Washington Carver. The school became a beacon of hope and a symbol of achievement for African Americans in the 19th century. Tour the site today, now in the historic district of Tuskegee University, and learn more about the famous inventors and their inventions as well as their advancements in science.

## SIGHTS TO SEE

The legacies of Booker T. Washington and George Washington Carver are preserved in the Tuskegee University historic district. Pick up a map at the George Washington Carver Museum, which doubles as the site's visitor center, and tour brick buildings constructed by Tuskegee Institute students and designed by Robert R. Taylor, the first African American graduate of the Massachusetts Institute of Technology. Come back to the museum to learn more about Carver and how important his achievements were for southern farmers and the American science community. See some of Carver's inventions, plus products the botanist created with peanuts. Don't miss a free, ranger-led tour of Booker T. Washington's former home "The Oaks" where Washington and wife Margaret lived and entertained Tuskegee Institute guests.



## GETTING THERE

From Montgomery, Alabama, take I-85N for 36 miles. Take Exit 32 for Pleasant Springs Drive. Follow Tuskegee University signs to Franklin Road. Turn left and take Franklin Road for four miles. Turn left on West Montgomery Road then turn left at the first traffic light on the Tuskegee University campus. Margaret Murray Washington Hall will be the first building on your right, followed by the Kellogg Conference Center. The George Washington Carver Museum is directly behind the Kellogg Center.

*Come back to the museum to learn more about George Washington Carver and the impact of his work on southern farmers and the American science community.*

# CANE RIVER CREOLE NATIONAL HISTORICAL PARK

Louisiana

mind



Bigstock/Greg Britt

Established in 1994, the park preserves the unique culture of the Cane River Creoles, a community born from French, Spanish, African Americans, and American Indians in the 1700s. Step back in time as you walk under shaded live oak trees with Spanish moss swaying in the breeze. Discover the vibrant storytelling, dancing, and cuisine that has colored Louisiana culture for hundreds of years.

## SIGHTS TO SEE

Explore more than one million French Creole artifacts and visit two plantations, Oakland and Magnolia. At Oakland Plantation, learn more about plantation farm life by visiting the corn cistern, wash house, and pigeonier, where pigeons were raised for food. Walk through a day in the life of a craftsman at Magnolia Plantation and tour the blacksmith shop, former slave hospital, and gin barn with the last remaining wooden screw-type cotton press still in its original location. Make time to visit the Oakland Plantation Garden, where farmers still grow cash crops and vegetables traditionally grown by the Creole community such as cotton, tobacco, and okra. Guests are even invited to pick a few vegetables and to take home.



## GETTING THERE

The park is less than a 20-minute drive from historic downtown Natchitoches via Highway 1 and 119. If coming from the north, take I-49 to Exit 127 at Flora/Cypress. Head east on Highway 120 toward Cypress. Cross over Highway 1 to Highway 494. The parking lot and entrance pavilion for Oakland Plantation is 4.5 miles east of Highway 1 on the left.

*Visit the Oakland Plantation Garden, where farmers still grow cash crops and vegetables traditionally grown by the Creole community.*

# MAMMOTH CAVE NATIONAL PARK

## Kentucky



National Park Service

Beneath the surface of South Central Kentucky lies a world characterized by miles of dark, seemingly endless passageways. The geological processes which formed this world, referred to as Mammoth Cave, began hundreds of millions of years ago and continue today. The park is the world's longest known cave system, with more than 400 miles explored.

### SIGHTS TO SEE

Mammoth Cave National Park has all the tours and activities you need to begin your journey of exploration in and around the world's longest known cave. Take a ranger-led hike on the Heritage Trail to hear stories of the old Mammoth Cave Estate and how the surface above helped shape the stories below. Go deeper on a cave tour to learn about the history, culture, and geological science behind the gypsum lined passages, narrow canyons, steep underground hills, large rooms and areas with dripstone formations of the cave system.



### GETTING THERE

From the north, take Interstate 65 to Exit 53 (Cave City Exit). Turn right onto KY-70. Follow 70/255 as it becomes the Mammoth Cave Parkway in the park. Follow the Mammoth Cave Parkway to the Visitor Center. From the south, take Interstate 65 to Exit 48 (Park City Exit). Turn left onto KY-255 and follow 255 as it becomes the Park City Road into the park. Follow Park City Road until it joins the Mammoth Cave Parkway; turn left. Follow the Mammoth Cave Parkway to the Visitor Center.

*In the 19th century, the first Tuberculosis hospital was built inside Mammoth Cave.*

# HOT SPRINGS NATIONAL PARK

Arkansas

spirit

## TAKE IT IN

Humans have been enjoying hot springs for thousands of years. The medicinal and relaxing benefits of soaking in mineral-rich waters, or hydrotherapy, includes stress-relief, ease of muscle aches and tension, better, deeper sleep, and even a clearer complexion. The hot water opens pores in the skin, releasing toxins built up in the body. Calcium and sodium bicarbonate, found in natural hot springs, increase blood circulation and oxygen flow throughout the body. To discover these health benefits firsthand, visit the Buckstaff Bathhouse on historic Bathhouse Row, the only remaining operational bathhouse within the park boundaries. Experience the same thermal mineral soak people have enjoyed since 1912. After a relaxing spa afternoon, head to the historic Lamar Bathhouse to taste the healing waters.



## GETTING THERE

The park is located in the Hot Springs, Arkansas downtown area. The visitor center is on Central Avenue with the mountains of the park flanking the street. By car, take Interstate 30 W to Exit 111 for Hot Springs.

*The hot water opens pores in the skin, releasing toxins built up in the body.*



Shutterstock/Zack Frank

Hot Springs was protected by Congress in 1832, long before the idea of a national park existed. Today, the park is in and around Hot Springs, Arkansas, and protects 47 hot springs. The springs emerge from a fault on the side of Hot Springs Mountain, right in the city's downtown area.

# BIG BEND NATIONAL PARK

Texas

spirit

## TAKE IT IN

Big Bend is one of the most remote national parks but the seclusion is worth the long drive come nightfall. The park has the least amount of light pollution of any park in the contiguous states, making it one of the best places for stargazing in North America. You only see about 200 hundred stars in the average city, but out here, you can see thousands. Feel the overwhelming presence and beauty of the Milky Way and maybe, for the first time in your life, see how milky and opaque the thick band of stars really is. The view is so clear you can easily spot popular constellations with the naked eye. The next time a supermoon or meteor shower is predicted, pack your bags for Big Bend — there's no better place to see it!



iStock/Victoria Avvacumova

Big Bend National Park is the only park in the country that contains a complete mountain range, the Chisos. And because everything is bigger in Texas, the park also includes the largest protected area of the Chihuahuan Desert in the United States.



## GETTING THERE

The closest commercial airport to Big Bend National Park is Midland/Odessa, 200 miles from the park entrance. Most prefer to drive via Interstate 10 and 20. From Houston, take I-10 about 200 miles to San Antonio, and either continue on I-10 for 315 miles to Fort Stockton or take US 90 from San Antonio for 160 miles to Del Rio and then 175 miles to Marathon.

*Feel the overwhelming presence and beauty of the Milky Way and maybe, for the first time in your life, see how milky and opaque the thick band of stars really is.*

TAKE IT IN

The park's 62-mile coastline is the largest undeveloped wilderness coast in the contiguous United States. Head to the popular Kalaloch's Beach 4 or Mora's Hole in the Wall beach at low tide to explore tidepools bursting with color. Spot red, purple, and yellow starfish, vibrant sea urchins, the giant, mint green anemone that opens up its tentacles like flower petals in the water, bright pink algae, and crabs hiding in the seaweed. Just one square foot of these tiny marine worlds is teeming with thousands of sea creatures. Take a ranger-led tour in the summer to learn about the things you might miss on first glance, like barnacles, tubeworms, piddock clams, and snails, or things you can't see at all, like microscopic organisms that call the tidepools home.



iStock/bluenayim

GETTING THERE



The park is on Washington's Olympic Peninsula in the Pacific Northwest. By car, take the I-5 corridor or one of the quieter state roadways. Once you arrive on the Olympic Peninsula, connect to Highway 101 to reach any destinations in and around the park.

*Just one square foot of these tiny marine worlds is teeming with thousands of sea creatures.*

Olympic features the most dramatically diverse ecosystems among the national parks, with nearly one million acres of preserved forests, alpine meadows, rivers, glacier-capped peaks and rugged Pacific Coast shoreline. In 1981, the park was named a World Heritage site for its unique and varied population of plants and animals.

# DE SOTO NATIONAL MEMORIAL

Florida

spirit

## TAKE IT IN



Wikimedia

Commemorating the landing of Spanish explorer and conquistador Hernando De Soto, the De Soto National Memorial is an archaeological site where the Manatee River flows into Tampa Bay. The coastal location of De Soto National Memorial and the combination of habitats attract a wide variety of wildlife. Birds are the most significant fauna of the site, commonly observed in the aquatic, as well as upland, areas of the park.

Go kayaking to explore the waters that Native American Indians and Spanish Conquistadors traveled hundreds of years ago. Learn how native peoples and European settlers used the waterways for transportation and food. Discover Florida's unique coastal ecosystems and enjoy the site's wide array of wildlife. Take a hike along the Nature Trail, which winds along the shoreline and through several Florida ecosystems, including a mangrove forest like the one that De Soto's men would have encountered when they landed.



## GETTING THERE

There are two major airports located within a 50-minute drive of the park: Sarasota-Bradenton Airport and Tampa International Airport. From I-75 Take exit 220 SR 64/Manatee Ave, Gulf Beaches exit. Travel west on SR 64 for approximately 12 miles to 75th St. W. Turn right onto 75th St. W. travel north approximately 2 miles to the northern terminus 75th St. W. turns into De Soto Memorial Hwy and dead ends into the park.

*Look for exercises that strengthen the muscles you'll use on the water like sit-ups and back extensions for paddling activities.*

# SAN ANTONIO MISSIONS NATIONAL HISTORICAL PARK

Texas

spirit

## TAKE IT IN

According to medical research, your mind and body benefit from taking time out of your daily life to relax and meditate. Move, breathe, and find your center at an outdoor yoga class at one of the park's four missions. You can experience both the natural beauty and the spiritual importance of this national park while increasing your flexibility, muscle strength, and tone. After yoga, feel connected to the world around you on a walk through the Mission Portals, which link San Antonio's four historic missions to the San Antonio River. These connections feature historic and artistic interpretations of the story of the missions and highlight their social and cultural importance to the area.



Shutterstock/Esposito Photography

San Antonio Missions National Historical Park may be arranged differently than other parks you have visited. This park has four distinct visitor areas, each between 2-3 miles from the previous one, that provide many opportunities to learn about the Spanish and Native American heritages, lives, and legacies in all areas of the park.



## GETTING THERE

Take Hwy 281 S past downtown San Antonio, where Hwy 281 becomes I-37. Continue on I-37 S to exit 135 west, SE Military Drive, and turn right onto Military Drive. Go approximately 2 miles to Mission Road, the second street past the river, and turn right. At the end of Mission Road, follow the signs into the parking lot.

*A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of wellbeing.*

# JOSHUA TREE NATIONAL PARK

California

spirit

## TAKE IT IN

If you only have a day in the park, take a vehicle with four-wheel drive and explore the park's surreal geological formations via a two-hour driving tour. You'll pass whimsical landscapes with curious granite displays, shaped from strong winds and torrential rain, that look straight off the page of a Dr. Seuss book. Don't miss a stop at Keys View for a breathtaking panorama of the Coachella Valley, the San Andreas Fault, and the high peaks of San Jacinto and San Geronio. Take a moment here to practice mindfulness and awareness. Be in the moment and enjoy the desert's beauty without worrying about Instagramming it. After a day in the desert sun, head to the Oasis Visitor Center and check out the cactus garden to learn more about the park's incredible rock formations.



Shutterstock/Maciej Bledowski

The Mojave and Colorado deserts come together at Joshua Tree National Park. There's a strange, almost mysterious transition between the two ecosystems. One park is at high elevation and the other at a low elevation. Where the two meet offers a wide variety of plants and wildlife. The real draw is the namesake tree from the Agave family.



## GETTING THERE

The park is only a few hours from major cities like Los Angeles, San Diego, Las Vegas, and Phoenix, and the closest airport is in Palm Springs. By car, take Interstate 10 or California Highway 62. The West Entrance is five miles south of the Highway 62 and Park Boulevard junction at Joshua Tree Village.

*Be in the moment  
and enjoy the desert's  
beauty without  
worrying about  
Instagramming it.*

# NEW ORLEANS JAZZ NATIONAL HISTORICAL PARK

Louisiana

spirit

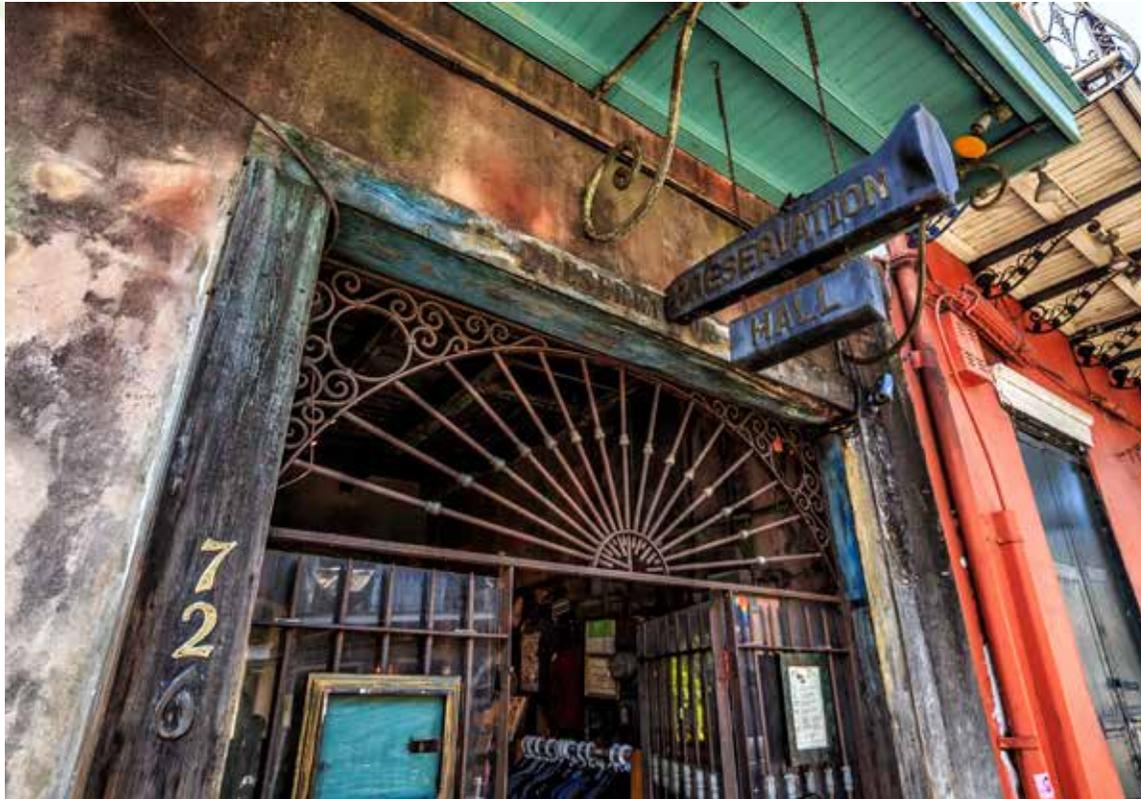
## TAKE IT IN

Music inspires us, and studies have shown it lifts our spirits by sending dopamine to reward centers in the brain. Discover the historic roots of jazz and get happy with live performances at the park's Old U.S. Mint venue or the park's visitor center in the French Market. Every park has ranger-led tours but this is the only park with a ranger-led ragtime concert. The loud brass, thumping bass, and whirling piano are sure to energize and get your heart pumping. During the concert, clap, dance, and sing along to songs from our past. If you have a whole day to explore the park, take a walking tour of the sites where the jazz movement began, including Louis Armstrong Park, J&M Recording Studio, and Preservation Hall, home to the iconic Preservation Hall Jazz Band.

## GETTING THERE

Take I-10, toward New Orleans. Exit at Orleans Avenue #235A. Continue on Orleans Avenue and then Basin Street. Turn left on Conti Street then turn left on North Peters. The visitor center is on the riverside of the street, past Cafe DuMonde and underneath Galvez Restaurant.

*Music inspires us and studies have shown it actually lifts our spirits by sending dopamine to reward centers in the brain.*



Shutterstock/f11photo

Created in 1994, the park commemorates the legacy and birthplace of one of America's distinct types of music: jazz. The unique history is preserved through sites in and around the city's iconic French Quarter, from park squares to the Mississippi River.

# DEVILS TOWER NATIONAL MONUMENT

Wyoming

body

## ACTIVE ADVENTURES



iStock/LaserLens

Devils Tower is a rite of passage for experienced rock climbers. The huge parallel columns make the rock face one of the finest traditional crack climbing areas in North America. The rock has been scaled since the 1800s with various tools but climbers today rely solely on their physical strength to ascend the 867 feet from the base to summit. Just watch your feet, too. Chipmunks, pack rats, and snakes live at the top. If you're planning a summer trip, keep in mind the park's voluntary climb ban in June. The park asks climbers to refrain out of respect for the Plains Indians who consider the rock sacred to this day.



## GETTING THERE

By car, take Wyoming State Route 24, via US Route 14. The tower base and visitor center is a two-mile drive from the east park entrance.

*Climbers today ascend 867 feet from base to summit, relying solely on their physical strength.*

Our nation's first national monument, Devils Tower, soars 1,267 feet above the Belle Fourche River and Wyoming's plains. The natural wonder, once hot magma, cooled into the rock columns so beloved by climbers today. From the Lakota to the Cheyenne, American Indian tribes have revered the structure for hundreds of years, calling it Mateo Tepee, or Grizzly Bear Lodge. According to legend, the lines on the side of the rock are from bear claws.

## ACTIVE ADVENTURES



iStock/GlovTech

One of America's largest national parks, Glacier is a hiker's paradise, with more than 700 miles of trails. The wilderness area gets its name from glacier-carved peaks in Montana's Rocky Mountains. The park's famous Going-to-the-Sun Road is a must-do for stunning views, but the real adventure starts off-road, around secret lakes and through hidden alpine meadows.

Glacier is a winter playground. Make the most of every powder day in the park, from skiing and snowboarding, to snowmobiling and even dog sledding. One of the best activities and workouts in the winter is cross-country skiing or snowshoeing across the closed roads and trails. Snowshoeing is a great low-impact workout option for winter, burning more calories than walking or running the same trails. The average snowshoer can burn up to 1,000 calories in an hour, twice as much as walking! And you can't beat the winter scenery around you. The two-mile, ranger-led trek through the quiet, snow-blanketed forest offers a different perspective of the park most visitors never experience. Plus, there's always a chance to see wildlife such as mountain lions or a bear taking a quick snack break from hibernation.



## GETTING THERE

Most visitors can fly to the Glacier Park International Airport. If you're driving, the West Entrance is the most popular point of entry and provides access to the Lake McDonald area, the Apgar Visitor Center, and the west entry point to the Going-to-the-Sun-Road. From Kalispell, Montana, take Highway 2 north for about 33 miles to West Glacier.

*The average snowshoer can burn up to 1,000 calories in an hour, twice as much as walking.*

## ACTIVE ADVENTURES



Humana Senior Skip Day 2015

Less than an hour away from downtown Miami, Biscayne National Park feels worlds away. If you love the boating and snorkel culture of Caribbean islands, you can find the same active adventures here, with crystal-clear waters, colorful fish, and no cruise ship crowds.

Nearly 95 percent of the park is underwater and there's no better way to see this tropical paradise than up close. Snorkelers and divers can explore the reef that is home to more than 500 species of fish, unique corals, and plants found nowhere else in the country. You might even spot a manatee. The park has one of the only wall dives in the Florida Keys and a shipwreck trail for snorkelers including the Mandalay wreck site. Large sections of the ship, covered in hard corals and sea fans, are easily accessible to snorkelers. After a long day in the sun, relax in one of the old-fashioned rocking chairs at the visitor center.

Kayakers and canoers can also access secluded areas too shallow for motorized boats. These private lagoons and channels, lined with mangrove shores, are great for spotting sharks, rays, and upside-down jellies. Paddlers can challenge themselves to cross the bay's seven-mile expanse to camp at Elliot Key or Boca Chita Key.



## GETTING THERE

The park and Dante Fascell Visitor Center can be reached from the Florida Turnpike or US-1. From 328th Street SW, continue four miles to the end of the road. The park entrance is on the left just before the entrance to Homestead Bayfront Marina. You will need a boat to reach most areas of the park as there is only one mile of paved road in the entire site.

*Snorkelers and divers can explore the reef with more than 500 species of fish, unique corals and plants found nowhere else in the country.*

# CUYAHOGA VALLEY NATIONAL PARK

Ohio

body

## ACTIVE ADVENTURES



Bigstock/KennethKeifer

Tucked between Cleveland and Akron, Ohio, Cuyahoga Valley is one of the youngest national parks, earning its status in 2000. Despite being so close to busy cities, you'll feel worlds away inside the park, with secluded marshes and rugged trails. But maybe not as off the grid as the larger western parks since Cuyahoga contains performance venues where you can watch Shakespearean plays, musicals, or The Cleveland Orchestra perform at the outdoor Blossom Music Center. And there's even a train, the Cuyahoga Valley Scenic Railroad, that you can ride through the heart of the park.

Biking is a great way to see the park and get a great workout, burning an average of 300 calories per hour. The Ohio and Erie Canal Towpath Trail is one of the longest and most scenic bike trails in Ohio and a popular choice for avid cyclists. The 85-mile trail passes forests, rolling farmlands, and the winding Cuyahoga River. The trail and connecting paths are perfect for low-impact short morning rides, strength-training half days, or a challenging multi-day trek. The trail extends outside the park all the way to Lake Erie, Cleveland. If you're tired after a long day of biking in the park, spend \$3 on a one-way ticket to hop on the scenic railway with your bike for a relaxing ride back to your car.



## GETTING THERE

You can fly into the Cleveland or Akron airport. From Cleveland, take I-77 for 15 miles south. From Akron, go 13 miles north on I-77 or Ohio 8. The visitor center is the white two-story building with a wrap-around porch on your left.

*The trail and connecting paths are perfect for low-impact short morning rides, strength-training half days, or challenge yourself to a multi-day trek.*

# GREAT SMOKY MOUNTAINS NATIONAL PARK

Tennessee & North Carolina

body

## ACTIVE ADVENTURES



Humana Senior Skip Day 2015

Great Smoky Mountains National Park preserves a rich cultural tapestry of Southern Appalachian history. A tour of the park offers scenic views of mountain streams, weathered historic buildings, and forests stretching to the horizon. There are so many activities for you to enjoy, the hardest part may be choosing which auto tour, trail, waterfall, overlook, or historic area to explore!

With so much to see in Great Smoky Mountains National Park, hop on a bike and take to the Cades Cove Loop Road, an 11-mile loop road and the most popular place in the park for bicycling. It provides bicyclists with excellent opportunities for wildlife viewing and touring 19th century homesites. During summer and fall, bicycles may be rented at the campground store located near Cades Cove Campground. If you are looking for a shorter ride, check out Greenbrier, Lakeview Drive, Tremont Road, and Cataloochee. Once you have worked up a sweat, relax with a meal at one of the picnic areas and pavilions located throughout the park.



## GETTING THERE

There are three entrances to Great Smoky. To access the Gatlinburg, TN entrance, use interstate highway I-40 and take Exit 407 (Sevierville) to TN-66 South. At the Sevierville intersection, continue straight onto US-441 South. Follow US-441 through Sevierville and Pigeon Forge into park. For the Townsend, TN entrance, take US-321 North / TN-73 East through Townsend and continue straight on TN-73 into the park. For the Cherokee, NC entrance, follow US-441 through Cherokee and into the park.

*An adult cyclist typically has a level of fitness equivalent to someone 10 years younger and a life expectancy two years above the average.*

# APPALACHIAN NATIONAL SCENIC TRAIL

Georgia to Maine

body

## ACTIVE ADVENTURES



iStock/Richard Mirro

The Appalachian Trail is one of the most iconic trails in our country. Completing the entire trail, or a “thru-hike,” is on many hikers’ bucket lists, but the total trip can take months to complete. If you don’t have the time for a journey like that, there are several pieces of the trail you can hike over a weekend, like the overnight Mau-Har loop in Virginia, with stunning 40-foot waterfalls and swimming holes to enjoy. And if you just have a day, there are short hikes, like the 2.2 mile Anthony’s Nose in New York. Even short hikes release endorphins to lift your mood all day, long after the hike is over.



## GETTING THERE

To get to the beginning — or end — of the trail at the Springer Mountain summit in Georgia, take Forest Service Road 42 from the closest town, Dahlonega, Georgia. For the northern terminus on Katahdin Mountain’s Baxter Peak, enter through Baxter State Park in Maine. Another popular access point is through the Smoky Mountain National Park in East Tennessee.

*Even short hikes release endorphins to lift your mood all day, long after the hike is over.*

Spanning 14 states, this public footpath covers more than 2,100 miles along the Appalachian Mountain ridgelines, from Georgia to Maine. The trail is open year round, but one of the best times to visit is during the fall when foliage is at its peak with vibrant orange, red, and yellow leaves dotting the mountainside.

## ACTIVE ADVENTURES

President John Quincy Adams understood the stress-relieving benefits of walking long before any research was published. He took afternoon walks in Rock Creek Park after grueling days of politics. Unwind like Adams and breathe in the fresh forest air while walking with the gentle ebb and flow of Rock Creek. You might even spot a red fox or southern flying squirrel.



Bigstock/EricBYD

One of the first federal parks and urban areas set aside by Congress, Rock Creek is our capital's hidden gem, with miles of trails, historic sites, a nature center, and the National Park Service's only planetarium. The park offers an escape from the city, which many past presidents have enjoyed. Theodore Roosevelt loved the area for bird-watching and Ronald Reagan rode horses at the stables.



## GETTING THERE

The Rock Creek Nature Center and Planetarium are near the intersection of Military Road and Glover Road. From Dupont Circle, take New Hampshire Avenue for approximately half a mile to 16th Street. Head north on 16th Street, towards the Maryland border. About 3.25 miles up the road, it will intersect Military Road, after Madison and Nicholson Streets. Take the right hand exit onto Military Road west (cloverleaf ramp). Cross Military Bridge and then it will turn into a small parkway. Get in the left-hand lane. Make a left at the first light at Glover and Oregon Roads. Follow signs to the Nature Center.

*Breathe in the fresh forest air while walking with the gentle ebb and flow of Rock Creek.*

# DIRECTORY

Our over 400 national parks stand, not only as a remarkable representation of America's natural and historical legacy, but also as a cherished playground for visitors young and old. Together as Americans, we all own a piece of these majestic places. Whether it's a national park down the street or across the country, they are yours to explore — so lace up your boots, pack your bag, and set out on a national park adventure uniquely your own!

To help you get started on your next national park adventure, here is a directory of all 21 parks featured in this guide. Happy planning!

## **Agate Fossil Beds National Monument**

Harrison, NE | 308-436-9760 | [www.nps.gov/agfo](http://www.nps.gov/agfo)

## **Appalachian National Scenic Trail**

Georgia to Maine | 304-535-6278 | [www.nps.gov/appa](http://www.nps.gov/appa)

## **Big Bend National Park**

Big Bend National Park, TX | 432-477-2251 | [www.nps.gov/bibe](http://www.nps.gov/bibe)

## **Big Cypress National Preserve**

Ochopee, FL | 239-695-1201 | [www.nps.gov/bicy](http://www.nps.gov/bicy)

## **Biscayne National Park**

Homestead, FL | 305-230-1144 | [www.nps.gov/bisc](http://www.nps.gov/bisc)

## **Cane River Creole National Historical Park**

Natchitoches, LA | 318-352-0383 | [www.nps.gov/cari](http://www.nps.gov/cari)

## **Cuyahoga Valley National Park**

Brecksville, OH | 330-657-2752 | [www.nps.gov/cuva](http://www.nps.gov/cuva)

## **De Soto National Memorial**

Bradenton, FL | 941-792-0458 | [www.nps.gov/deso](http://www.nps.gov/deso)

## **Devils Tower National Monument**

Devils Tower, WY | 307-467-5283 x635 | [www.nps.gov/deto](http://www.nps.gov/deto)

## **Glacier National Park**

West Glacier, MT | 406-888-7800 | [www.nps.gov/glac](http://www.nps.gov/glac)

## **Great Smoky Mountains National Park**

Gatlinburg, TN | 865-436-1200 | [www.nps.gov/grsm](http://www.nps.gov/grsm)

## **Hot Springs National Park**

Hot Springs, AR | 501-620-6715 | [www.nps.gov/hosp](http://www.nps.gov/hosp)

## **Joshua Tree National Park**

Twentynine Palms, CA | 760-367-5500 | [www.nps.gov/jotr](http://www.nps.gov/jotr)

## **Mammoth Cave National Park**

Mammoth Cave, KY | 270-758-2180 | [www.nps.gov/maca](http://www.nps.gov/maca)

## **National Mall and Memorial Parks**

Washington, DC | 202-426-6841 | [www.nps.gov/nama](http://www.nps.gov/nama)

## **New Orleans Jazz National Historical Park**

New Orleans, LA | 504-589-4841 | [www.nps.gov/jazz](http://www.nps.gov/jazz)

## **Olympic National Park**

Port Angeles, WA | 360-565-3130 | [www.nps.gov/olym](http://www.nps.gov/olym)

## **Rock Creek Park**

Washington, DC | 202-895-6000 | [www.nps.gov/rocr](http://www.nps.gov/rocr)

## **San Antonio Missions National Historical Park**

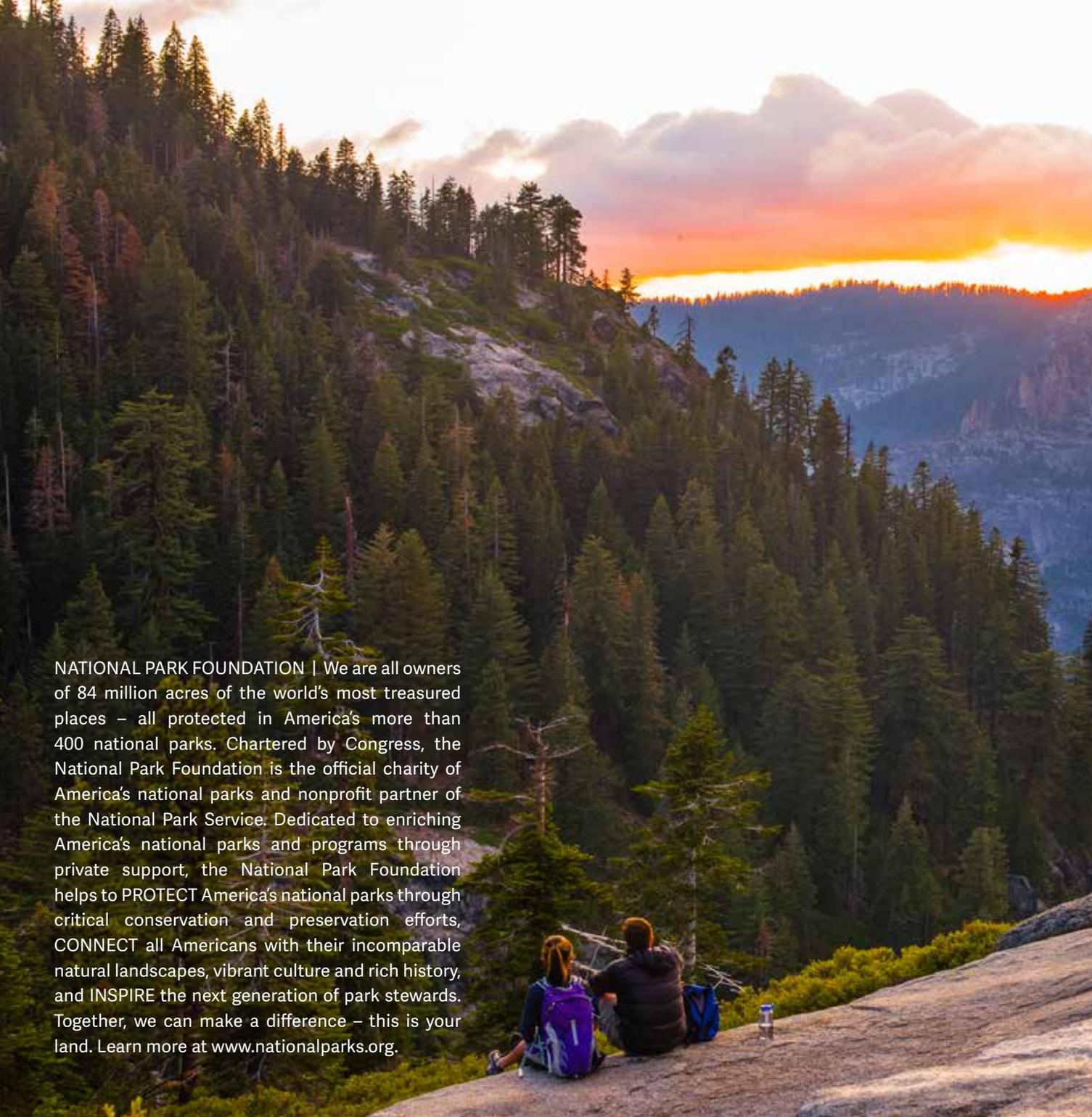
San Antonio, TX | 210-932-1001 | [www.nps.gov/saan](http://www.nps.gov/saan)

## **Tuskegee Institute National Historic Site**

Tuskegee Institute, AL | 334-727-3200 | [www.nps.gov/tuin](http://www.nps.gov/tuin)

## **Weir Farm National Historic Site**

Wilton, CT | 203-834-1896 x0 | [www.nps.gov/wefa](http://www.nps.gov/wefa)



NATIONAL PARK FOUNDATION | We are all owners of 84 million acres of the world's most treasured places – all protected in America's more than 400 national parks. Chartered by Congress, the National Park Foundation is the official charity of America's national parks and nonprofit partner of the National Park Service. Dedicated to enriching America's national parks and programs through private support, the National Park Foundation helps to PROTECT America's national parks through critical conservation and preservation efforts, CONNECT all Americans with their incomparable natural landscapes, vibrant culture and rich history, and INSPIRE the next generation of park stewards. Together, we can make a difference – this is your land. Learn more at [www.nationalparks.org](http://www.nationalparks.org).

## FIND YOUR PARK

The National Park Service and the National Park Foundation are inviting people everywhere to discover their own personal connections to parks. So much

more than vast landscapes, there are urban parks, cultural treasures, and historical places — all within the National Park System. A park can even be a feeling or a state of mind. You may also find that a National Park Service program helped preserve a special place in your community. With more than 400 national parks and thousands of historic and recreational lands across the country, there are endless ways for you to find your unique connection.

If you've already found your park, please share your story with us using #findyourpark or by going to [findyourpark.com](http://findyourpark.com). If you haven't found your park just yet, visit [findyourpark.com](http://findyourpark.com) for more ideas and inspiration.

## Humana®

Humana Inc. is proud to be the official health partner of the National Park Service's Centennial celebration.

Humana, headquartered in Louisville, KY, is a leading health and well-being company focused on making it easy for people to achieve their best health with clinical excellence through coordinated care. The company's strategy integrates care delivery, the member experience, and clinical and consumer insights to encourage engagement, behavior change, proactive clinical outreach and wellness for the millions of people we serve across the country. Learn more at [www.humana.com](http://www.humana.com).



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