

**The Outdoors and your Wellbeing**

Research shows that interacting with nature can have positive effects on your mental health and overall well-being.

* **In the Woods** - There are several trails easily accessible to all levels of hiking in the Charleston area. Go on a breezy day and bring bug spray!! These are my favorites in Mt. Pleasant / Awendaw.
  + Palmetto Trail - [Awendaw Passage](https://palmettoconservation.org/passage/awendaw-passage/)
  + [I’On Swamp Trail](https://www.fs.usda.gov/recarea/scnfs/recarea/?recid=47281)
  + [Sewee Environmental and Visitor’s Center](https://www.fws.gov/refuge/sewee_center/)
  + [Laurel Hill County Park](https://ccprc.com/2005/Laurel-Hill-County-Park)
  + [Palmetto Islands County Park](https://ccprc.com/69/Palmetto-Islands-County-Park)
* **At the Beach** - You don’t have to go for the whole day
  + Sunrise / Sunset walks are great ways to start / end the day
  + Dogs are allowed off-leash on IOP from 5am-9am (get your dog fix or treat your dog)
  + Explore a new beach you don’t normally frequent
  + [Botany Bay](https://discoversouthcarolina.com/articles/edisto-islands-botany-bay-preserves-plantation-landscape) is an amazing day trip
* **On the Water** - You don’t have to own a boat to get on the water! There are lots of options around Charleston.
  + Rent paddle boats and kayaks at Charleston county parks
  + Several companies have kayak tours in Charleston
  + My favorite places to kayak:
    - [Wambaw Creek](https://www.gopaddlesc.com/trips/trail/wambaw-creek) - It’s SOOO quiet!
    - [Awendaw Creek](https://www.sctrails.net/trails/trail/awendaw-creek-canoe)
    - Copahee Sound - [Gadsdenville public boat landing](https://www.google.com/maps/place/Gadsdenville+Public+Boat+Landing/@32.8747957,-79.7413666,17z/data=!3m1!4b1!4m5!3m4!1s0x88fe12d34517f71f:0xc82a7c1dc82489f4!8m2!3d32.8747957!4d-79.7391779)
* **Around a campfire** - SC has some of the BEST campgrounds in the South! There are 70 Waterfalls in Upstate SC that you can explore while staying at a [SC State Park](https://southcarolinaparks.com/). My top three favorites:
  + [Oconee State Park](https://southcarolinaparks.com/oconee)
  + [Devils Fork State Park](https://southcarolinaparks.com/devils-fork)
  + [Dreher Island State Park](https://southcarolinaparks.com/dreher-island)