

Outdoor Resources for Families

AN OUTDOOR STRETCH DAY ACTIVITY

At Pike, we place great value on working with you to support your children in becoming responsible global citizens. One aspect of supporting this growth is to teach sound environmental stewardship of our earth and its resources.

The first entry is an interesting CBS news feature that highlights the importance of getting outside for your health and growth.

The subsequent entries list a few of the protected local resources we enjoy going to to get out in nature. We hope you have a bit of time this Stretch Day to enjoy some time outdoors with your family.

- The Benefits of Spending Time Outdoors
- Andover Trails Guide, 6th Edition - All trails are currently open, dog-friendly
- Ipswich River Wildlife Sanctuary - Many trails are currently open (View the trail map)
- Great Brook Farm State Park - All trails are currently open, dog-friendly
- The Trustees of the Reservations - Appleton Farms Grass Rides