

Woods Walk at Gorman Nature Center with Just Walk Richland

2017-10-20 15:20:00 by MelissaH0243

Come join us for a woods walk during Richland Public Health's Hike for Health.



It's a beautiful time of year to get out and enjoy the weather and see the leaves changing. If you're not familiar with Gorman's trails it's a great way to discover and explore them with a group. Light refreshments will be available through Richland Public Health's event.

Meeting Location Details:

How to Find Us: We'll meet in front of Gorman Nature Center's visitors center.

Parking: Parking available at lot

Breaks, Restrooms: Restrooms available inside center, no breaks planned during hike but we can always stop as needed

Consider Bringing:

- Comfortable socks and good traction athletic footwear (waterproof footwear as needed, pref. NON cotton socks)
- Light backpack w/water and snack foods (almonds, bars, fruit) -- optional
- Sunglasses, Sunscreen, Cap
- Bring many thinner layers depending on anticipated temperature Feel free to reach out if you have any questions prior.

I look forward to seeing you there!

TYPE: Nature Walk

PACE: Conversational

TERRAIN: Woods trails with mild hills, occasional trip hazards

DIFFICULTY: Easy to Moderate

DISTANCE: Approximately 3mi

TIME: Approximately 1 1/2 hours

Saturday, October 21st

10:00am-11:30am

Gorman Nature Center

2295 Lexington Ave, Mansfield

Photo Credit: Facebook Event Page

<http://www.mymidohio.com/modules.php?name=News&file=article&sid=450>