Pack Ahead:
- Sunscreen
- Insect repellent
- Hand sanitizer
- First aid kit
- Kleenex packs
- Clean socks
- Extra shoes
- Rain gear
- Fanny pack
- Plastic bags
- Camera
- Binoculars
- Journal
- Whistle
- Pepper spray
- Compass
- Water bottle
- Healthy snacks
- Small cooler
- Ice packs
- Cell phone
- Identification

Get out, enjoy nature! How to take a quick and easy local nature excursion.

Taking a nature hike is quick and easy in Louisville! We are blessed with a multitude of nature exploring options within a short distance of downtown Louisville. Take-a-Hike, Louisville offers 50 miles of family friendly nature walks in and around the Louisville area.

Why should we want to take a hike?
- Overcome nature deficit disorder.
- Improve resistance to stress and depression.
- Improve children’s cognitive capacities.
- Reconnect to our natural roots.
- Gain health and physical fitness. Combat our sedentary lifestyle.

Four “off the beaten path” hikes to try:

1. Lapping Memorial Park, Clark County, IN.
   - Nature feature: scenic creek vistas, old growth forest.
   - Silver Creek Trail: 1.3 miles
   - Get there: I-65 N to Clarksville, exit 5 at Veterans Parkway, east to Green Tree Blvd N and Potters Lane.

2. Sonoma Park
   - Nature feature: upland cross country terrain, hidden bridge.
   - Hidden Bridge Trail: 1 mile
   - Get there: Canons Lane at Beechwood_Reese Rd. Park at baseball field. Trail starts across Beechwood_Reese Rd.

3. Anchorage Park
   - Anchorage Trail: 2 miles
   - Get there: Hwy 146 (Lagrange Rd) to Anchorage at Evergreen Rd.

4. Mount St. Francis
   - Floyd County, IN
   - Nature feature: pristine lake, spiritual place for reflection.
   - Lake Trail: 3 miles
   - Get there: 104 W over Sherman Minton bridge to Greencastle exit. Two miles to the Mount.

Contact Info:
- Take a Hike, Louisville
- lucyndakoesters@gmail.com
- Take a Hike, Louisville
  - Available at:
    - your local library!
    - Your local bookstore, including Carmichaels, Destinations and Barnes and Noble.
    - Online at: www.butterbooks.com and amazon.com