

## Enjoy Nature, Warm Hearth's Unique Gift

Improve Your Mental & Physical Health

Our paved paths and wooded trails inspire peace and physical fitness by providing walkers and hikers with all the beauty and spiritual sustenance nature has to offer. Hit the trails and enjoy the sounds, earthy smells and dappled forest light.

## It's Never Been Easier

Primary access points from Warm Hearth Drive, Showalter Center and Kroontje Health Care Center make it easy to access our three loop trails. Whether you're a staff member or resident, taking a nature break has never been easier!

## Hike at Your Own Risk

Hiking is fun and rewarding but can also be challenging and even dangerous if you are not prepared!

Stay hydrated and bring water along.

Always let someone know where you are going if you are heading out alone.

Bring your cell phone along if you have one. A whistle is a good idea too!

Wildlife is rarely a threat, but do be cautious around animals like snakes, deer, raccoon and skunks if you see them!

The ground can be very uneven and there are lots of rocks and roots. Appropriate shoes for hiking are essential.

Start your hike with plenty of time to finish before dark.

## Campus Trail Map

