

As nature gets ready to reset for its winter slumber, as should you. We challenge you to renew your mind, body and spirit in your parks this fall. We have curated a selection of trails that will help you prepare for the hectic holiday season.

Participants who complete all the tasks prior to 12/9/24 will go in for a drawing for tickets to our Holiday Lights!

Time sensitive tasks that are recommended to complete first: Wildflower Walk and Mindfulness walk. These hikes are best if done in early October, but can still be enjoyed later.

Healthy Lifestyles... Inspired by Nature!

TASKS

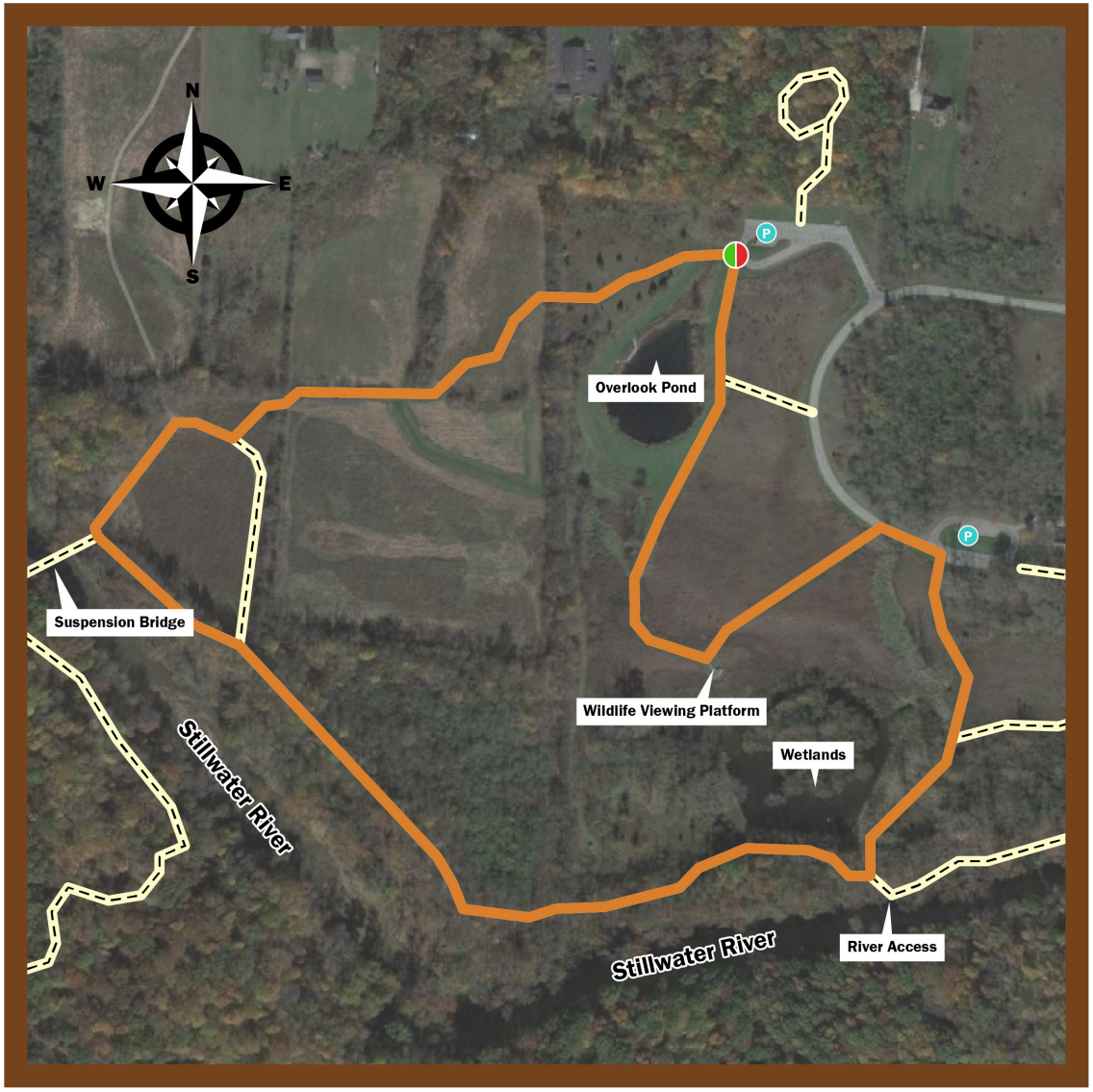
- ☐ **Wildflower Walk**
  Stillwater Prairie Reserve
- ☐ **Mindfulness Walk**
  Lost Creek Reserve
- ☐ **Serene Waters Hike**
  Maple Ridge Reserve
- ☐ **Scenic Views Hike**
  Charleston Falls Preserve
- ☐ **Golden Hour Walk**
  Hobart Urban Nature Preserve
- ☐ **Historical Walk**
  Greenville Falls State Park

Challenge maps can be found on the OuterSpatial App or on these cards for a non-digital format.

To be entered into the Holiday Lights drawing, submit your finished tasks before December 9, 2024 to awebb@miamicountyparks.com.

WILDFLOWER WALK

Stillwater Prairie Reserve



MiamiCountyParks.com

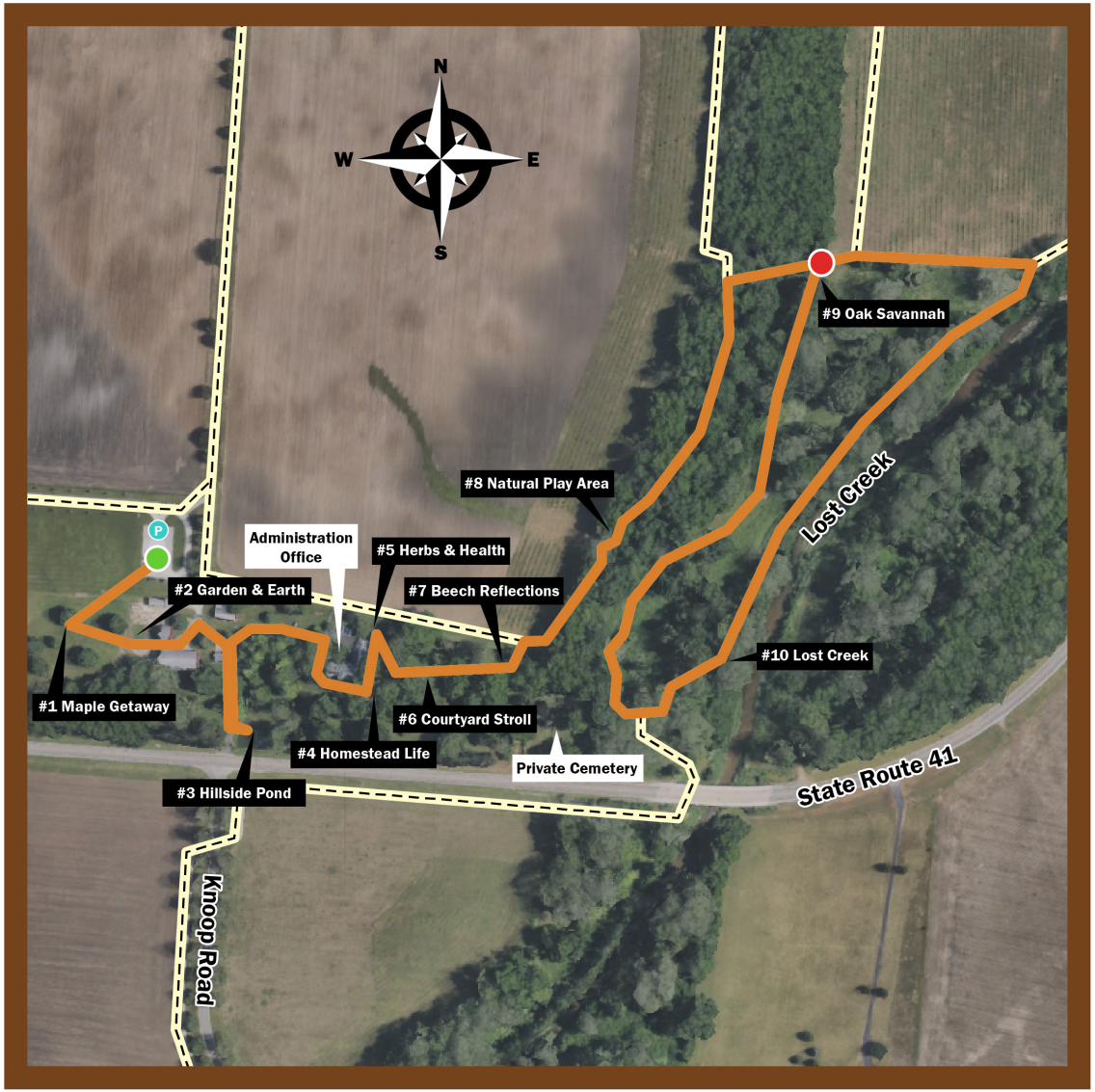
Task 1

- Due to the nature of this walk, we recommend you take it in early October before all the wildflowers fade for the season. However, this walk will still be enjoyable later in the fall for the autumn foliage.
- Stillwater Reserve is home to a vast amount of goldenrod and other wildflowers. This season the prairie is lit ablaze by yellow goldenrod blanketing the landscape.

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MINDFULLNESS WALK

Lost Creek Reserve



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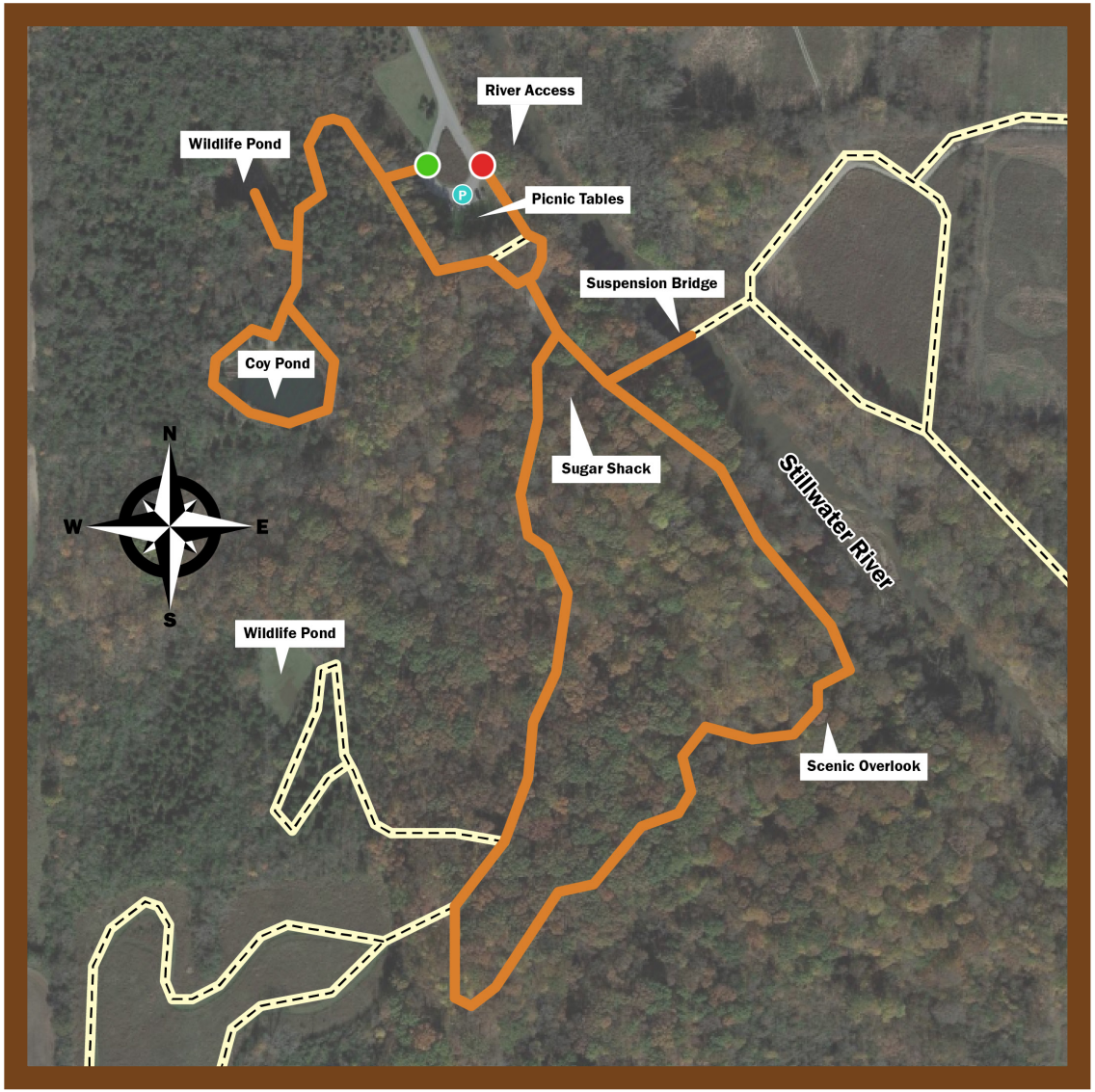
Task 2

- Follow this path to help reduce stress, decrease anxiety, manage emotions, and gain peace of mind.

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SERENE WATERS HIKE

Maple Ridge Reserve



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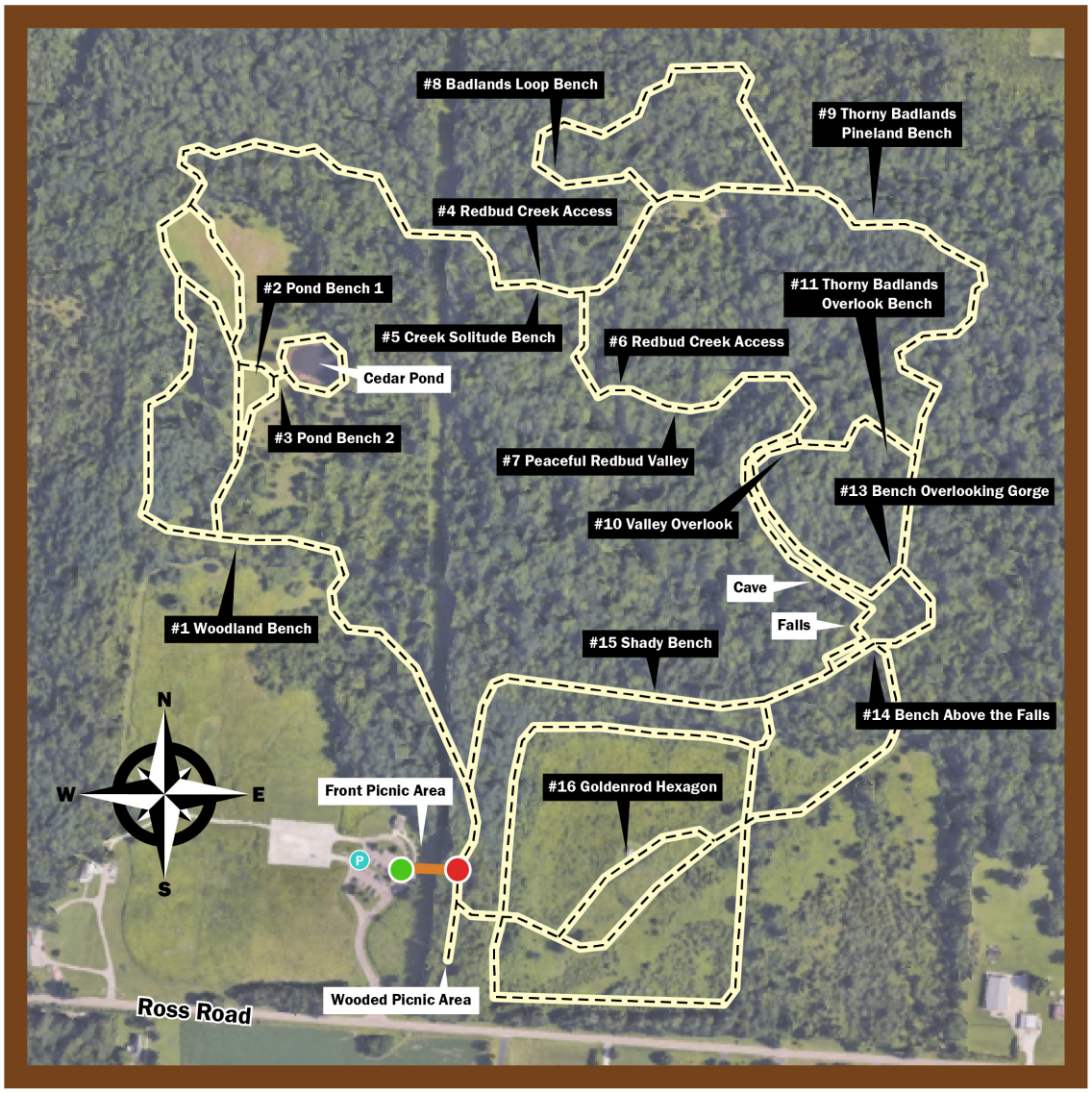
Task 3

- Maple Ridge is home to 3 peaceful ponds and the scenic Stillwater River. Follow this path to enjoy all the water Maple Ridge has to offer.
- This park also has river access if you wish to float the Stillwater River. Our river access point at Stillwater Prairie-Range Line Entrance is a great exit point south of Maple Ridge's access point.

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SCENIC VIEWS HIKE

Charleston Falls Preserve



MiamiCountyParks.com

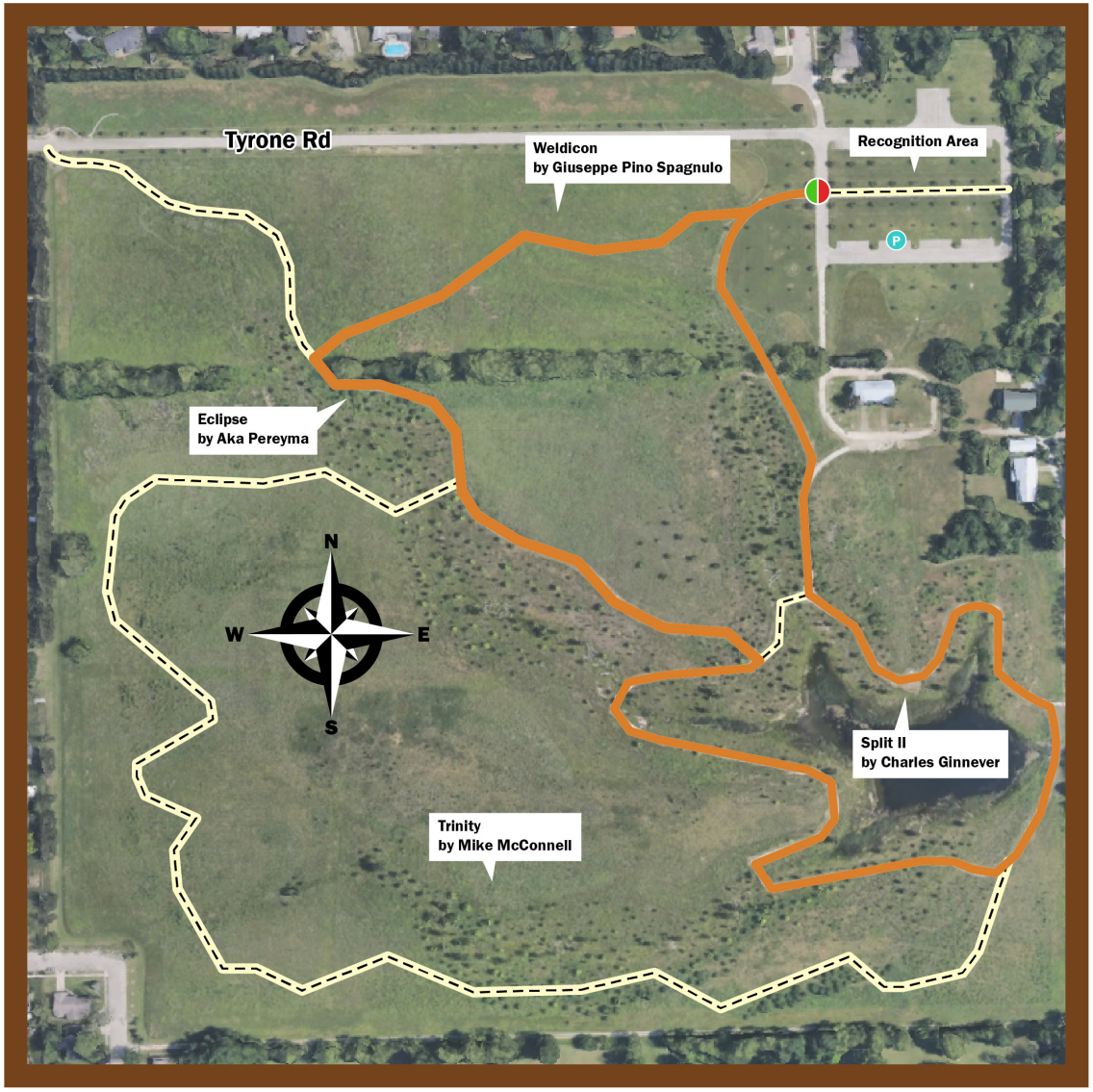
Task 4

- Charleston Falls is home to some spectacular views of Miami County's topography. Take time to rest at the key points highlighted on the map to fully take in the beauty of this preserve.
- There isn't a designated route for this task as there are many different stopping points along these trails. Use the numbered stops to help decide your route.
- This path will also take you up and down hills; these can be done repetitively to get in a cardio workout.

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GOLDEN HOUR WALK

Hobart Urban Nature Preserve



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Task 5

- Take this hike during the golden hour, close to dawn or dusk. When the Sun is close to the horizon on a sunny day, its light appears warmer and softer. This makes the golden hour, also known as the magical hour, popular with photographers and filmmakers. The sunrises and sunsets in our parks are especially delightful to enjoy. We have curated a hike that will guide you past picturesque views of the hidden nature preserve inside the city limits of Troy.

- **Park Hours: 8 AM - sunset.** Please plan your hike accordingly to respect these hours.

- **Tip** - If you follow the curated path, the last leg of your walk will be going past the pond. There is a spectacular view of the sunset. Keep in mind, once you are on the east side of the pond, it is approximately a 10 minute walk back to the parking lot. Plan accordingly.

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GOLDEN HOUR WALK

Why is Light Golden?

When the Sun is just above the horizon, its rays impact the Earth at a low angle and they have to travel through more of the Earth's atmosphere before they reach us. On their way to the Earth's surface, they encounter atmospheric particles such as dust and water droplets, which filter the sunlight, ultimately making it less bright. This process also adds more indirect light to the mix, softening contours and reducing the contrast.

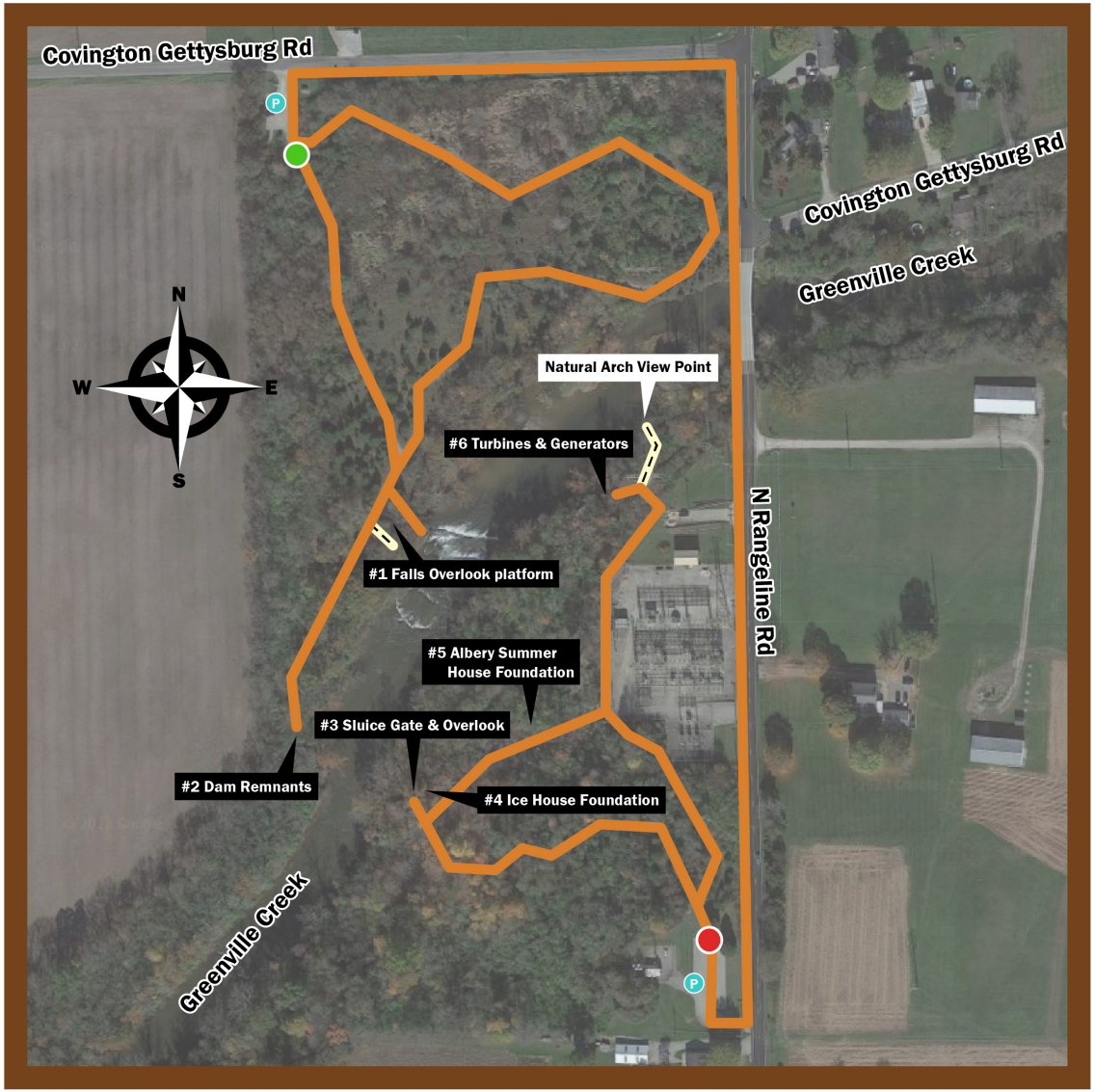
At the same time, the thicker layer of atmosphere that the sunlight has to pass through scatters the blue and violet wavelengths, allowing more light in the orange and red spectrum to reach Earth. This scattering decreases the sunlight's color temperature and makes it take on a golden or reddish hue.

Golden Hour Photography Tips

The golden hour is a great time to shoot any kind of picture, including portraits, landscapes, cityscapes, and still life. To capture the magic of the golden hour in your photos, try following these guidelines:

- Plan ahead: The golden hour is short—too short to start fiddling with your equipment and settings when the light is just right. Use timeanddate.com's Sun Calculator to find out when the Sun will be at just the right angle at your shooting location (click on a row in the table for a solar elevation graph). Make yourself familiar with the destination and turn up with some ideas of the subjects and angles you wish to capture.
- Play around. Experiment with front lighting, backlighting, rim lighting, and perhaps you can catch a flare as the sunlight enters your lens.
- Use a wide aperture. The sunlight is not as bright during the golden hour, requiring a larger aperture — unless you are planning a long exposure shot.
- Try increasing the ISO setting. The low light level during the golden hour may require you to try out a higher ISO setting. However, be aware that this may also increase noise.
- Use a tripod. When experimenting with a range of apertures, a tripod will help you keep your images sharp.

Historical Walk
Greenville Falls



MiamiCountyParks.com

Task 6

- This park along Greenville Creek is full of many unique natural features.
- The 20 foot cascading waterfall is a beautiful sight in any season. Trails wind along the river, through a prairie, and past many historical remnants from an electric mill that once stood there. Follow this outing to learn about the rich history of this area.
- This is a perfect place for learning about history, hiking, fishing and viewing wildlife.

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