

Mental Wellness and hiking



Clear your mind

Hiking in a natural environment offers increased mental benefits.

Boost your Brain

Hiking stimulates the memory and the cognitive functions. The sights, smells, and sounds of nature are calming.

Connection

People connect with themselves and nature in a way that brings peace and a sense of well-being.

Self-acceptance

Exercise can improve self-acceptance by improving your health and body image. It builds strength in many important muscle groups and improves bone density

Self-discipline

The great outdoors reduces stress, calms anxiety, lowers the risk of depression and helps regulate your mood.

Positive attitude

Hiking in nature liberates you from negative emotions and mental fatigue.



www.trailgazers.eu



Interreg
Atlantic Area
European Regional Development Fund



EUROPEAN UNION

TTrail Gazers Bid is co-financed by the Interreg Atlantic Area Programme through the European Regional Development Fund.