



# The Next Level Challenge

ARE YOU READY FOR AN ADVENTURE? HIKING IS A GREAT OUTDOOR ACTIVITY AND STUDIES SHOW MANY HEALTH BENEFITS ASSOCIATED WITH NATURE THERAPY.

**ADD SOME FUN TO YOUR HIKING ADVENTURES WITH THIS LIST OF OBJECTIVES TO COMPLETE!**

**THE MORE YOU DO - THE GREATER THE ADVENTURE! TAKE A PHOTO AS YOU GO AND SHARE ON OUR 'TRAILS OF VERNON' FACEBOOK PAGE!**

**SUBMIT YOUR COMPLETED CHALLENGE LOG TO MDOWNTAIN@VERNONTWP.COM FOR A FREE STICKER!**

- Hike on a Historic Trail or in a State Park - we have both!
- Trek to a waterfall.
- Stewardship Hike - (Clean up trash along a trail (leave no trace), do some trail maintenance or take part in a restoration or clearing project).
- Check out a new trail you've never been on or organize a family hike.
- Take a sunset hike or for those feeling really adventurous - a sunrise hike. These photos are sure to be breathtaking.
- Leave your name in a trail log.
- Take a trail less traveled. (Hint - the NJ Audubon Society trails atop of Black Walnut Mountain are spectacular).
- Find a man made stick lean-to-shelter - they are all around if you are looking.
- Hop on over to the Bunny Tree
- Spot at least FIVE different animals or types of birds on one of the trails at one of our wildlife areas (we are blessed to have both Wallkill River National Wildlife Refuge and the Janet Van Gelder Wildlife Sanctuary in Vernon).
- Head west to take a rest in shelter dedicated to the local teacher who helped build it.



CONTACT [MDOWNTAIN@VERNONTWP.COM](mailto:MDOWNTAIN@VERNONTWP.COM) FOR MORE INFORMATION  
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