



Outdoor Recreation: Places to Go, Thing to See

Shelley Swenson, UF/IFAS Wakulla County Extension

We live in the recreation capitol of Florida when it comes to outdoor activities. It is time to sit down as a family and plan your summer so that another one does not pass you by without appreciation and enjoying the natural resources that abound in Wakulla County. Enjoying the outdoors can be as simple as a family bicycle ride or walk through a local park. Decide how many evenings you are going to do so and plan accordingly. We have so many nice cycling and walking trails that transporting your bikes to another location, like the St. Mark's Trail, can make the event even more special.

Research proves that both exercise and exposure to nature go hand in hand for increasing our mental and physical health. Families that participate together can benefit in many ways, such as learning how to communicate better and enjoying spending more time together.

Do you want to enjoy the outdoors here in our county? Your first stop should be www.visitwakulla.com and download the Wakulla County Florida Visitor's Guide for free! Look at your native county through the eyes of someone from another country or state who is choosing Wakulla as a vacation destination. There are so many activities listed in the guide that there will be no reason for you to consider leaving the county all summer.

Right in your back yard, you can plan to paddle in Wakulla's rivers, wetlands and coasts to explore fresh and saltwater areas by canoe or kayak. Being on the water can give you a new perspective and a chance to dive into the water world of plants and wildlife. If you want to fish, make sure you have the appropriate license and learn the proper procedures of catch and release.

Why not spend some time swimming this summer? We have the world renowned Wakulla Springs State Park. Enjoy it!