

SAFE TRAILS WORKSHOP
Thursday, September 26, 2013
Duck Club, Irvine, CA

Audience Response Opportunity

How do you benefit from your trail experiences?

Comments:

- Sense of community, belonging (another participant dittoed this response)
- Exercise of body and mind (nature and natural experience) (another participant dittoed this response)
- Instant gratification doing trail maintenance
- Exercise / nature experience / stress relief
- Clarity of mind and exercise
- Energy from nature is restorative (another participant dittoed this response)
- Rejuvenation (and exercise) but choose trails over others because of rejuvenation
- Knowing the land is protected
- Walking among and enjoying native plants and habitats

