TRIP RECAP

Take a peek at some of our trips this past semester that we had the pleasure of going on with undergraduate and graduate students. We want to thank all of you who came along with us on the adventure!

FALL 2020

Missed some of our trips? Take a look at some trips you can plan for in the Fall 2020 Semester and make sure to sign up for updates to stay informed!

OP TIPS

With Spring 2020 classes online, what are some ways you can still stay active during this time and still practice good mental and physical wellness?

OUTDOORS...INDOORS?

Some tips and tricks to enjoying outdoor pursuits through indoor alternatives and ways to stay active!

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ICE SKATING

Our students took a Friday evening off to go ice skating at a local rink where some who had never ice skated before were able to break out of their comfort zone and try something new! Ice skating is super affordable, with most rinks charging $5 - 10 which includes the skate rental.

Ice skating was a fun and low cost activity that you can do with friends as well. Not only is it different, but you can get a great workout in! During the spring and summer months most ice rinks (if outdoors) turn into roller skating areas so look out for those opportunities coming this summer.

SNOW TUBING

In February, OP headed up to West Mountain in the Adirondacks for a Saturday of snow tubing! Various ski areas in the Adirondacks offer snow tubing passes, usually good for two hours of fun. You can also sit by the fire, enjoy some hot cocoa and snacks in the ski lodge while watching other tubers or snow sports such as skiing and snowboarding.

Everyone had so much fun and its a trip we would love to do again with you all! Snow sports are always a great way to get outside and enjoy the winter weather and snow tubing is an activity that all ages and individuals can enjoy if you are not a fan of winter sports! Pro tip: for some extra fun grab the double tubes with a friend to do together, with the added body weight you tend to go faster!

Want to see snow tubing again next Spring? Send us an email and let us know!

BUCK MOUNTAIN

We also took a hike to the summit of Buck Mountain in the Adirondacks. The hike was a 6.6 mile loop trail that was rated as moderate. It's not exactly an easy hike but its challenging and any one can do it no matter their experience or level of hiking.

The trail took us over many stream crossings and we could get peaks of views over various lakes and mountains around Lake George. At the summit, you were greeted with a breath taking view of Lake George and surrounding mountains. It's a great way to challenge yourself, explore the outdoors and see some pretty awesome views.
**MARK YOUR CALENDARS**

At Outdoor Pursuits, we want to encourage students to step outside of their comfort zone and join us on some different adventures! Either solo or with a group of friends, all UAlbany students are welcomed with us. This upcoming semester we have a range of trips for individuals of all skill levels that require little - to more advanced physical ability. So mark your calendars because we have some adventures for this semester and if you have never tried this before, why not try it now?

To register for a trip sign up at the Campus Rec office on the first floor of the P.E. Building during the registration period. Please note, these trips are subject to change before fall semester and any changes will be updated and published.

Want more details about a trip? Feel free to email outdoorpursuits@albany.edu for any questions and concerns and we will make sure to get back to you!

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**FALL 2020**

Here is a list of trips you can look forward to for the upcoming Fall 2020 Semester.

**Please Note:** These trips are subject to change and will be updated and finalized prior to the start of the fall semester.

- Lazy River Tubing and Zip Line
- Watering Hole Hike
- Shaker Village
- Goat Yoga
- Animal Farm Trip
- Fall Hike & Gondala Ride
- Horseback Riding
- Archery
- Axe Throwing
- 'Dive' in Movie
- Paint and Cider

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"**Fill your life with adventures, not things. Have stories to tell, not things to show.**

Make sure to subscribe to Outdoor Pursuits emails to keep up to date with all the latest trip information! We send out emails about registration, upcoming trips and more!

outdoorpursuits@albany.edu

Also follow the Campus Recreation Instagram to have notices about facilities and upcoming OP Trips.

Instagram: ualbanyrec
OUTDOORS...INDOORS?

In a time of uncertainty and social distancing, it can be hard to have our normal day-to-day lives and activities interrupted. However, with modern technology we can still enjoy some outdoor pursuits...just indoor style!

If you have access to a computer or smart streaming device, you can now stream free classes online such as yoga, group exercise and more! These are great alternatives for still enjoying some physical activity and with great health benefits including reducing stress. You can also play physically engaging games like wii sports so even if you can't go golfing at the course, you can practice your skills at home! It's important that you find alternative ways to practice wellness, no matter how that looks to you.

You can still go outside, just make sure you are practicing social distancing! Many national parks and local areas have waived any fees associated with entrance so go enjoy a walk or run, just make sure you stay 6 feet apart! If you have access to private transportation you can also take a drive through the country or city just to get out of the house and have the windows down to enjoy fresh air. Pro tip: Play some upbeat music during your drive to lift your spirits!

Have an idea for indoor alternatives? Share it with the OP Team at outdoorputsuits@albany.edu

VIRTUAL TOURS

As we all adjust to life inside with limited travel, there is no need to miss out on the great outdoors. Here are some alternatives you can explore while practicing social distancing.

1. Over 15 national parks are now offering virtual tours! Have you always wanted to visit the Grand Canyon? Or how about Yellowstone? Well now you can from the comfort of your own space!

2. There are live streams of the northern lights each night! The live streams are...live so you'll need to watch late at night from 10 pm to 2 am but you can pick different locations to watch the light show including Canada and Alaska.

3. Art museums are also publishing virtual art exhibits, without the entrance fees! This even includes the world famous Louve in Paris!

4. Various cities across the globe are also offering first hand virtual tours! Ever wanted to go to Hawaii or see the Great Wall of China? Well now you can, without the plane ticket!

5. If you’re an animal lover then have no fear, zoo’s are also offering free virtual tours and there are plenty of live streaming cameras including Winter the Dolphin and the great whale sharks at the Georgia Aquarium!