OP & WELLNESS

During the semester it is easy for us to get caught up in responsibilities and forget to take care of ourselves. Outdoor Pursuits is a great way to provide self care time to yourself.

LOCAL HIKE

Here is a list of local hiking trails that are easily accessible from campus by public transport or bike!

BIKE PATHS

UAAlbany’s partnership with CDPHP made biking easy, fun and FREE! Learn about all the new bike routes you can check out.

ENVIRONMENTAL WELLNESS

Some tips for staying healthy, sound and happy during this semester. Even though we are limited by physical distancing, we can still enjoy various activities inside and outside!

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OUTDOOR PURSUITS AND WELLNESS

Enjoying outside activities are a great way to practice physical distancing while still enjoying some great health benefits. The months of September and October in the Capital Region of NY offer great weather, wonderful trails, apple picking and so many more fun outdoor activities! Travel to downtown troy VIA bus to enjoy the farmers market or stop by a local farm for a pick - your - own of fresh berries before the first frost!

You don't have to go for a run or a bike ride to gain the benefits of outdoor pursuits either! Read a book outside, go for a nice walk, or even just sit outside while studying! Even just taking some time for yoga or meditation can produce great benefits. As we enter into fall, it is one of the best seasons of the year to enjoy outdoor, physically distant and fun activities alone, with a friend or a group!

If you are interested in learning more about self care, wellness and health please join us for Campus Rec's Wellness Wednesday every Wednesday from 7:30 -8:30PM Via zoom.

HEALTH BENEFITS

Even though the gyms and some recreational activities have opened again, many of us do not have the time, feel comfortable going or are not in the area to take advantage of the fitness facilities on campus. The great thing is, you can get your daily dose of physical activity outside! Go for a walk, run or bike ride around your area. If you have access to transportation, you can even go for a hike as long as you maintain physical distancing rules.

The health benefits of outdoor recreation is often overlooked. Like regular exercise, outdoor activities have been linked to increased happiness, physical health and emotional stability. Researcher’s have even found increased concentration for individuals who spent time outside.

GREAT READS!

If you're interested in researching and learning more about the health benefits of spending time outside, click the following links!

Physical, Social, Emotional and Intellectual Benefits of Outdoor Recreation

A Prescription for Better Health

Learn more about our Wellness Wednesday programs here:

https://www.albany.edu/campusrecreation/wellness-programs.php
LOCAL HIKING GUIDE

Even though we are unable to take students on various hiking trips this semester, OP is still dedicated to helping you connect with the great outdoors! Here is a list of various hiking and trails that are accessible from around the Albany area! If you have access to a car, fantastic! If not, you can get to any of these by walking, biking or public transportation! So grab a friend, your mask and a water bottle because we will be hitting the trails.

Local Trails:
- Albany Pine Busch Preserve
- Tivoli Lake Preserve
- Buckingham Lake Park
- Six Mile Water Works Park
- The Crossings at Colonie
- Albany County Helderberg-Hudson Rail Trail
- Colonie Town Park Trail Head

PLANNING YOUR TRIP

Transportation to and from hiking locations can be a huge obstacle for people. Unfortunately, public transport does not usually take people far into the mountains and if they do - it's quite a trip for you. That is why the suggested local trails are a secret gem of the Albany area. You can quickly jump in the car, on the bus, your bike or even walk to some of these local hiking spots.

Did you know it is only a 10 minute walk from UAlbany's uptown campus to Albany Pine Busch Preserve which features a couple different walking trails, beautiful scenery and the chance to see protected wildlife.

For more information on what bus routes you can take to get to these local areas please click the hyper linked websites below!

RESOURCES

https://www.cdtarog.org/
Click 'Trip Planner'

https://www.albany.edu/pmts/bus_schedules.php
UAlbany's Bus Schedule and Routes

https://511nyrideshare.org/web/university-at-albany/home
Find a possible ride share buddy to share adventures with! Safe with other UAlbany students.
GRAB YOUR HELMET, WE'RE RIDING!

Recently the University at Albany has partnered with CDPHP along with other local colleges and universities to make renting their well known bikes free! All students have to do is download the free app onto their smart phone, create an account using your university email address and get riding! The app is super easy to use and allows you to see where local bike racks are to rent from. With no time limit, you can easily explore downtown Albany, Washington Park, The Crossings or bike over to Troy from Jennings Landing!

Even if you just go for a quick ride along UAlbany's purple path getting outside and exercising is such a great way to relieve stress, get outside of your room and spend time with friends while still maintaining public health guidelines. Biking has been proven to be an extremely beneficial exercise for both your mind and body with benefits including lower blood pressure, increased muscle strength and flexibility, and improved joint mobility!

WHERE CAN I RIDE?

There are plenty of local parks and recreational areas that provide access to close by CDPHP bike racks that you can get to from campus! If you are unsure of where to start or which trails are close by CDPHP and the Capital New York Bike organization have some amazing interactive maps that allows you to look at different bike routes throughout Albany!

If you're interested in exploring the capital region via helmet and bike, follow these links for more information! (You can also find a map through the app on your smart phone)

RESOURCES

https://capitalnybikemap.com/

https://cdphpcycle.com/