



After the storm: Macricostas Preserve Hayfield

Self-Care Resolutions

If “getting in shape” was one of your New Year’s resolutions, Steep Rock has a deal for you—take a hike! Several recent studies have shown how walking and hiking are terrific, low-impact exercises that can manage blood pressure, reduce cholesterol, enhance lung function, improve your heart health, and help lose weight. In addition to improving your physical health, getting outdoors in nature increases your happiness, reduces stress, and helps develop a sense of community, shared purpose and belonging. In the stressful times that we live in, self-care is important. So resolve to get outside, take a hike or snowshoe in one of our preserves, enjoy the sights, sounds, and smells of nature, breathe some fresh air, and enhance your physical, mental, and emotional wellbeing. Your body, mind, and spirit will thank you. See you on our trails!

Brian Hagenbuch, Ph.D.
Executive Director

PS: Be sure to tag us @steeprocksassociation during your trail adventures!

Featured Highlights



A Season of Reflections

Mike Giapponi

I'm so appreciative of the hundreds of volunteers who have contributed thousands of hours of time keeping these wild landscapes beautiful and vibrant. Of course, here at Steep Rock the task of stewarding our 2,800 acres of preserved lands and 47 miles of trails never fully rests, even in the winter months, as we spend the season assessing the successes of the past year and eagerly preparing for the one ahead. And what an exciting year we have planned [>more](#)



Look Through The Lens

Rory Larson

The adage “a picture is worth a thousand words” rings true for Steep Rock Association. Photography is an incredible tool for performing scientific research, telling the story of our conservation impact, and highlighting the importance of open space. This year, we aim to increase photographic documentation of the preserves, and we encourage other preserve goers to share in this resolve [>more](#)

Up Your Gardening Game in 2022

Denise Arturi



Cross off two of your new year goals by growing your own organic food. You can make the world greener by reducing pesticide use, fuel for transportation, and food waste (who could throw away something you've grown) while improving your health and wellbeing by spending more time outside connecting with the Earth, eating super fresh vegetables, and feeling a sense of pride and wonder as you nurture growth [>more](#)



WINTER TRAIL USE RULES



USE EXTREME CAUTION

SRA does not perform winter maintenance on its trails. Winter traction devices, such as snowshoes and crampons, are strongly recommended. Always remember to tell someone where you will be and your expected time of return.

HIKERS, SNOWSHOERS, X-COUNTRY SKIERS

X Country Skiers: Please set your tracks on one side of trail only.

Snowshoers, Hikers & Dogs: Please respect skier tracks by keeping to the other side of the trails.

MOTORIZED VEHICLES PROHIBITED

All-terrain vehicles, motorized bikes, four-wheel drive vehicles, and snowmobiles are prohibited.

DONATE



Steep Rock Association

PO Box 279, Washington Depot, Connecticut 06794

860-868-9131 • info@steeprocksassoc.org



[Unsubscribe](#) or [Manage Your Preferences](#)