

How To Take a Night Hike

Being outside at night can be exciting. It also has some challenges. Here are some ideas to help you get started...

Choose a location that you have been to during the daytime and where you feel safe.

You can take a night hike in your yard or neighborhood, or at local parks or nature preserve. If you plan to go to a park or preserve make sure you check their regulations to confirm that they allow visitors at night.

Check the weather and be prepared!

Consider things like the phase of the moon and cloud cover. Bring drinking water and make sure you are wearing appropriate clothing and footwear.

Bring a light with you.

It is actually fun to keep your light turned off when you can, allowing your eyes to adjust to the darkness. You will want to have a light though for safety. Red light is a good option because it doesn't affect your night vision as much.

Bring a friend along.

Hike with others, have a cell phone with you just in case and tell others where you plan to go.

Don't disturb wildlife.

If you are lucky enough to see nocturnal animals, observe them from afar.

Plan some fun activities.

Nighttime is a great time to explore with your senses.

Here are some ideas to try:

- Stop and smell the air. What do you smell? What does it remind you of?
- Stop and listen. Count how many sounds you hear. Did you hear any animal sounds?

Visit AlbanyPineBush.org/discover-the-night for more nighttime activity ideas.



Discover the Night
with the Albany Pine Bush

