Why should you Hike?

## Good for the Physical

Hiking is a great way to stay active. Staying active is good for your health and hiking is extremely beginner friendly. People often start slowly, then the more they hike the more endurance that is built up.

## Good for the Mental

Another reason to Hike is its benefits on mental health. It can really help for people to reconnect with nature and clear their minds. Studies show that most people who hike live calmer lives than those who don’t.

## The Views are really good

The best part of every hike is the View at the end. It is the culmination of all of the hard work that the hiker has put into the trip. Here are some examples of some of the best views I have seen, but remember that nothing beats the real thing.

Image1 Image2 image3

## Some Hikes near Lowell, MA

Table full of hiking information

Name of hike Distance of the Hike Est time to complete

Click Here for more information on the hikes in the table https://www.alltrails.com/us/massachusetts/lowell