

# Difficult Run Trail

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## ACTION

On June 13, 2020, the Hiking Heroes met at Difficult Run Trail to enjoy a nature hike. Due to the recent pandemic, many members have not been able to go outside the boundaries of their home. Going on a hike is not only a great way to get outside of the house, but to also stay COVID-19 safe!

The pictures to the left show the Hiking Heroes' experience at Difficult Run Trail.

## EXPERIENCE

To our surprise we saw lots of other people walking, running, and biking. It seemed like everyone needed some time to get out and enjoy nature as well! The trail was very nice with a surrounding forest. It traced Difficult Run, a local stream, allowing us to hear and see the running water. Difficult Run leads into the Potomac River. Toward the end of the trail, the stream widened and became much more powerful. The scenery all throughout the hike was beautiful, particularly toward the end.

## MEMBERS' THOUGHTS

All the members agreed that it was nice to meet others and socialize with those outside of their family. Though only four members were able to come, we will definitely go on this local hike again with more members! The trail was just the right difficulty with challenging obstacles and gorgeous views. We truly proved that hiking promotes well-being both physically and mentally.