

## Embracing the Arrival of Spring: Outdoor Activities to Welcome the Season

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Gear up for excitement because Bike Month is almost here! Check out the link for more details:  
[Bike Month](#)

After months of hibernating indoors, the arrival of spring brings with it a sense of renewal and the promise of warmer days ahead. It's the perfect time to embrace the great outdoors and indulge in a variety of activities that celebrate the season.

### 1. Hiking and Nature Walks

Spring is the ideal time to lace up your hiking boots and hit the trails. Explore local parks, nature reserves, and hiking trails to witness the beauty of springtime blossoms, budding trees, and chirping birds. Whether you prefer a leisurely stroll or a challenging hike, spending time in nature is a rejuvenating experience for the mind, body, and soul.

Check out popular hiking spots in Markham:

<https://www.markham.ca/wps/portal/home/recreation/parks-trails>

## **2. Picnics in the Park**

Pack a picnic basket with your favorite snacks and head to the nearest park for a leisurely afternoon picnic. Spread out a blanket, soak up the sunshine, and savor delicious food amidst the backdrop of blooming flowers and fresh greenery in Markham or Richmond Hill. Be sure to invite friends and family to join you for a day of outdoor dining and camaraderie.

## **3. Gardening and Planting**

Channel your inner green thumb and indulge in some springtime gardening. Plant colorful flowers, herbs, and vegetables in your garden or embark on a container gardening project on your balcony or patio. Gardening not only beautifies your outdoor space but also provides a therapeutic outlet for stress relief and creativity.

## **4. Outdoor Yoga and Meditation**

Take your yoga practice outdoors and immerse yourself in the sights and sounds of nature. Find a quiet spot in the park, on the beach, or in your backyard to roll out your yoga mat and practice sun salutations, meditation, and breathing exercises. Allow the fresh air and gentle breeze to calm your mind.

## **5. Camping Under the Stars**

Escape the hustle and bustle of city life and spend a night under the stars camping in the great outdoors. Ontario has some of the most beautiful camping sites so pitch a tent, build a campfire, and roast marshmallows as you share stories and stargaze with friends or family. Camping is a fantastic way to disconnect from technology, reconnect with nature, and create lasting memories.