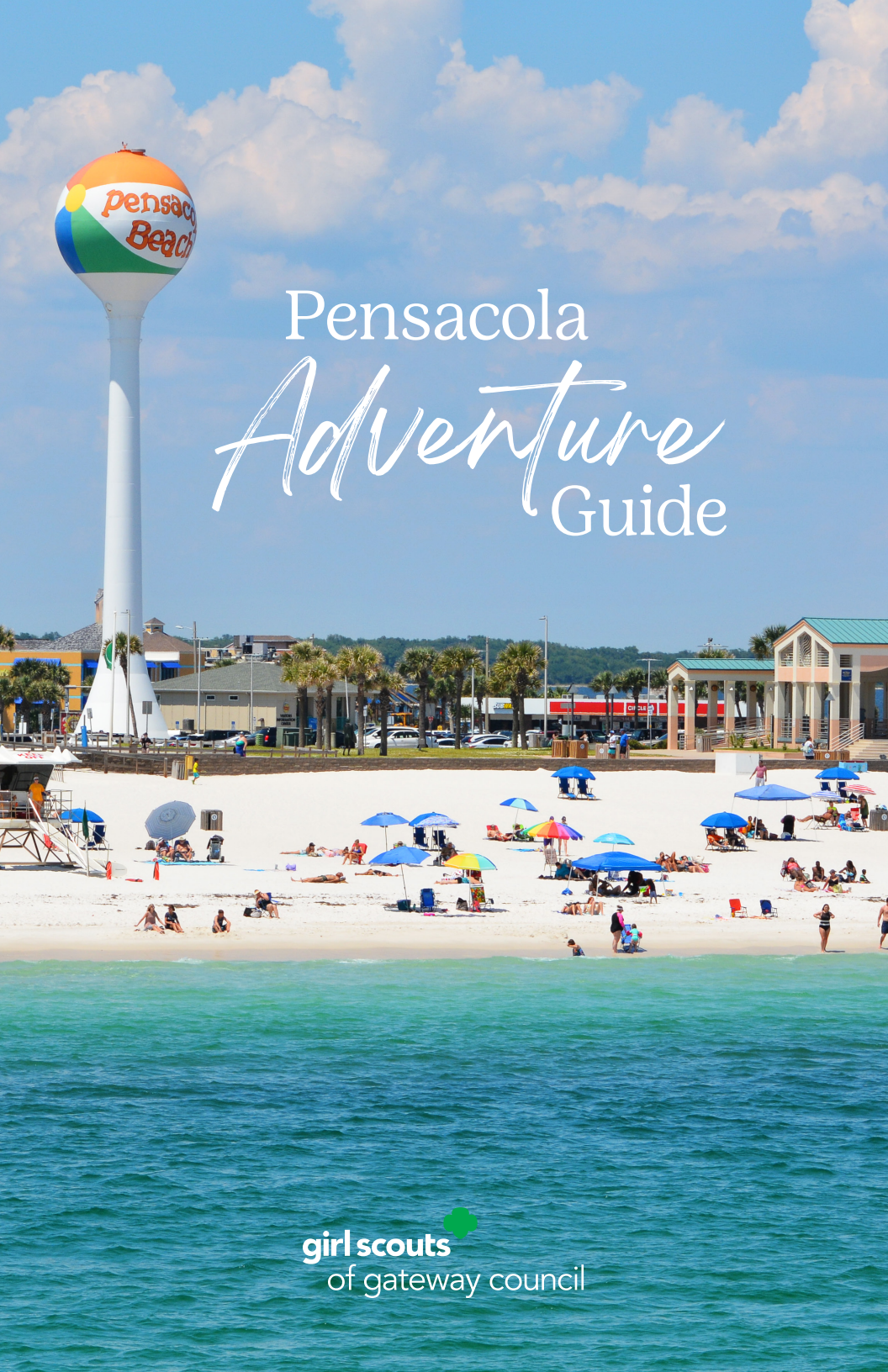




Pensacola *Adventure* Guide

Welcome

We are excited that you're considering joining us for our inaugural Mental Wellness Summit hosted by Girl Scouts of Gateway Council. It is with the generous support of HCA Florida Healthcare that we are able to host this engaging and educational program. We invite you to spend the weekend in Pensacola! Pensacola's sugar sand beaches are just the beginning of your experience. Use this guide to discover all you can experience when you join us for the Mental Wellness Summit on Saturday, April 18, 2026.

Sample Weekend Itinerary

Friday, April 17, 2026

- 3 p.m. – Check into lodging
- 6:15 p.m. – Take me out to the ball game, take me out to the crowd! Join your Girl Scout sisters and cheer on the Pensacola Blue Wahoos as they take on the Knoxville Smokies. [Register here.](#)

Saturday, April 18, 2026

- 9 a.m. to 3 p.m. – Mental Wellness Summit at Pensacola State College, Warrington Campus
- Dinner on your own

Sunday, April 19, 2026

- Choose your own adventure: Check out some of our recommended things to do in Pensacola or explore www.visitpensacola.com for other ideas!
- Depart



Click any image to visit the website.



Things to do in Pensacola



National Naval Aviation Museum

The National Naval Aviation Museum is the world's largest Naval Aviation museum and one of the most-visited museums in the state of Florida. Share the excitement of Naval Aviation's rich history and see more than 150 beautifully restored aircraft representing Navy, Marine Corps, and Coast Guard Aviation.

Hours: Monday – Sunday, 9 a.m. to 4 p.m.



Edward Ball Nature Trail at UWF

The Edward Ball Nature Trail is a leisurely half-mile boardwalk through Thompson's Bayou, a beautiful hardwood swamp. You may spot a variety of songbirds and water fowl at this Great Florida Birding Trail site established by the Florida Fish and Wildlife Conservation Commission.



Gulf Breeze Zoo

The 50-acre Gulf Breeze Zoo is northwest Florida's largest and best animal attraction. Discover more than 1,000 animals from Africa, Asia, Australia, South America and Europe while enjoying a variety of fun family-friendly activities and interactive educational displays.

Hours: Open daily 9 a.m. to 5 p.m. (Last guest admitted at 4 p.m.)



Parks in Pensacola

Head out and explore the local state parks in the Pensacola area. Spending at least 120 minutes a week in nature is associated with improved mood, focus and confidence – whether you spend that time becoming a rockstar at rock climbing or watching wandering wildlife at a park.



Guided Kayak Tour

Glow Paddle is a safe, family-friendly experience on the Gulf Coast of Florida. They have combined innovative clear bottom kayaks and SUPs with waterproof lights that make for a magical time under the stars.

Accommodations



Stay at GSGC Camp Kugelman
12180 County Rd 99
Lillian, AL

*Approximately 16 minutes from
the Mental Wellness Summit venue.*



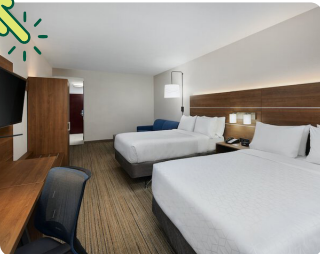
Camp at Big Lagoon State Park
Pitch a tent and camp for the night at Big Lagoon State Park. This state park has about 70 sites for tent camping with a cost of \$30 per night. For more information, visit <https://www.floridastateparks.org/parks-and-trails/big-lagoon-state-park/hours-fees>.

*Approximately 20 minutes from
the Mental Wellness Summit venue.*



**Fairfield by Marriott Inn
& Suite Pensacola Pine Forest**
150 Loblolly Lane
Pensacola

*Approximately 20 minutes from
the Mental Wellness Summit venue.*



**Holiday Inn Express & Suites
Pensacola West-Navy Base by IHG**
307 N. New Warrington Road
Pensacola

*Approximately 20 minutes from
the Mental Wellness Summit venue.*



gsgateway.org