

Free guided New Year's Day hikes in Nevada state parks

The Nevada Division of State Parks is sponsoring free, guided hikes in seven state parks on New Year's Day as part of America's State Parks First Day Hikes initiative.

First Day Hikes offer individuals and families an opportunity to begin the New Year rejuvenating and connecting with the outdoors by taking a healthy hike on Jan. 1 at a state park close to home.

Spooner Lake at Lake Tahoe Nevada State Park is offering free hikes in Northern Nevada. In Southern and Southeastern Nevada entrance fees are waived for the hikes at: Cathedral Gorge, Spring Valley, Spring Mountain Ranch, Kershaw Ryan, Valley of Fire and Old Las Vegas Mormon Fort.

Go online for a list of locations and times of the hikes.

First Day Hikes originated 20 years ago at the Blue Hills Reservation, a state park in Milton, Mass. The program was launched to promote healthy lifestyles throughout the year and year-round recreation at state parks. Many other states have offered outdoor recreation programs on New Year's Day, but this is the first time all 50 state park systems have joined together to sponsor First Day Hikes.

Park staff and volunteers will lead the hikes, which average one to two miles or longer depending on the park.