

Hiking changes our brains for the better

By Meredith Carey, Conde Nast Traveler

Life isn't a walk in the park, but according to a handful of recent studies, hiking may make it at least a little easier.

We've all experienced how time outdoors can clear your mind and ease stress, but there's new evidence that taking a hike can do much more: it can change our brains. From lessening negativity to boosting creativity, hiking in fresh air actually boosts brain power and can help certain parts of the brain grow.

The study found that even though the technology helped get backpackers from point A to point B, it actually was so distracting that it lowered their cognitive function.

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