

State of New Mexico
Energy, Minerals and Natural Resources Department

Susana Martinez
Governor

David Martin
Cabinet Secretary-Designate

Brett F. Woods, Ph.D.
Deputy Cabinet Secretary

Tommy Mutz, Division Director
State Parks Division



News Release

FOR IMMEDIATE RELEASE
January 2, 2014

Contact: Beth Wojahn 505-476-3226; E-mail: beth.wojahn@state.nm.us
Jim Winchester 505-231-8800; E-mail: jim.winchester@state.nm.us

Hiking Safely at State Parks

Santa Fe, NM –Winter is a wonderful time to be outdoors—and hiking is a great way to get exercise and spend time with the family. New Mexico State Parks offers the following hiking tips to stay safe and get the most out of your outdoor winter adventure:

- Hiking begins before you reach the trailhead—let people know where you'll be hiking, when you expect to return, and who you are hiking with.
- Dress in layers. The base layer should be a wicking fabric that pulls perspiration away from the skin.
- Wear sturdy boots that are broken in.
- Check weather conditions and pack accordingly. Take plenty of water and snacks for your hike.
- Study your maps before you begin the trip and track your progress with your map.
- Know which trail you are on! Trails are often marked with trailhead signs and can tell you if you are on State Park or other property.
- Be aware of the difficulty of the trail you are taking and make sure that you are physically prepared.
- If you travel with at least one companion, your safety is increased.
- Be aware of wildlife and be alert. Learn behaviors in acting appropriately if you encounter bears or other wildlife.
- Stay on the trail for your safety and to protect park resources.

State Parks also offers fun ranger guided hikes, which provide safe and educational experiences. For instance, Cerrillos Hills State Park outside Santa Fe has many beautiful trails and offers interesting nature and history hikes year-round. Also, Mesilla Valley Bosque State Park, near Las Cruces, consistently holds weekend hikes for birding, nature hiking or for fitness.

Plan your hike on a State Park trails by visiting our website, which includes details about trail length, difficulty and features. Visit www.nmparks.com to learn more.

Conditions are Right for Adventure at New Mexico State Parks!

###

The Energy, Minerals and Natural Resources Department provides resource protection and renewable energy resource development services to the public and other state agencies.

1220 South St. Francis Drive • Santa Fe, New Mexico 87505
Phone (505) 476-3355 • Fax (505) 476-3361 • www.nmparks.com