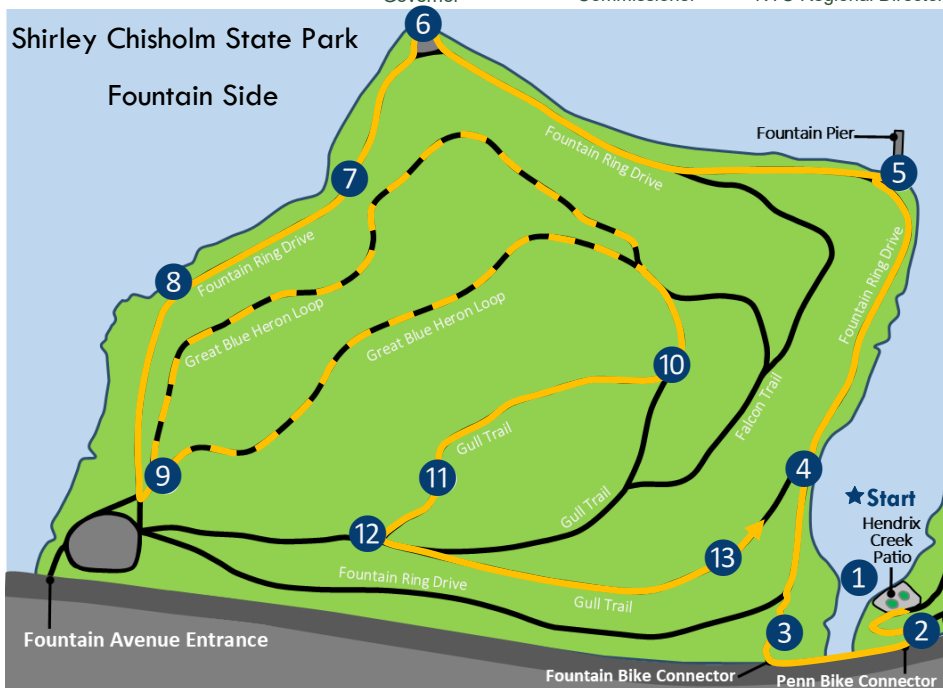


2021 SCSP self-guided hike

Distance: approx. 4 miles

For this self-guided hike around the Fountain side of the park, you can follow these prompts along the way. We have designed a Fitness Hike and a Mindfulness Hike to help you reflect on this past year and start the new year right. As you walk along the marked trail you can choose to do the fitness challenge or the mindfulness challenge. You might want to mix it up or do both!

We encourage you to take this at your own pace and adapt each stop to fit your skill level and needs!



Fitness Hike

1. Start at Hendrix Creek Patio!

Before you head out on your hike, find a spot on this patio to do a few stretches.
Make your way out the Penn Bike Connector by the parking lot.

2. Stop at the Pennsylvania Bike Connector!

Warm up slowly by jogging over the bridge until you reach the entrance on the Fountain Side of the park.

3. Stop at the Fountain Bike Connector Bridge.

Do 15 lunges, use the bridge railing to steady yourself if necessary. Follow the path to the right towards Gull Trail.

4. Stop at the set of benches at the intersection of Gull Trail and Fountain Ring Drive.

Use one of these benches to do 10 sit-ups.
Bonus Challenge: do a set on each bench.
Continue on Fountain Ring Drive to the Fountain Pier.

5. Find a spot on the pier to take a water break!

When you're ready, do 15 squats. Use the railing if you want extra support.
Bonus Challenge: do 1 squat in front of each bench on the pier.

6. Follow along the colorful fence. This is the Fountain Flare!
This flare burns off the methane gas produced by the landfill underneath the park. Burn some calories by doing 15 jumping jacks. If you're up to the challenge do two sets.
Continue along Fountain Ring Drive to the fourth set of benches (second set on your left).

Mindfulness Hike

1. Find a spot on this patio to sit. Focus on breathing in and out deeply. Allow yourself to focus on each part of your body. Start at your toes and work your way up to your head. Where are you feeling tension? Get in tune with your body before you begin this hike.

2. Stop at the Pennsylvania Bike Connector! As you walk across the bridge towards the Fountain side of the park pay attention to the noises around you.

3. Stop at the Fountain Bike Connector Bridge. Did you notice how much quieter it is now? Focus on the here and now. Think about all your senses: What are 5 things you see? 4 things you hear? 3 things you feel? 2 things you smell? 1 thing you taste?

4. Stop at the set of benches at the intersection of Gull Trail and Fountain Ring Drive. Look out towards Hendrix Creek Patio. This hike may seem long and challenging, but recognize how much you have accomplished already. As you walk this next stretch of trail think of 3 positive things you can carry forward into the coming year.

5. Take a minute to rest on Fountain Pier. This pier was originally constructed to transport the soil used to cap the landfill. This pier and park land have been repurposed. As you walk along Fountain Ring Drive take inspiration from this transformation. Is there something in your life you feel can be repurposed too?

6. This is the Fountain Flare! It burns off the methane gas produced by the landfill underneath the park. Reflect on the angers and fears you want to leave behind this year. When you feel ready, take a deep breath in and think about those negative feelings. Then breathe out slowly and let the flare burn them away. Do this as many times as needed.

2021 SCSP self-guided hike



Fitness Hike

7. Stop at the fourth set of benches (second set on left).

Once you are there take a 1-minute rest! Do a set of 10 squat kicks. To do squat kicks stand with your legs shoulder-width apart. Squat down. Kick forward with your right leg as you come up. Bring the leg back down so you're standing on two feet, then squat again and kick with your left leg. Move forward a few steps and repeat.

8. Stop at the picnic table.

Use the table to do a set of 10 triceps dips. To start sit on the bench facing the water. Place your palms flat next to you (fingers pointing the same direction as your toes), then shift your body forward off the bench keeping your arms in place. Lower yourself until your elbows are bent, then slowly push yourself back up.

9. Stop at the intersection of Fountain Ring Drive and Great Blue Heron Loop.

You decide your path: outer GBH Loop (left) | inner GBH Loop (right) This is a long, uphill stretch of trail. Decide if you want to walk it or push yourself to either power walk or jog until you reach stop 10. Bonus Challenge: Sprint to the picnic tables on the inner GBH Loop trail, or power walk with high knees on the outer GBH Loop trail.

10. You've reached the highest point in the park! Savor this moment! Once you've taken in the beautiful 360° view, take the inner Gull Trail (trail to the right of the trail marker). Along the trail, swiftly side-step, alternating sides every 15 steps.

11. Stop at the set of picnic tables. Do 10 push-ups utilizing each picnic table. To do a push-up place your palms on the edge of the table shoulder width apart, arms should be straight. Align your feet so your arms and body are completely straight. Bend your elbows to lower your chest towards the table, then push your body away from the table.

12. This is the intersection of the outer Gull trail and the inner Gull trail. Use one of these benches to do 10 high step-ups. Bonus Challenge: do one set on each bench. Turn left, keep right at the next intersection.

13. The final stretch! As you head down this steep hill strengthen your core by doing torso twists until you reach the bottom. As you walk, hold your arms up with your elbows pointing out, twist from side to side.

Mindfulness Hike

7. Take a look out at Jamaica Bay. Close your eyes and listen closely for 30 seconds. What do you hear that you weren't aware of before? Face the grasses behind you and do it again.

8. Stop at the picnic table. Have you been noticing the wildlife around you on this hike? Take a moment to sit at the table and observe the water in front of you. Have you seen these animals before? If so, where have you seen them? What do you think they are doing? Why do you think they are doing these things?

9. When life gives you choices, do you choose the shorter path or the longer, less traveled one? You decide your path: outer GHB Loop (left) | inner GBH Loop (right) Take the outer Great Blue Heron Loop for a longer, steady climb to the top or take the inner Great Blue Heron Loop trail for a steeper but quicker path to the top. As you walk, reflect on what decisions helped you decide which way to go.

10. Congratulations! You made it to the peak of the Fountain side of the park. There is nothing you cannot accomplish if you set your mind to it. Take a breather and enjoy the sights. Try to count how many NYC landmarks you see and compliment yourself once for each. When you are finished, take the inner Gull Trail (trail to the right of the trail marker).

11. What you've achieved this year is great. Close your eyes, and breath in and out deeply. Take these moments to think of all those in your life who have supported you and lifted you up. How have you helped them in return? How can you show them gratitude?

12. This is the intersection of the outer Gull trail and the inner Gull trail. It has been a long road to get to this spot. You have overcome many of the struggles this year has thrown at you! Think of all the challenges you have overcome and reflect on what you did that helped you overcome them. Turn left, keep right at the next intersection.

13. Stop here and look across the creek to the Pennsylvania side of the park. This beautiful place exists because of the dedication from passionate members of the community surrounding the park. Reflect on the causes you are dedicated to and pick one you promise to hold yourself accountable for this year.

Congratulations! You've completed the 2021 Shirley Chisholm State Park self-guided hike! We hope this hike challenged you both physically and mentally, and has allowed you to feel more confident moving into the new year.

We cannot wait to see you on the trails again soon!
Follow us on Instagram @ShirleyChisholmStatePark for more trail challenges coming in 2021.

