

NIH Pathfinders

Hike/Walk/Run Club

WHY JOIN NIH PATHFINDERS?

- Explore the natural beauty of local trails.
- Get fit and reduce stress with outdoor physical activity.
- Meet new people and build lasting connections.
- Enjoy walking, hiking, or running



WHAT YOU'LL NEED

- Comfortable footwear for your chosen activity.
- Water and high-energy snacks.
- Weather-appropriate clothing (sun protection or warm layers).
- A list of suggested items will be available before each event.

MONTHLY EVENTS

- Join us for monthly hikes, walks, and runs, taking place on scenic trails around the NIH area.
- Hiking events take place on Sunday mornings at 8 a.m., with routes varying in difficulty and length to accommodate all fitness levels.

RSVP & MORE INFORMATION

- **Visit:** [Wellness at NIH Website](#)
- **Join:** listserv [NIHPATHFINDERS-HIKE.WALK.RUN](#)
 -  [nihpathfinders](#)
 -  [NIH Pathfinders Hike/Walk/Run](#)
 -  [NIH Pathfinders Hike/Walk/Run Club](#)
- **Contact:** Club Chair
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