



Outdoor Activities

With all of the unknown, a lot of people have been scared to go outside or let their kids outside to play. Staying physically active is one of the best ways to keep your mind and body healthy! Per the CDC guidelines, you and your children are allowed to visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

It is still important that you follow the steps below to protect yourself and others while getting fresh air:

DO

- Visit parks or recreational areas that are close to your home
- Play outside (draw with chalk, play catch, get some sunshine, go for a walk)
- Stay at least 6 feet away from others ("social distancing")
- Wash your hands when you come back inside

DON'T

- x Visit parks if you are sick or were recently exposed to COVID-19
 - x Visit crowded parks
 - x Use playground equipment (swings, monkey bars, balls, etc.)
 - x Use hot tubs, spas, water playgrounds, or water parks
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- Go on a family walk, run, or a combination of both
 - Play "Red Light, Green Light"
 - Play "Simon Says"
 - Race each other to the mail box/end of the sidewalk/tree and back
 - Garden or do yard work together
 - Do a family scavenger hunt – you can make up your own list of items to find or borrow a list from <https://buggyandbuddy.com/30-free-printable-scavenger-hunts-for-kids/>
 - Bring your music, books, arts and crafts, or science experiments outdoors
 - Create a dance or gymnastics routine
 - Go on a bike ride
 - Make an outdoor fort
 - Do a toy car wash (or a real one!) – grab a bucket of clean water, bucket of soapy water, unused tooth brushes or sponges, and small towels or rags for drying
 - Have a picnic – grab a blanket and eat lunch outside

PARKS:

Marion County:

- **Marrot Park**
 - Open Daily 8 am – 9 pm
 - Wooded 102 acre park including a nature preserve with trails, birdwatching & wildflowers
 - 7350 N College Ave, Indianapolis, IN 46240
- **Eagle Creek Park**
 - Open Daily 7 am – 8:30 pm

- Eagle Creek Park is the largest park in Indianapolis and offers walking, biking, and hiking paths
- <https://eaglecreekpark.org/eagle-creek-park-covid-19-update/>
- 7840 W 56th St, Indianapolis, IN 46254
- **Town Run Trail Park**
 - Open Daily 8 am – 8 pm
 - Town Run Trail is a 127 acre natural resource park that is a haven for mountain bikers
 - 5325 E 96th St, Indianapolis, IN 46240

Hamilton County Parks:

- **West Park**
 - Open dawn to dusk (Memorial Day weekend to Labor Day weekend)
 - 16 acre open green area as well as a sledding hill, and prairie garden. Fishing is also available to visitors with valid fishing licenses.
 - <https://www.visithamiltoncounty.com/listing/west-park/1693/>
 - 2700 W 116th St, Carmel, IN 46032
- **Strawtown Koteewi Park**
 - Open dawn to dusk
 - The park encompasses more than 800 acres, offers eight miles of multi-use trails and stretches along three miles of the White River.
 - <https://www.hamiltoncounty.in.gov/Facilities/Facility/Details/Strawtown-Koteewi-Park-11>
 - 12308 Strawtown Ave, Noblesville, IN 46060
- **Morse Park Beach**
 - Open dawn to dusk
 - 23-acre park where you can picnic, fish, and walk
 - <https://www.hamiltoncounty.in.gov/Facilities/Facility/Details/Morse-Park-Beach-6>
 - 19777 Morse Park Ln, Noblesville, IN 46060
- **Cool Creek Park**
 - Open dawn to dusk
 - 90-acre park that includes 4 miles of wooded trails, perfect for hiking, jogging and bird watching. Scenic paved roads wind through the park are ideal for those who cycle and roller blade.
 - <https://www.hamiltoncounty.in.gov/Facilities/Facility/Details/Cool-Creek-Park-12>
 - 2000 E 151st St, Carmel, IN 46033
- **River Road Park**
 - Open dawn to dusk
 - This 62-acre park includes paved trails, a river overlook, prairies, wetlands, softball and soccer fields, and lots of green space to explore.
 - <https://www.hamiltoncounty.in.gov/Facilities/Facility/Details/River-Road-Park-8>
 - 12575 River Rd, Carmel, IN 46033
- **Geist Park**
 - Open dawn to dusk
 - This 17-acre park is nestled along the banks of Fall Creek and includes nature trails, wetlands and prairies, so be prepared for wildlife spotting with your binoculars.
 - <https://www.hamiltoncounty.in.gov/Facilities/Facility/Details/Geist-Park-4>
 - 10979 Florida Rd, Fortville, IN 46040

Johnson County Parks:

- **Johnson County Park**
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 - <https://www.jocoparks.com/> and COVID-19 specific updates <https://www.jocoparks.com/wp-content/uploads/2020/04/Covid-Update-4.20.2020.pdf>
 - 2949 North St, Nineveh, IN 46164
- **Greenwood Parks**
 - Summer Hours: May 1 – Oct. 31, 7:30 a.m. – 10:30 p.m.
 - Greenwood is proud to offer an expansive system of public recreation space. Park features include playgrounds, green space, basketball and tennis courts, open fields, picnic areas and greenways connecting to various city trails.
 - <https://www.greenwood.in.gov/division/blocks.php?structureid=39>
- **Franklin Parks**
 - Check out these 15 parks located in Franklin: <https://www.franklin-indiana.net/franklin-indiana-parks/>

State Parks Information

State Parks are all currently open for outdoor activities. These activities include hiking, fishing, boating, bicycle riding, geocaching, and mountain biking. Make note that restrooms, campgrounds, lodges, and other services have limited hours and restrictions, so check the state park's website before arriving. All visitors must abide by the posted restrictions and practice social distancing.

The DNR (Indiana Department of Natural Resources) Customer Service Center staff can answer questions and sell annual state park passes, DNR lake permits and hunting/fishing licenses at 317-232-4200 or 877-463-6367. Hours are 8:30 a.m. - 4 p.m., Monday through Friday.

Information on entrance fees can be found here: <https://www.in.gov/dnr/parklake/5062.htm> as all DNR properties have resumed charging entrance fees.

McCormick's Creek State Park

- <https://www.mccormickscreekstatepark.com/>
- The Nature Center is open with limited hours and visitor capacity.
- 250 McCormick Creek Park Rd, Spencer, IN 47460

Fort Harrison State Park

- Visit this website for information on what the park has opened and closed right now: https://www.in.gov/dnr/10342.htm?utm_source=agency-website&utm_medium=&utm_campaign=&utm_term=&utm_content=
- 6000 N. Post Road, Indianapolis, IN 46216

White River State Park

- <https://www.whiteriverstatepark.org/>
- Trails, greenspaces and the Canal are open to the public. Patrons can enjoy bikes from Wheel Fun Rentals beginning Saturday, May 16, 2020
- 801 W Washington St, Indianapolis, IN 46204

Brown County State Park

- <https://www.browncountystatepark.net/>
- 1801 Indiana 46 East, Nashville, IN 47448

