



Wellness in the Wilderness

PLEASE JOIN US ON THE TRAILS AND IN OUR COMMUNITIES

Time in the wilderness heals. Trails Please Foundation creates and supports experiences that connect individuals, families and groups to that restorative nature. In the process, we help build foundations for healthier, more vibrant communities.

CHANGING LIVES

Study after study demonstrates the healing properties of outdoor experiences, from trail hikes to overnight camping to full-fledged, multi-day trips into truly wild lands.

People who spend time outside form stronger bonds with others, feel better mentally and physically and have a more favorable outlook overall. When they get back to the everyday, they positively impact their families, friends, co-workers and communities.

GETTING OUT

Trails Please Foundation is a 501(c)(3) nonprofit that works with other civic, outdoor and therapeutic organizations to:

- Support and improve the health of people, families and communities through outdoors experiences and education.
- Spread awareness of wellness in the wilderness, i.e., the healing power of the outdoors.
- Inspire people to spend time outside.
- Educate people about wilderness issues and trail systems.
- Support groups that promote hiker mindfulness and personal wellness in the outdoors.



TRAILS PLEASE PROGRAMS



The Foot to Soil program takes families to the outdoors for camping overnight and a couple of days of hiking and learning about nature.

NATURE'S WAY COLLEGE SCHOLARSHIPS

Nature's Way Scholarships give a helping hand to college-bound students who plan to major in biology, ecology, environmental sciences or related fields. We award two annual scholarships of \$10,000 each.

LET'S HIT THE TRAILS. PLEASE.

Time in the outdoors changes lives. How many lives will you help us change today?

Please consider a [tax-deductible donation](#) to Trails Please Foundation.

Donate Now

Trails Please Foundation is a 501(c)(3) that relies on the generous contribution of supporters.

To make a charitable contribution, click below:

DONATE NOW