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**From:** Dawn Dawson

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**To:** Dawn Dawson

**Subject:** State Parks Will Start the New Year with First Day Hikes

**For Immediate Release – Dec. 12, 2016**

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## State Parks Start the New Year With First Day Hikes

**If you hike, use the hashtags #FirstDayHikes and #SCStateParks**

**Columbia – Dec. 12** – More than 30 state parks in South Carolina will offer ranger-guided hikes, walks and special events on Sunday, Jan. 1, to help launch the new year (and to get resolutions off to a good start.) The [First Day Hikes](#) are mostly walks along beaches and lakes, in forests or on historic trails, to help visitors learn more about the cultural and natural heritage of South Carolina and to get in some holiday exercise.



A few parks also will offer special events. There are 5K runs planned at Charles Towne Landing State Historic Site and Devils Fork State Park; horse rides are scheduled for Lee and Kings Mountain state parks; and “plunges” into lakes are being staged at Aiken, Devils Fork, Paris Mountain and Sadlers Creek state parks.

“Traditionally, New Year’s Day is a time to recharge and restart, and we’re happy to offer ideal settings for people to do that,” said Duane Parrish, Director of the South Carolina Department of Parks, Recreation & Tourism.

“The trails and pathways in state parks are some of the most naturally scenic and historically significant in the

state. Inspiring and re-affirming, they set the stage for enriching experiences in the South Carolina outdoors.”

Park visitors who participate in First Day Hikes are encouraged to share their experiences through comments and photo posts on social media with the hashtags [#FirstDayHikes](#) and [#SCStateParks](#).

State parks are also inviting members of the Armed Forces to a friendly competition during First Day Hikes to see which branch can cover the most miles in a single day. All personnel serving in the U.S. Marines, Army, Air Force, Navy and Coast Guard must check in with park rangers when they arrive and report miles covered at the end of their hikes.

For a complete list of parks hosting hikes and events, click [here](#). Additional information about state parks can be found at [www.SouthCarolinaParks.com](http://www.SouthCarolinaParks.com).

The Park Service’s First Day Hikes are part of a national movement by the [America’s State Parks](#) program to get more people out into the great outdoors on New Year’s Day and to rediscover the beauty and significance of their natural heritage.

For more information, contact Dawn Dawson-House at [ddawson@scprt.com](mailto:ddawson@scprt.com) or 803-734-1779.

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