

100 Points of Mountains & Mindfulness



Directions: Choose adventures to complete on your own from the table below. The point values must equal up to **100 points**. You will have to **submit** the “PASSPORT” to receive your points. You are able to repeat the same trail if desired.

BONUS: Share photos of your adventures to social media on Facebook, Twitter, and/or Instagram and tag CTAHPERD to be entered into a drawing for prizes.

- One post per adventure allotted for drawing.

10 Points	10 Points	15 points	15 Points
<p>Dinosaur State Park Rocky Hill, CT (Hartford County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Bluff Point State Park Groton, CT (New London County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Housatonic Meadows State Park Sharon, CT (Litchfield County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Centennial Watershed State Forest Fairfield, CT (Fairfield County)</p> <p>(Click here for information) (Click here for map)</p>
<p>Osbornedale State Park Derby, CT (New Haven County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Shenipsit State Park Stafford, CT (Tolland County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Eagle Landing State Park Haddam, CT (Middlesex County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Mashamoquet Brook State Park Pomfret, CT (Windham County)</p> <p>(Click here for information) (Click here for map)</p>
<p>Gillette Castle State Park East Haddam, CT (Middlesex County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Talcott Mt. State Park Simsbury, CT (Hartford County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Sleeping Giant State Park Hamden, CT (New Haven County)</p> <p>(Click here for information) (Click here for map)</p>	<p>Harkness Memorial State Park Waterford, CT (New London County)</p> <p>(Click here for information) (Click here for map)</p>
<p>10 Minute Morning Meditation</p> <p>(Click here for video)</p>	<p>15 Minute Yoga Sequence</p> <p>(Click here for video)</p>	<p>45 minute Yoga for Rest Days</p> <p>(Click here for video)</p>	<p>One Hour Yin Yoga & Meditation</p> <p>(Click here for video)</p>
<p>Yoga for Self Care</p> <p>(Click here for video)</p>	<p>Guided Body Scan Meditation</p> <p>(Click here for video)</p>	<p>Beginners Yoga</p> <p>(Click here for video)</p>	<p>Guided Meditation</p> <p>(Click here for video)</p>
<p>Wellness activity of choice (Completed wellness activity not provided from the passport)</p> <p>(click here for list of examples)</p>	<p>Your Choice 3-4 mile hike/walk from CT State Parks Or Complete meditation/ yoga for 10-30 minutes</p>	<p>Your Choice 5-6 mile hike/walk from CT State Parks Or Complete meditation/ yoga for 30-60 minutes</p>	<p>Your Choice 7+ mile hike/walk CT State Parks Or Complete meditation/ yoga for 60+ minutes</p>

[CLICK HERE](#) to submit your accomplishments to receive your points.