

engage

Cache la Poudre River
National Heritage Area

ON THE TRAIL TO HEALTH, HERITAGE, AND HAPPINESS™

"It's a wonderful way to give back to your employees and to help people physically, mentally, emotionally and spiritually while they connect with the river."

- Beth Bullard, CEO of Northern Colorado Rehabilitation Hospital

OVERVIEW

Through the On the Trail to Health, Heritage & Happiness™ Program, the Poudre Heritage Alliance (PHA) - the managing entity of the Cache la Poudre River National Heritage Area (CALA) – currently has created twelve “Wellness Routes” along the 45-mile Poudre River Trail. These pre-established activity routes facilitate good health, connections to history and heritage, and a sense of well-being.

On the Trail to Health, Heritage & Happiness™ provides options for young and old to learn about local history and heritage while getting outdoors and exercising on a year-round basis. The program includes both an employee wellness program and a school field trip program.

On The Trail to Health, Heritage, and Happiness™ features twelve different wellness routes from Bellvue to Greeley, 1.4 to 4.2 miles in length (one-way), to be completed throughout the four seasons of the year. The paved trail routes are easily completed by walking, running, or biking. As each route has a parking area, participants can bring friends, co-workers, family members, or furry friends.



Each route includes “Heritage Hunt” questions whose answers can be found on interpretive signs along the trail, and asks participants to take “Seasonal Selfies” along the route at different historic and scenic points. The School Wellness activities touch upon many social studies and wellness standards for grades K-12. While hiking or biking, youth learn about the Poudre River and Colorado history, including the river’s relationship to key events in the United States, such as the establishment of water laws. Through a “Heritage Hunt” trivia game, students answer questions that encourage collaboration and leadership, and introduce them to the richness of CALA’s diverse culture, history, and natural systems. Participants upload their answers and selfies into a website to record completion of the route.

OVERVIEW

HAPPINESS!

Not only do participants experience the joy felt by getting exercise, spending time in nature, and challenging their minds with historical information, they are also eligible for prizes when they complete the trails! Businesses can receive program insurance credits for participation.

The Poudre River Trail within CALA is a resource for community members to uplift their minds, bodies and spirits through activities such as walking, running, climbing, biking, bird watching, and more!

poudreheritage.org/wellness-program

PARTNERS

Northern Colorado Rehabilitation Hospital, Long Term Acute Hospital, City of Fort Collins, Northern Engineering, Girl Scouts of America, Weld and Larimer County School Districts

GOAL & OUTCOMES

Goal:

Engage the public with CALA through outdoor activities that support learning, health and well-being, and partnership.

Outcomes:

- CALA increases the number of opportunities through which people can engage with its resources.
- Participants engage in outdoor activities at CALA (i.e. recreation, volunteering, education, wellness).
- Participants learn about Poudre River history and heritage.
- Participants and Partners develop appreciation of CALA as a resource for wellness.
- Participants and Partners intend to make ongoing use of CALA for wellness activities.

BUDGET: \$45,000

Each contribution makes an impact:

- \$100 – Provide Wellness Route guides
- \$250 – Busload of students to a Wellness Route
- \$1,000 – Enhance interactive website features
- \$2,500 – Wayside signage for new route
- \$5,000 – Create new route for the program

