

CONTACT: Ronele Dotson, RAD Strategies
media@radstrategiesinc.com / 775-323-6333

Get Some Fresh Air in Carson Valley

Tips for our local community to safely enjoy outdoor recreation amid COVID-19 and social distancing



Photo: Chris Dickerson, Sierra Canyon Trail

CARSON VALLEY (May 13, 2020) – While the human world is slowly emerging from their homes, nature has continued on outside our windows. In many cases, nature is thriving without the interference of human interaction. Skies are bluer than they've been in years, animals and plants are reclaiming their natural habitats faster than we could have imagined. In Carson Valley, this phenomenon is no different with spring blooms and wildlife rampant throughout the region.

As spring hits its peak in our region and shelter in place orders are slowly lifted, we are all craving that ample dose of vitamin D, a big breath of fresh air and a ramble among the company of nature. Carson Valley, Nevada offers a vast array of terrain, biological zones and elevations for outdoor adventures that are full of diverse blooming flora.

With some adjustments to allow for social distancing, enjoying the beautiful outdoors is still possible. Follow these tips while enjoying Carson Valley's beautiful outdoors this spring and summer:

- Follow all state and local guidelines and be sure to check carefully as to current trail openings and restrictions before heading out.
- Hike during off times such as early in the morning and late in the afternoon.

- Keep your distance on the trails. Exerting more energy means safe distance can be up to 30 feet, depending on the activity, but at minimum keep 6 feet from other hikers, runners and bikers.
- Hike on wider trails and roads where you can safely maintain distance from other people.
- If a trail looks crowded, find another one.
- Wash and sanitize your hands regularly and don't forget to clean your equipment such as trekking poles and bicycles.
- Keep your dogs leashed. Loose dogs can lead to unnecessary human interaction.
- If you head out, hike or bike from home to prevent congestion at trail heads.
- Avoid wet or muddy north-facing trails during this time of spring melt. It's safer for you and better reduces the impact of our trails and reduces the risk of needing emergency crews to assist you.
- Be prepared for limited access to public restrooms and water fountains.
- Communicate! Let other trail users know of your presence. Be nice, say hi! We are all in this together.
- Please stay home if you are feeling sick.
- *Above all else, respect the trails and parks. Carson Valley's trails are 100% supported by volunteers and there is no need to put their health and safety at risk. Pack your trash and be mindful of trail and park conditions. Now is not the time to exceed your comfort or fitness abilities.*

The trails in Carson Valley are maintained by the [Carson Valley Trails Association](#), a non-profit volunteer based organization working with partners to provide public access through a recreational trail system for present and future generations to enjoy.

Visitors, we look forward to welcoming you as soon as we can. Please check back for updates.

About Carson Valley:

Nestled at the base of the Sierra, Carson Valley begs visitors to not just drive through it, but to it. Located 45 miles south of Reno-Tahoe International Airport and 12 miles east of South Lake Tahoe, the region's natural beauty is legendary: wide-open farms, ranches, bands of wild horses and birds of prey dot the landscape. Outdoor recreation enthusiasts follow all points of the compass with more than 50+ miles of hiking, mountain biking or walking trails along with world class road biking. The valley's museums, arts, antiques, Basque dining, historic watering holes and more add to the destination's authentic culture. The region includes the communities of Minden, Gardnerville, Topaz Lake and Genoa, Nevada's first settlement dating back to 1851. Explore the land of everyday legends at [VisitCarsonValley.org](#).

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