

# The Great Outdoors



**One of Humboldt State's great benefits is the stunning natural environment that surrounds us. We are next to forests, mountains, rivers, beaches, and the ocean. In addition to being a great academic resource, the outdoors provide many recreational opportunities, from a quick walk in the redwoods between classes to weekend-long trips led by professional guides.**

Going outdoors isn't just fun. Multiple studies show that even a short amount of time spent outdoors is good for health, longevity, cognition, creativity, and more. Just 15 minutes spent around trees can boost the immune system, reduce stress, and improve mood. Americans spend an average of 93 percent of each week indoors, but with a large network of trails in the redwoods just minutes from campus, it's easy to get a healthy dose of nature at HSU.

**more ►**

## Top Tips

Center Activities offers adventure opportunities and outdoors training.

Encourage your student to explore campus and Arcata's downtown.

Remind your student to learn to use local transit and other transportation options.



## Getting Outside

HSU's Center Activities, located in the Recreation & Wellness Center, offers a wide array of outdoor adventures for students with no prior experience, including whitewater rafting, sailing, surfing, rock-climbing, backpacking, and hiking. These are great ways for students of all skill levels to get outdoors.

The Aquatic Center, located on Humboldt Bay, offers lessons in kayaking and standup paddleboarding, and hosts events like slough tours and twilight paddles on the Bay.

For students with a bit of experience, Center Activities offers gear rentals for climbing, camping, backpacking, snow sports, watersports, and more.

There are many private companies that offer outdoor recreation in Humboldt County, including horseback riding, boat tours, mountain biking, and more. Look for the *101 Things to Do in Humboldt* or *Insider* magazines for local listings.

Center Activities also offers indoor activities to get the blood moving, like an on-campus climbing gym and exercise and yoga classes.

For students looking to go into leadership or careers in the outdoors, Center Activities offers CPR, First aid, Wilderness First Responder, and other certification courses. There are also preparedness courses in knot-tying, outdoors safety, "leave no trace" practices, and more.

In 2016, Humboldt won the national Outdoor Nation Challenge. This contest asked the campus community to log their outdoor activities, and HSU took it seriously. We also take seriously the overall message of Outdoor Nation: The outdoors is for everyone, regardless of skill level, background, or ability. We promote diversity in the outdoors.

## The Community

The surrounding community has a lot to offer: parks, beaches, restaurants, clubs, galleries, coffee shops, movie theaters, music venues, farmers markets, shops, trails, festivals, and more. The University works to make students familiar and comfortable off campus. One example is HSU Downtown, a program that offers students free DJ events and current movies in Arcata.

## Transportation

Humboldt State is located about a 15 minute walk from downtown Arcata, and there are even closer shops and restaurants in the city's Northtown neighborhood. Bike and walking paths have been expanding through the city.

Included in every student's annual fees is the Jackpass, which gives students free access to local buses that run through Arcata and regional transit that covers most of Humboldt County, including regular routes to Eureka. HSU has also contracted with Zagster, a bike rental program, Zimride, a carpooling and rideshare service, and Zipcar, a short-term rental car service.

## Resources

Center Activities: [humboldt.edu/centeractivities](http://humboldt.edu/centeractivities)

Arcata Bus Routes: [arcatatransit.org](http://arcatatransit.org)

County Bus Routes: [redwoodtransit.org](http://redwoodtransit.org)

Zagster: [bike.zagster.com/arcata](http://bike.zagster.com/arcata)

Zimride: [zimride.com/humboldtstate](http://zimride.com/humboldtstate)

Zipcar: [zipcar.com/universities/humboldt-state-university](http://zipcar.com/universities/humboldt-state-university)

Outdoor Nation: [hsuoutdoors.humboldt.edu](http://hsuoutdoors.humboldt.edu)

