



# HIKING UPSTREAM

This program is led in partnership with Intellectual Athlete, a youth mental fitness organization that integrates sport psychology skills — breathwork, visualization, self-talk, mediation & mindfulness — into a fun, explorative, and play-based experience. We have partnered together to craft a unique outdoor exploration and guided hike called ‘Hiking Upstream.’ Although we will not actually be hiking in the stream, the play-on-words pairs with the goal of this program: to help children and parents/guardians practice building mental resilience and self-regulation through age appropriate explorative, engaging, and thought provoking games and activities while surrounded by nature. Learn more about Intellectual Athlete online at [www.intellectualathlete.co](http://www.intellectualathlete.co)

*All details are subject to change. Due to unforeseen situations such as those imposed by inclement weather, health and safety issues, or low participation, cancelations may occur. We will make every attempt to reschedule or restructure when possible.*



“Where play meets mental fitness.”

Led by Milly Routledge: Sports Psychology Consultant & Elite Athlete

**LOCATION:** The Willows Park & Skunk Hollow Trails  
490 Darby-Paoli Road, Villanova

**DATE & TIME:** Sat. 3/16 1:00-2:15pm

**WHO:** Children ages 3-5 and their Parent/Guardian/Caregiver

**FEE:** \$60 per child/adult team  
\$10 per additional family member

**REGISTER ONLINE**



[www.radnorrecreation.com](http://www.radnorrecreation.com)