



Family Activity Resources

Fall and Winter

EVERGREEN MEDICAL OFFICES

Physical activity lowers your stress level, boosts your mood, and improves your overall health. Enjoy physical activity for at least 30 minutes a day if you are an adult, or 60 minutes a day if you are a child.

Recreational facilities

Buchanan Park Recreation Center

32003 Ellingwood Trl.
Evergreen, CO 80439

720-880-1100

evergreenrecreation.com

Wulf Recreation Center

5300 S. Olive Rd.
Evergreen, CO 80439

720-880-1200

After school sports and programs

evergreenrecreation.com

(Click on “youth activities” for sports and after school enrichment)

Boys and Girls Club

\$2 per year

303-892-9200

bgcmd.org/clubs

Girls on the Run

girlsontherunrockies.org

Things to Do

denverpost.com/outdoors

Parks, trails, and outdoor activities

Evergreen Parks and Trails

evergreenrecreation.com/Parks_Fields.htm

Evergreen Lake Park and Trail

29612 Upper Bear Creek Rd.
Evergreen, CO 80439

Ice Skating at Evergreen Lake

720-880-1391

Get Outdoors Colorado

getoutdoorscolorado.org

Bicycle Colorado

bicyclecolorado.org (click “ride”)

Build activities into your day

- Play outdoors
- Take the stairs
- Bike or walk to destinations
- Walk the dog
- Dance