Arizona has many great parks and trails to visit. You can enjoy a day of hiking and beautiful views or find a playground, kick a ball, or play in the snow. Exploring your community is a great way to be outdoors across the seasons in Arizona for little or no cost!

Being active often is a fun way to spend time with your family. It also improves your health in many ways, like more energy, better sleep, and less stress. All movement counts. Find activities that you enjoy!

Visit Arizona’s great parks and trails by checking our interactive map and choosing your community or a place you want to visit.

To find a park or trail near you, visit azhealthzone.org/be-active