

Rainy Day Outdoor Activities by Rebecca Lexa

We've entered into the time of year where we become the Pacific NorthWET! With frequent rain throughout fall, winter and spring, any lover of the outdoors has to get used to being out in all sorts of weather, not just the rare sunny day. Thankfully there are lots of things that you can do outside even if the weather isn't ideal!

Hiking can be more enjoyable since the trails are usually less crowded, and the rain often brings out colors in the landscape, especially the vivid greens of conifers and other evergreen plants. Try kayaking, canoeing, or simply sitting by the water's edge as raindrops create countless ripples on freshwater lakes and ponds. It may be a little tougher to see birds when the weather is wet, but some, like waterfowl, are perfectly happy out in the rain. And nothing beats finding a safe place to watch storms roll in off the ocean!

It is important to keep safety in mind when the weather is wet and cold. Be sure to dress in warm layers with a waterproof outer layer to help avoid hypothermia or just discomfort. Be mindful that wet trails can be slick and treacherous, and water can contribute to erosion on cliffs and hillsides. If you are going to go kayaking or canoeing, consider wearing a drysuit, as falling into cold water can be fatal within minutes. And keep a safe distance from the waves if you're walking along the beach. All these will help you to enjoy the great outdoors year-round!