



HIKE IT BABY

KATY

Katy moms and kids bond with each other and nature on weekly hiking excursions

Written by Tonya Ellis | Photography by Reinaldo Medina

Katy mom Lindsay Peifer has always been active and outdoorsy, so when she found out Hike it Baby hiking group started a chapter in the Houston area, she jumped at the chance to lace up her sneakers and hit the trails. "When I decided to become a stay-at-home mom, I knew I didn't want to spend my days sitting inside with no interaction for me or my son," she explains. "I was beyond excited to discover something that is so different from the typical mom's group." Peifer is now guiding hikes in the Katy area, and is co-leader of the group's Houston branch. Several times a month, she and her young son Graham hike with other Hike it Baby group members in Katy and the greater Houston area.

Katy Hikes

Hike it Baby is a national organization, founded in Portland, Oregon three years ago. The Houston branch started in October 2014 and today includes over 2,100 families, who take up to 30 different walks across the greater Houston area each week.

The Katy group hikes in places like George Bush Park, Nottingham Country Park, Mary Jo Peckham Park, and Cinco Ranch Bayou, to name a few. During the holiday season, Katy's group did a walk at LaCenterra at Cinco Ranch shopping center. "Every Monday, there is an urban stroll during which we walk to a locally-owned coffee shop and end at a playground to let the kids run around," Peifer says.

No Hiker Left Behind

Joining is easy and free. Just log on to the group's website at hikeitbaby.com to find the Katy group's next event, and show up ready to walk. Hikers are required to sign a safety waiver.

"We welcome parents, grandparents, extended family members, nannies, and friends," says Peifer. "It's also not just for families with babies. Kids of all ages are encouraged to come along. Our mantra is, 'No hiker left behind.' If someone needs to stop for a snack, a diaper change, or just to take a rest, we all wait and help out if needed."

Walking in the Same Shoes

First-time mom Linda Hernandez joined Hike it Baby last summer as a way to get out of the house with her 1-year-old daughter Vivian. In addition to the exercise benefits, she likes the fellowship. "I have made some great new friends," she says. "Everyone is always so easy to talk to. We are all moms or caregivers, and so we know it's a hard job sometimes, and that understanding makes for great camaraderie."

"Hike it Baby is a no-judgment group," adds Peifer. "We don't delve into politics, or discuss controversial parenting methods, and that's part of what makes the group so inclusive and welcoming to everyone. The focus is on getting our families outside to enjoy the fantastic parks and trails that Katy has to offer."

Hike It Baby Challenge

Five times a year, Hike it Baby challenges willing members to walk 30 miles, or to get outside for 30 minutes a day, three times a week in a 30-day time frame. Hernandez completed 30 miles last November. "I'm so proud of my daughter and me," she says. "I always feel energized after hikes."



The group leads to meaningful friendships and exposure to the outdoors which helps with common issues like postpartum depression



Hike it Baby has special field trips to Discovery Green, the Children's Museum of Houston, and more



Hikers are encouraged to bring their kids and family members of all ages



FOR YOUTH DEVELOPMENTSM
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN. PLAY. GROW.

Spring Programs at the Katy Family YMCA

Y spring programs offer the perfect opportunity to make playing and learning a family goal.

 Youth and Teen Sports

 Before and After School Care



 Swim Lessons

Join and enjoy the member rate for your spring programs.

Register today at ymcahouston.org.



KATY FAMILY YMCA
22807 Westheimer Pkwy
Katy, TX 77494

  text YMCAHouston to 41411
YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

Creating Memories Together

Watching their children discover nature is another plus of walking with the Hike it Baby group. “Even a regular walk in our neighborhood has pretty trees and clouds, so I try to appreciate the little things like my daughter does,” shares Hernandez. “It’s amazing watching my daughter discover the world.”

“My son absolutely loves the outside time,” Peifer says. “He likes interacting with other children and completing some of the hikes on his own two feet.” Peifer’s son is obsessed with sticks, and is always sure to find one to carry with him on their walks.

The greatest benefit of all is the special memories created during hikes. Peifer says, “Attending hikes forces you to turn off the TV, put down your phone, and enjoy the company of your family and friends. I’ve been able to watch my son take in views around him, hear him laugh when the breeze blows through his hair, and allow him to explore trails and parks at his own pace. Those moments are irreplaceable, and I’m so grateful to have them.” **KM**



TONYA ELLIS enjoys taking nature walks with her family.



GEAR UP

Make sure to gear up with these essentials before a hike:

- | | |
|-------------------|----------|
| Comfortable shoes | Stroller |
| Insect repellent | Snacks |
| Baby carrier | Water |
| Sunscreen | Socks |
| Site Map | Hat |

Take a Hike

Want to participate in a hike? Hike it Baby Houston hosts events on weekdays, weekends, and evenings, so there’s something to fit any schedule. The full calendar can be found at hikeitbaby.com.

OPENING SOON IN KATY!

Kingdom & wheels

Come to the Kingdom! We'll treat you like royalty!

LET THE GOOD TIMES ROLL

Birthday Parties • Skating Rink • Arcades

SKATING PARTIES
INDOOR PLAY AREA
6 PARTY ROOMS
ARCADE & PRIZES
DELI & SNACKS

Book early & save! Call for details!

15% OFF BIRTHDAY PARTY PACKAGES!

© 2016 Katy Magazine

832-477-5723

25757 Westheimer Pkwy., Katy TX kingdomandwheels.com



Your Custom Apparel Headquarters

We've got your team!



College & Pro Teams
Custom Orders
Top Quality Merchandise
Gift Certificates
1st Responder & Military Discounts

Open Sun-Thurs 11am - 8pm
Fri & Sat 11am - 9pm



281-579-9555

© 2016 Katy Magazine

Custom Apparel! EMBROIDERY, SPANGLES, RHINESTONES & GARMENT PRINTING



20920 Katy Fwy., Katy, TX 77449 (I-10 at Westgreen Blvd.) GearUpFanShop.com



ROTH REALTY

Katy, Richmond & Fulshear Neighborhood Expertise

Your Dream Home

IT'S ONE OF THE MOST IMPORTANT DECISIONS OF YOUR LIFE.

As a luxury home specialist, my passion is helping you find the home of your dreams, while making the home buying or selling process as effortless as possible.

© 2015 Katy Magazine



Extensive knowledge in these up and coming neighborhoods, and many more

- ALIANA
- AVALON
- BELLA TERRA
- CANE ISLAND
- CINCO RANCH
- FIRETHORNE
- FULLBROOK
- RIVERSTONE
- VENTANA LAKES
- WESTON LAKES

KAREN ROTH

- Certified in Luxury Homes
- Native Texan
- Buyers and Sellers Rep.
- Seasoned Negotiator



Have questions on a specific neighborhood? Ask Karen for insider tips!

713-865-6692
karen@rothrealty.net
www.rothrealty.net