



## **Experience Urban Outdoor Adventure for the Whole Family in Sandy Springs, Ga.**

**Sandy Springs, Ga.** (July 7, 2016) – Summer is the time to escape to new adventures and explore the outdoors. Nothing can top a Georgia summer day spent waterside or hiking a trail surrounded by nature and loved ones. The city of Sandy Springs, bordering the north side of Atlanta, offers active escapes to relax and quench the thirst for adventure for every member of the family. From creative cooking to playable art, “kids” of all ages will find outdoor fun in Sandy Springs.

### **River Activities**

Whether by kayak or paddle board, water activities on the Chattahoochee are perfect for families to keep cool and have fun throughout the summer. Along the gentle waters, Sandy Springs provides the convenience of on-site rentals and river access points. [High Country Outfitters](#) operates the Paddle Shack at Morgan Falls Overlook Park and [Nantahala Outdoor Center's](#) Chattahoochee Outpost at Powers Island is a resource for kayaks, paddle boards, tubes and more, making for a relaxing day on the water. The river is also home to spectacular fishing for all levels from shore, pier, boat or fly fishing.

### **Chattahoochee River National Recreation Area**

For further river exploration in Sandy Springs, visit one of the city's three Chattahoochee River National Recreation Area park units and trails, including [Powers Island](#), [Island Ford](#) and [East Palisades](#), great for a picnic and a whole day of family fun. The Powers Island Trail includes 2.4 miles of easy hiking with a bridge leading to Powers Island across the inlet. The Island Ford Trail in Island Ford Park is a moderate 3-mile hike through the forest with plenty of opportunity to spot wildlife along the way like deer, geese and lizards. On the East Palisades Trail, families can find stunning views of the river and hike through a small bamboo forest on this 4-mile hike with easy terrain.

### **Abernathy Greenway Linear Park**

The Playable Art Park at Abernathy Greenway Linear Park in Sandy Springs invites kids to climb, run and play on the unique fixtures that were part of a Playable Art Structure contest in 2011.

Specifically designed to encourage movement through imagination, the playground is perfect for families looking for a cultural, but hands-on, experience.

### **Morgan Falls Overlook Park**

Only minutes from Atlanta, Morgan Falls Overlook Park in Sandy Springs is an escape to nature with trails providing breathtaking views of the Chattahoochee. The park also features creative playgrounds, fishing and boat docks, and bench swings for taking in the fresh air and scenery.

### **Big Trees Forest Preserve**

Escape into Big Trees Forest Preserve, a wondrous protected tree, plant and wildlife sanctuary in Sandy Springs. Visitors can meander along the nature trails in the 15-stop, self-guided watershed education tour to learn how human impact has positive and negative effects on the forest habitat. The preserve gives a perfect opportunity to teach kids to care for and nurture the environment.

### **Foot Golf**

Put the family to the test with some friendly competition in this fusion game of soccer and golf at Steel Canyon Golf Club in Sandy Springs. Foot golf is played with a soccer ball on a golf course, but with separate greens. See who can put the ball in the hole with the fewest strokes (kicks) in this new sport gaining worldwide popularity with its origin in the Netherlands. The cost for adults is \$18, and kids under 15 play for the dollar amount equivalent to their age.

To learn more about Sandy Springs and its outdoor family fun activities, visit [www.visitsandysprings.org](http://www.visitsandysprings.org).

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### **About Sandy Springs, Ga.**

Bordered by the city of Atlanta on the south and the Chattahoochee River to the north, Sandy Springs is Georgia's sixth largest city, and combines the best of urban and rural environments. Celebrated dining, one-of-a-kind boutiques and antique finds, and cultural experiences are all surrounded by more than 950 acres of parks and natural areas, including 22 miles of Chattahoochee River shoreline for kayaking, paddle boarding, fishing and more. Visitors from near and far come to experience Sandy Spring's acclaimed culinary scene, which features award-winning chefs and showcases cuisines from around the world. Throughout the year, local events highlight and celebrate the unique community, from festivals to holiday markets. Sandy Springs makes for a relaxing getaway with easy access to several major highways and interstates, and the MARTA rail.

Sandy Springs Hospitality & Tourism is the Destination Marketing Organization for the city of Sandy Springs, Georgia, acting as the guide to all that the Metro-Atlanta city has to offer. For more information, please visit [www.VisitSandySprings.org](http://www.VisitSandySprings.org).

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