



8 Outdoor Activities To Enjoy With Your Dog

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Authored by: Nutro Pet Food

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It's no wonder we refer to dogs as our best friends. They're loyal companions that love to be a part of our routines and hobbies — including some of our favorite outdoor activities.

These eight ideas will help strengthen the bond between you and your dog while you both enjoy the great outdoors.



1. Take A Hike.

Ah, hiking. It's easy to get started with this beginner- and dog-friendly activity; just be sure to consider your dog's size and energy level before embarking on a hike. For smaller dogs and breeds that require less exercise, choose a shorter path with flatter terrain. If your dog is bigger and has more energy to burn, you can work up to longer hikes with more hills.

2. Go Camping.

Nothing beats a star-filled sky, a chorus of crickets and sharing the warmth of a crackling campfire with your trusty canine companion. Camping is a great way to spend quality time with your dog while enjoying everything nature has to offer. Many campgrounds welcome pets and are often located near lakes and creeks, which is a fun treat for any dog that loves water.

3. Go For A Ride.

If your dog is especially active, they may enjoy running alongside you as you pedal your way around town. Before biking with your dog, make sure they are comfortable walking next to the bike — and don't forget the appropriate leash.

4. Try A Different Kind Of Hunting.

Geocaching is a unique activity in which you use a GPS receiver and other navigational techniques to hide and seek containers, called "caches," in various outdoor locations. Your dog already has a nose for adventure and will love joining you on this modern-day treasure hunt. Not sure where to start? Find a smartphone app to embark on your geocaching journey.

5. Dine Together.

Lots of restaurants have become dog-friendly, and whether you try a new spot or go back to a tried-and-true favorite, you and your dog will enjoy sharing a meal al fresco. Alternately, pack a picnic (and some [NUTRO™ dog food](#) for your canine buddy), and share a meal in the park.



6. Plan A Park Playdate.

Not only will your dog bond with you, they'll fit in some quality time with other four-legged friends. Many dog parks have large and small dog play areas, so no matter how big your dog is, they'll have a blast (and expel some energy) running around outside. Bonus: You'll get some human interaction, too.

7. Explore A Farmer's Market.

Find a local market, grab your dog's leash and enjoy a little outdoor shopping trip. If you get hungry, you can even buy a healthy snack to share with your pup, like blueberries or an apple.

8. Hit The Road.

The best thing about going for a drive is that the weather doesn't have to be picture-perfect to enjoy it. Make sure your dog is safely secured in the car, roll down the windows and let them feel the wind in their fur.

Your best friend loves being by your side. So, next time you want to venture outdoors, don't be afraid to bring your dog along for the fun.

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Catios — or patios for cats — are spaces where cats can safely enjoy the great outdoors. And the good news is that there are lots of ways to build a catio! Your approach mostly depends on how much space you have and what you think your cat would like best. Let's talk about types of catios and explore the elements that make for a successful one.

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Although it's normal for your cat to sleep their way through much of the day, they also need adequate playtime to help sharpen their feline senses. Sensory enrichment can help reinforce your cat's natural behaviors and potentially fend off a range of health problems. The key is to focus on activities that cater to your cat's instincts: hunting, climbing, perching and pouncing. Read on to learn about the benefits of sensory enrichment for cats, as well as seven ways you can energize your cat's daily routine.

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The days are getting shorter and the temperature is getting chillier for much of the country — ready or not, winter is on its way! For your dog, the shift of seasons can also mean a change in their activity level. As the cold weather approaches, get creative on planning out some fun winter excursions for your pup. Varying indoor and outdoor dog activities will help keep them engaged and out of mischief — and give you something new to enjoy as well!

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[How Dogs Can Help Our Mental Health — And How We Can Help Theirs](#)

Sure, owning a dog comes with a lot of responsibilities: There are rainy-day walks, early-morning wake-ups and sleep-interrupting zoomies. But having a dog also comes with tons of benefits — and probably the most important of those is the positive impact on your mental health. Several studies have shown that dogs can reduce stress, anxiety, depression and loneliness. Keep reading to learn about the benefits of being a dog owner — and how you can make sure your dog benefits from your relationship, too.

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