



2015 Nevada's Best of Health & Wellness

The Chronic Disease Prevention and Health Promotion Section of the Nevada Division of Public and Behavioral Health asked for your opinion on what you believe are some of Nevada's best health resources. Thank you to everyone who participated! The following are the top three nominees per region (Northern, Southern and Rural/Frontier).

BEST PLACE TO HIKE

Southern - #1 Red Rock Canyon

Located just 20 miles from the Strip, the Red Rock Canyon National Conservation Area is not what people think of when they think Las Vegas. The Canyon offers more than 30 miles of hiking trails through a maze of canyons, peaks, ledges, chimneys and gullies. This unique geological area is one of the best examples found in the Mojave Desert and offers trails for all skill levels.

- #2 Valley of Fire**
- #3 Mt. Charleston**

Northern - #1 Lake Tahoe

Lake Tahoe, the largest alpine lake in North America, is a true haven for outdoor fun in every season. Located less than an hour away from Reno, the lake offers a variety of water sports to help beat the heat. Outdoor enthusiasts can swim, boat, kayak or stand-up paddleboard from one of many pristine sand beaches. Even more impressive are the hundreds of miles of trails ranging from easy to strenuous, many branching off into unspoiled wilderness areas. From easily accessible,



such as the 2 mile Spooner Lake Loop, to multi-day challenges, such as the 165 mile Tahoe Rim Trail, hiking in the Tahoe area is sure to impress with pristine alpine lakes, a remarkable variety of trees, areas of historical interest, imposing developments of granite cliffs, and stunning views. Many trails in the area can be enjoyed year round; snow shoeing, and cross

country skiing are excellent winter activities in the area.

- #2 Tahoe Rim Trail**
- #3 Thomas Creek/Galena**

Rural/Frontier - # 1 Humboldt-Toiyabe National Forest/Ruby Mountains

At 6.3 million acres, the Humboldt-Toiyabe National Forest extends across both Elko and White Pine Counties, ranges through both the Ruby and Humboldt Mountains, and is



the largest national forest in the lower 48 states. The forest offers a variety of recreational activities year round, with the Rubies being an outdoor-person's paradise. The Ruby Mountains offer extensive on and off trail hiking past dozens of glacier carved alpine lakes and up granite peaks. Lamoille Canyon is perhaps the most accessible region within the Rubies and should not be missed.

- #2 Great Basin National Park**
- #3 Toiyabe Crest Trail**



BEST PLACE FOR A BIKE RIDE

Southern - #1 Red Rock

Red Rock Canyon offers both excellent mountain and road biking. Blue Diamond Hill and Cottonwood Valley provide excellent single track trails, with the Valley trail winding through a forest of Joshua trees and offering distant views of Las Vegas. For cyclists, the 14.7 one way loop through the canyon offers an excellent route, with steep grades and switchbacks throughout.

#2 Wetlands Park

Northern - #1 Lake Tahoe

In addition to hiking, Lake Tahoe features miles of bike trails for both mountain and road. During the summer, many local ski resorts host custom tailored bike parks with trails for all levels. Not looking for the park experience? The Flume Trail is one of the greatest single track trails in the United States. Once a wooden flume used in the late 1800s to transport raw lumber, the trail rises 1,600 vertical feet above Lake Tahoe, showcasing incredible views of the lake and surrounding areas. The trail can be a significant challenge with a lot of uphill, but a shuttle is available for the return.



While certainly known for its mountain biking, Lake Tahoe is an incredible destination for cycling as well. Both South Lake Tahoe and Tahoe City maintain paved trails completely separate from the highway. A number of races are held annually, including America's Most Beautiful Bike Ride and the Tour de Tahoe, a 72 mile loop course circumnavigating Lake Tahoe.

#2 Truckee River Path

#3 Franktown Road



Rural/Frontier - #1 Fears, Tears, and Beers (Ely)

Held annually in June, in beautiful Ely, the *Fears, Tears, and Beers Mountain Bike Enduro Race* is a unique mountain bike race patterned after motorcycle enduro. It is the longest running mountain bike enduro in North America and one of the toughest, covering 40 miles and some 6000' feet of climbing. Events are held at every rider level (Fun Run, Beginner, Sport, Expert, and Pro) with timed section in each event. The race ends with music, food, and celebration at Broadbent Park.

[More information .](#)



#2 Cahill Canyon (Lander County)

#3 Humboldt County

BEST WALKING OR RUNNING TRAIL

Southern - #1 Sunset Park Trail System

Located at 2601 E. Sunset Road in Las Vegas, Sunset Regional Park is the largest park in the Clark County system. The oasis in the desert offers a variety of recreational activities, including 4 multiple-use trails totaling 3.5 miles of pathway. Trails vary in distance and structure, with the shortest path at $\frac{1}{4}$ miles and the longest at 1 mile. In addition to the paths, Sunset offers a disc golf course, a discovery area, pond fishing, a dog park, and picnic areas. The park also serves to preserve a variety of plant species native to the Mojave Desert and found nowhere else in the world, to be enjoyed during your stroll. [More information.](#)

#2 Red Rock Canyon

#3 River Mountain Loop Trail

Northern - #1 Lake Tahoe



High altitude Lake Tahoe has become a runner's destination. Running and walking trails are available along the Truckee River, throughout state parks and ski resorts, and circumnavigating the lake. A number of races are held annually in Lake Tahoe, including the Reno Tahoe Odyssey, a 178 mile relay race starting in Reno and circling around Lake Tahoe back to Reno. In 2014, Lake Tahoe hosted the first Tahoe 200, the first and currently only 200 mile single loop mountain race in the USA. The route follows the Tahoe Rim Trail with occasional detours through meadows, rock gardens, and past alpine lakes to finish with a total of 202 miles.

#2 Galena Area

#3 Keystone Canyon



Rural/Frontier - #1 Great Basin National Park

Located just outside of Baker and shadowed by Wheeler Peak, Great Basin National Park is one of the least visited but most impressive National Parks. The park offers many different and impressive ways to take a stroll. Take a walk up Wheeler Peak for an impressive view, or saunter through ancient Bristlecone Pines. For a truly different walk, stroll underground through Lehman Caves, home to rare impressive shield formations. After your walk, be sure to enjoy a one of a kind homemade ice-cream sandwich at the Lehman Caves Café. [More information.](#)



Great Basin National Park, Lehman Caves

BEST RECREATION SPOT FOR A FAMILY

Southern - #1 Red Rock Canyon

Red Rock Canyon offers activities for all ages and skill levels. Many of the area's hikes are perfect for families with children, including the ¾ mile Lost-Creek/Children's discovery trail. This interpretive trail includes petroglyphs, lessons of desert life, and a hidden waterfall at the end of the trail.

Children should keep an eye out for Mojave Max, the canyon "spokestortoise," or visit Jackson, the Red Rock Canyon Burro found at the Red Rock Canyon Visitor center. Older children may be interested in hiking to find the dinosaur tracks preserved in different areas throughout the canyon. With all there is to do in the Canyon, it may be best to take a few days and camp at one of the many family- friendly campgrounds in the area.

Tied for #2 -Mount Charleston and Lake Mead

Northern - #1 Lake Tahoe



In addition to being an excellent destination for athletes, Lake Tahoe offers plenty of family adventures as well. During the summer, a number of short trails are perfect for young hikers, including the five mile round trip to a waterfall, starting at the Mount Rose Trailhead. After hiking, head down to the beach to cool off. Sand Harbor features 55 acres of sandy beaches, rocky coves, and cool Tahoe blue water, as well as kayak and Stand-Up Paddleboard Rentals for older kids. Or stay a few days to enjoy all the lake has to offer and camp at one of the many family- friendly campgrounds.

During the winter, Mount Rose and Diamond Peak ski areas, located just north of the lake, offer miles of ski and snowboard runs for families of all ski levels, as well as lessons for kids! In addition, both resorts offer truly inspiring views of snowy Lake Tahoe.



Rural/Frontier- #1 Lamoille Canyon

Lamoille Canyon is one of the most easily accessible and most impressive areas of the Ruby Mountains. The Lamoille Canyon Scenic drive is in itself impressive, winding 12 miles from the town of Lamoille to the Canyon. The Canyon itself is glacier-carved and offers incredible views of the Ruby Mountain peaks, including Ruby Dome. Hiking throughout the canyon and area is truly diverse and incredible. Children should keep an eye out for Mountain Goats and Bighorn Sheep. Many of the high altitude lakes and streams feature brook and rainbow trout and are excellent for bait and fly fishing. Head up for the day and enjoy lunch at one of the many picnic areas, or stay for a few and camp at one of the beautiful family-friendly campgrounds.



BEST FARMER'S MARKET

Southern - #1 Las Vegas Farmer's Market



Held Wednesdays, 4pm-8pm, at Bruce Trent Park, (Rampart & Vegas Drive) ; Thursdays, 4pm-8pm, at Garden Park, (10401 Gardens Park Drive) and 1st and 3rd Saturdays, 10am - 2pm, at Floyd Lamb Park at Tule Springs (9100 Tule Spring Road), the Las Vegas Farmer's Market features the freshest fruits and vegetables from the southwest, as well as, breads, cakes, pastas, bedding plants and more. Local artisans and artists feature unique handmade arts and crafts.

Northern - #1 Carson City Farmer's Market

Held on Saturday mornings at 3rd and Curry St., the Carson City Farmer's market is one of Carson's leading summer events. The market is a local grower's market featuring vendors from Fallon, Dayton, Minden and Yerington. Live music is provided each and every Saturday, and a Pop-up park is sponsored on select Saturdays for whole family fun.

[More information](#)

#2 -California Avenue, Reno, Nevada



Rural/Frontier - #1 Fallon Cantaloupe Festival and County Fair

Held annually, the Fallon Cantaloupe Festival is a family event celebrating Fallon's agricultural past and present. Now merged with the Churchill County Fair and spanning four days, this year will feature Nevada's Best Hearts of Gold Cantaloupes, the Lion's Club Parade and Junior Rodeo, a Karaoke contest, the annual mud volleyball tournament, 4-H club demonstrations, and a variety of vendors, including local farmers market stands. [More information.](#)



#2 Fernley Farmer's Market

BEST GROCERY

Southern - #1 Trader Joe's

Even in Las Vegas, Trader Joe's is a neighborhood grocery store featuring amazing food and drink options from around the globe. Trader Joe's buys direct from suppliers and buys in volume in order to keep costs low and pass those savings on to their customers. Additionally, the company offers a number of recipes on-line and in-store to support healthy eating and lifestyles.



#2 Sprouts

#3 Glaziers

Northern - #1 Whole Foods Market

Located at 6139 S. Virginia Street, Whole Foods market in Reno aims to set the standard of excellence for food retailers. Whole Foods sells the highest quality natural and organic

products and promotes healthy eating. By educating customers on how to recognize health-promoting foods and providing cooking and shopping tips, Whole Foods seeks to "Delight and nourish our customers."

#2 Raley's

#3 Winco (South Reno)



Rural/Frontier - #1 Smith's in Dayton

Smith's Food and Drug is a Kroger-owned company dedicated to creating jobs, moving toward zero waste, reducing energy consumption, and providing simple solutions to better living. The Smith's in Dayton is located just off Highway 50 East and follows the company mission by providing healthy ingredients and recipes to their customers, as well as supporting the community.

#2 Raley's

#3 Uptown Market

BEST RESTAURANT

Southern- #1 Rachel's Kitchen

Rachel's Kitchen is a café style community favorite, serving fresh, high quality meals. The now seven locations vary in hours and may not serve dinner, but offer omelets and fresh baked goods for breakfast and crispy salads, gourmet sandwiches and wraps, and signature pastas for later meals. In addition, the restaurant offers a catering option. Find their various locations and hours [here](#):



#2 Violette's Vegan

#3 Skinny Fatz

Northern- #1 Grateful Gardens

Grateful Gardens has expanded to two locations, their original home at 555 S. Virginia St. in Reno and their new addition at the Joe Crowley Student Union at the UNR Campus. Grateful Gardens opened in 2013 and caters to people with specialized dietary needs as well as "the person just looking for great flavor and a menu that is unique and delicious!" The restaurant supports and features many items from local vendors, farmers, and their own greenhouse. Additionally, they host a Celebrity Guest Chef night quarterly, featuring a Reno citizen who is making a difference in the community. The guest chef and restaurant create a unique menu for the evening, with a portion of the menu's proceeds going to a local charity of the Chef's choice. [More information.](#)



#2 Laughing Planet

#3 Fresh and Easy (Whole Foods)

Rural/Frontier - #1 J's Old Town Bistro (Dayton)

Located on Pike Street, J's Bistro occupies a stone building built in 1860, renovated and opened as the restaurant in 2007. The community favorite offers steak, seafood and Italian specialties as well as a full bar, while keeping the old town style and comfort of Dayton.

#2 Nature's Corner (Winnemucca)

#3 Star (Elko): 1



BEST SPORTS EQUIPMENT

Southern - #1 Big 5



Big 5 Sporting Goods has become a community staple throughout the community, with 10 locations serving Las Vegas' recreational needs. The company focuses on a variety of recreational equipment needs, including team and roller sports, fishing and hunting gear, outdoor equipment for camping, hiking, and cycling, and fitness equipment to help maintain a healthy lifestyle.

#2 REI

Northern - #1 REI

Recreational Equipment, Inc. (REI) has been a member owned co-op dedicated to outdoor adventure and stewardship for seventy-five years. The company is listed on Fortune magazine's list of the "100 Best Companies to Work For" and has started over 130 nationwide. However, each store remains rooted in their community and the outdoors. The REI in Reno has all the equipment needed for all skill levels to enjoy everything Northern Nevada has to offer: paddling Tahoe, skiing or boarding Mt. Rose, riding the Flume Trail or Franktown Loop, trekking the Tahoe Rim Trail, or bouldering at Washoe.



#2 Scheels

#3 Cabellas

Rural/Frontier - #1 Big 5

BEST SPORTS EVENT

Southern - #1 Susan G. Komen Race for the Cure



Held annually in Las Vegas, the Southern Nevada Susan G. Komen Race for the Cure features a 5K run, a 5K untimed run/walk, and a 1-mile Fitness Walk, followed by a closing celebration for all runners and awards. The event is a fundraising event with 100% of proceeds going to

support the Susan G. Komen mission to support breast cancer screening, treatment, and education programs to save lives. 75% of the proceeds stay with the community in Southern Nevada, with the remaining 25% assisting the Susan G. Komen grants program.

#2 Relay for Life

#3 Run for a Wish 5k

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#2 RTO (Reno-Tahoe Odyssey)

#3 Women's Expo



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BEST SPORTS EVENT CONT:

Rural/Frontier - #1 No Hill Hundred Century Bike Tour

The No Hill Hundred has been held annually for thirteen years by the Fallon bike club "Churchill County Cyclist" and the Parks and Recreation Department. Per its name, the tour features no hills and is broken into 30 mile, 60 mile, or 100 mile options to accommodate riders of all levels. The tour starts and finishes at the Churchill County Fairgrounds on Sheckler road and follows the prehistoric Lahontan Lake bottom for a fascinating ride through the Desert Oasis. Bonus- there are no hills on this tour!

[#2 RAM Clinic](#)

[#3 Pershing county Heart Health Fair](#)



WELLNESS POLICY AT YOUR WORK

#1 - Immunize Nevada

Immunize Nevada values its commitment to employee wellness. Our team works together to support healthy lifestyles and behaviors, including healthy food choice in the office and opportunities for fitness breaks. When survey employees look forward to going to work and they feel our commitment to their wellness helps them be healthier. Other perks like breastfeeding and baby friendly spaces help our new moms feel supported in returning to work. As a health focused organization, we feel it's vital that we take care of employees as much as we do our communities. . .

Heidi Parker, Executive Director.

<https://immunizenevada.org/>



BEST HEALTH POLICY ORGANIZATION

#1 Nevada Business Group on Health



Nevada Business Group
ON HEALTH

The Nevada Business Group on Health is a non-profit business anchored by large self-insured public and private companies. At Nevada Business Group on Health, human resource and employee benefit specialists come together to help one another, to learn from one another, and to adopt best practices. With these partners, Nevada Business Group on Health influences positive change in the environment.

<http://www.nvbgh.org/>



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