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Camping – One of the Best Recreational Activity for your Mind and Body [by Mark Bennett](#)

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In terms of cleansing the mind and keeping your body fit, camping is one of the good choices. This activity makes one have a great interaction with the Mother Nature. Many of us could preferably do this recreational activity once in three months. Surely, the ecstatic feeling of being far away from the concrete jungles and fast paced city life is unimaginable. With no gadgets, gizmos, and away from the various network service providers like FiOS Digital Voice; it will be enlightening. Under the watchful eyes of Mother Nature, you will be like a small baby in a mother's womb.

How would it be like to go camping to the different places in the US? With thousands and thousands of campgrounds like Furnance Creek Campground in Florida, Admiralty RV Resort in Texas, Alta Lake State Park in Washington, Cottonwood Campground in North Dakota, you may find it hard to decide to which campground you want to go. There is no doubt that with the different flora and beautiful places to see, you will have a great experience that you must have desired for.

Going for camping, you will be able to see some of the beautiful exquisite plants and flowers that just bloom beautifully in the nature. You will come across various trees, shrubs which you must have seen in movies and in your science books. By camping, you can come to know what each park is famous for and what are the favorite attractions found in them. Many of the parks in the US are famous for giant Sequoia trees such as the General Sherman tree. You all will be knowing that the General Sherman tree is one of the largest trees in the world and are especially found in the US.

Besides having the giant Sequoia and other trees as one of the attractions, most parks have other major attractions like the Tunnel Log, which is a tunnel made from falling trees. Yes! This kind of natural attraction is especially found in parks and you could have a wonderful experience in seeing them. Not only that most of the parks are famous and home to a large number of caves. It could be numbering in the thousands throughout the US.

Most of the largest caves are found in the California for example, Lilburn Cave which is the largest cave in the US is found in the Sequoia Natural Park. Among the thousands of caves that are there in the US, only some of them are suitable and visited by campers. In case you do intend to explore these caves, make sure to take a knowledgeable guide with you as you could sometimes get lost. One thing that will amaze you is that caves have an abundance of limestone rock formations that are huge. Most of the campers and hikers get spellbound with the structure and the interior limestone design formation. The design of the limestone almost resembles like a chandelier hanging down beautifully.

Due to having a lot of attractions, most of the camps and parks are open throughout the year. People flock in large numbers that you may sometimes have to book five or six months in advance to camp in certain parks. The best suitable time to go camping is from mid May to mid October. The International Camping and Park Association of the US have introduced various comfortable facilities for the campers. If you are going for camping you don't need to worry about the basic necessities as you will find them in many of the camps. Since most of the parks are located near the mountains, the drinking water will be so pure that you will relish it with great zestfulness.

Frankly, even though many of you may not be a camping enthusiastic, it is advisable to pursue this recreational activity as it is good for your body and mind. There can't be any other activity that can give you an ecstatic feeling of being under the protecting arms of the Mother Nature

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Mark is a freelance writer and he writes about technology, environment and home security systems. Mark likes to go camping frequently as time permits and he enjoys the natural beauty of creation. Besides writing articles and camping, he also enjoys researching about the various technologies and home improvement services like a [Fios Digital Voice](#)

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