

RECREATIONAL

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CAMPING CAN RELIEVE STRESS AND DEPRESSION



You might think that camping and hiking trips are only beneficial for your physical health, but they're also great for your mental and emotional well-being. Engaging in outdoor physical activities boosts levels of oxygen, serotonin, and melatonin—natural chemicals that help reduce stress and promote relaxation. Plus, it's hard to stay upset when you're enjoying such fulfilling activities. Outdoor adventures are among the best things we can do for our bodies, minds, and spirits.

BUILD WEALTH THROUGH RECREATIONAL LAND

Recreational land, also called rec land, is a versatile land type that can be held as an investment, or simply for the pleasure of the landowner. Sometimes, these things will go hand in hand.

Investing in recreational land will give you more autonomy and flexibility over your land and your goals. You're not bound by nuanced rules like crop optionality in a specific region, and you do not have to follow a hard and fast timeline. If you buy recreational land in pursuit of an investment opportunity, you're able to call the shots, make decisions that fit your specific needs, and simultaneously enjoy your property throughout the duration of your rec land ownership.

Because recreational land is such a diverse land type, here are some questions to keep in mind:

- **How will you generate income?**
- **What can you do to improve or maintain the property, and in turn improve the longterm appreciation?**
- **Are you limited to a specific region?**
- **Do you have the capital for improving and maintaining your land?**



For full article, go here.

DUTCH OVEN MOUNTAIN MAN BREAKFAST

- 1 pound mild pork sausage
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 1 (2 pound) package frozen shredded hash brown potatoes
- 12 large eggs, beaten
- 1 (16 ounce) package cheddar cheese



For full article, go here.

STEP 1

Build a campfire and allow the fire to burn until it has accumulated a bed of coals. Place a grate over the fire.



STEP 2

Place a 12-inch cast iron Dutch oven onto the grate. Add sausage, onion, and garlic; cook and stir until sausage is browned and crumbly and onion is translucent, 5 to 7 minutes. Stir in hash browns and bell peppers until well mixed. Cook, stirring occasionally, until hash browns are hot and peppers are tender, about 15 minutes.

STEP 3

Pour beaten eggs into the Dutch oven, allowing them to seep down to the bottom. Cover the Dutch oven and place it directly onto 5 to 10 hot coals. Place another 12 to 18 hot coals on top of the Dutch oven lid. Let cook until eggs are firm, about 40 minutes. Open the lid and sprinkle with Cheddar cheese. Cover and continue to cook until cheese has melted, about 5 minutes.

A BEGINNER'S GUIDE TO WINTER CAMPING

If you're curious about winter camping, here's some great news for you: A night under the stars can be done safely and comfortably, in any climate. Even January. Plus, camping in the off-season can yield its own array of fun perks, like crowd-free trails, easier access to top camping sites, and snowy season activities like cross-country skiing and fat tire biking.

Of course, camping in the snow (or chilly desert hills) comes with its own unique set of challenges. So we've compiled a list of essential winter camping gear and expert tips to prepare you for winter car camping in nearly any scenario, even if you're a total newbie. (Let's leave the winter backpacking and ski touring to the pros.) We have advice on the best winter camping tents, tips on base layers and ultra-warm jackets, and a how-to for decking-out your regular old sedan for a night in the frigid forest. Consider this your winter camping checklist—whether you're planning on snow camping near Jackson Hole or just trying to stay warm in Utah's Zion National Park.



For full article, go here.

HOW TO BUILD A FIRE PIT

1

Choose your location: Start by electing a safe spot in your yard for the fire pit. Make sure it's at least 10 feet away from structures or overhanging branches, and opt for a flat area that is easy to level.

2

Gather your materials: You'll need fire bricks, retaining wall blocks, a shovel, gravel and construction adhesive. A fire ring is also recommended to contain the fire safely.

3

Prepare the Base: Mark the fire pit area using a shovel or spray paint, then dig a hole about 6 to 12 inches deep. Fill the hole with gravel to create a stable base, which will also aid in drainage.

4

Lay the Blocks: Arrange the retaining wall blocks in a circle, stacking them two to three layers high to form the walls of the fire pit. Ensure each layer is level, and apply construction adhesive between the layers for added stability.



5

Add the Fire Ring: Place the fire ring within the block walls. This will help contain the fire, prevent it from spreading, and protect the stone walls from excessive heat damage.

6

Finishing Touches: After completing the fire pit structure, add a few inches of gravel to the bottom. This will improve drainage and minimize ash buildup. With that, your fire pit is ready to enjoy!

RECREATIONAL REAL ESTATE OPPORTUNITIES (LAND & CABINS)

HUNTSVILLE, UT

Sunridge HOA (Gated, community water system, maintained roads)

7699 N John Fremont Dr **(SOLD)**

Sloped 3.66 acre parcel trees, 2 RV pads & septic **\$147,600**

THE NANCI LIFER TEAM IS LOOKING FOR MORE SUNRIDGE LOT & CABIN LISTINGS AS WE HAVE CASH BUYERS!

Beaver Creek HOA (Gated, community has water rights)

Lots 120/121 **(SOLD)**

10+ acre parcel with 360 degree views just off Hwy 39 **\$188,700**

Shed, natural spring & large area cleared with ATV trails

Lot 101

5 acre parcel with stream, trees & views **\$147,000**

Evergreen Subdivision (No HOA, some SFH, some RV lots)

12834 Cherry Way

Gently sloped 2.26 acre close to electric **\$127,000**

Includes Fun Shed & Bath house

13225 E High Pine Circle

Sloped 2.1 acre parcel close to Electric **\$99,700**

Pine Canyon (Home) 2,300 sq ft 3 bedrooms 3 baths

2.5 acres Large Barn, Workshop, Amazing Views **\$683,000**



If you're interested in learning the current **VALUE** of your Recreational Property, please reach out to The Nanci Lifer Team .

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