

# Date Idea: Take An Autumn Stroll



By Samantha Mucha

Now that the leaves have changed colors and the intense summer heat has died down, take a walk hand-in-hand with your lover. This Friday night head out together and chat about your tedious workweek. Relieve the stress and unwind as you stroll through your neighborhood park in the crisp autumn air. Romance doesn't have to be intense and fiery, so take this time to let go and let yourselves be present with one another.

Going for a leisurely walk has plenty of perks. You get to catch up with your sweetheart, swapping stories you didn't get a chance to share before your morning commute, or late dinner.

It's also the perfect way to squeeze in a little exercise that you may be skipping over now that it's getting chillier outside.

The best part about this date idea is that it's free! You and your partner can enjoy bike trails, paths, parks and walk along the waterfront for absolutely nothing. The bigger the park the better, the more free space you get to enjoy. If you are in New York, Central Park may be exactly what you're looking for to leisurely get away. If your mind is set on something a little less crowded, then check out the High Line for a cozier, more scenic route.

If you are not near New York or any city in general, casually stroll through your neighborhood, or a hiking trail near your home. The walk you take doesn't have to be complicated; it's all about spending valuable time with your sweetheart and getting to know them even better.

The less of a plan you have the better. Start walking and talking and see where you end up, you just may find a new special spot. Throw on your jacket, grab your lover and head on out.

**What date ideas do you have planned for November? Tell us below.**