

No Work, No Walls, No Screens.

Just outdoor happy adventures & your kids will beg for more!



The Happy Adventures Picnic Hike

- A scrumptious portable picnic delivered to your door
- A family hike in the fresh air along the East Coast Trails
- An unplugged lunch in the perfect picnic spot



*“Every family should do this. Book it. **Literally, that’s all I did, and we had the best day ever!** The kids were laughing and running free. And when we ate our picnic overlooking the sea there was not a sound. Just contented kids enjoying yummy food and the peace. The kids slept like logs that night!”*

Nimmi, Mt. Pearl, NL April 2022

Fun for the Family BOOK NOW





The Happy Adventures Picnic Hike is the perfect wellness activity to enjoy with your family. Designed to make it super easy for families to share fun outdoor hiking together and healthy uninterrupted alfresco meals more often.

We do the work. You make the memories.

The portable picnic and a blanket inside a comfy daypack are delivered right to your door. What you get is delicious and healthy picnic foods that even a picky eater will gobble up.

**All you do is grab the kids, go, and get moving.
It's as simple as that.**

Seriously, you don't even have to clean-up; we do that too. Heck, you don't even have to drop off the daypack, we get it from your doorstep at the end of the day.

All we ask are two simple things:

- bring out what you brought in
- make Happy Adventures Picnic Hike your new healthy habit and family tradition.

The Happy Adventure Picnic Hike makes getting yourself and your kids active outside enjoying nature and making the best of memories *easy*.



Fun for the Family BOOK NOW



A Little Reminder Why This Is So Good:

- **Everything is done for you**

Your to do list is shorter- like really short. We've removed the roadblocks. There's nothing to do but book and round up the kids (that's work enough, we know!).

- **Your family is physically active & eating well.**

They're off the sofa and out of the house. Your family will explore the majestic, rugged nature along the famous East Coast Trails (learn more [here](#)). Breathe fresh air. And at some point, you'll find your new favourite spot for the best lunchbreak ever with the kids.

- **Your family is unplugged and roaming.**

Everyone including the big kids (A.K.A. you) are disconnected from your screens. No distractions. Finally, you can really connect with each other and enjoy an uninterrupted meal.

- **Your family's wellness is improved.**

As if being together wasn't enough goodness already, the Happy Adventures Picnic Hike has you eating alfresco. There is a whole lot good about that and about being in nature (learn more [here](#)). Combine that with walking and it's a winning day for health.

- **Your family is having a fun and making memories.**

It's for anyone who wants their kids to remember more than their parents being too busy and too tired to do anything.

Fun for the Family BOOK NOW

"What I discovered that day and I am telling everyone is that the Happy Adventure Picnic Hike is one of the best things you can do for your family without really doing anything except having fun!"

Jody, Portugal Cove, NL July 2021



BONUS POINTS

You support small local business. The food you enjoy is homemade and sourced mostly from local vendors and farms.

You choose an environmentally conscious business. Our cutlery, wrappings and glasses are environmentally responsible.

The Happy Adventure Picnic Hike

Get your family outside to experience our pristine nature. Work up a monster appetite and have the best lunch ever in your new favorite spot - uninterrupted.

The Healthy Family Co., loves making it easier to be happy healthy families.

We look forward to hearing from you and seeing your photos.

Thank you,

Deanne and The Healthy Family Co. Team



[St. John's, NL Canada](#)

[FAQs](#)

[Contact Us](#)



EAST COAST
TRAIL