

Into the Wild with Wounded Warrior Project

Veterans Participate in Series of Alaskan Hikes

FOX, Alaska, July 20, 2016 /[PRNewswire-USNewswire](#)/ -- During a recent Wounded Warrior Project® (WWP) program gathering, wounded veterans experienced the Alaskan wilderness up-close-and-personal. These warriors learned firsthand what is possible at social events that get them out of the house and push their physical capabilities in a picturesque outdoor environment.

Participants traversed their way through the Wickersham Dome Trail of the White Mountains, home to dall sheep, caribou, and several other wildlife species. Just north of Fairbanks, the roads to these trails have been featured on the show "Ice Road Truckers."

The hike was the second in a series, which is scheduled to continue through the fall and increase in challenge level of both length and terrain.

Engaging group activities are a crucial part of the healing process for wounded warriors and their families. Providing an environment for social interaction with fellow veterans can help create the types of bonds experienced during military service – relationships that are difficult to duplicate in the civilian world.

"I participate in WWP program activities every chance I get," said Army veteran Diona Burrows.

In spite of mobility issues and being new to hiking, Diona was eager to take part in the interior hiking challenge because of the opportunity to interact with fellow warriors.

"Without these programs, I would not get out of my house," she said.

It is not uncommon for warriors to isolate themselves after returning home from deployment, either as a coping mechanism or because they simply feel others don't understand what they are going through. Because this can be detrimental to their recovery process, WWP offers programs and hosts healing, social events that allow participants to meet fellow warriors who have gone through similar experiences.

During these activities, participants are given the opportunity to learn more about the programs and services available to them – at no cost. By getting a sense of each person's individual needs, WWP staff can help guide warriors to the specific resources that will aid in the recovery process. Since its founding in 2003, WWP has offered free programs and services to wounded warriors, families, and caregivers.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. The WWP purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit woundedwarriorproject.org

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For further information: Rob Louis - Public Relations Specialist, Email: RLouis@woundedwarriorproject.org,
Phone: 904-646-6896

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