

# CERA

## Conservation and Environmental Research Areas

### What Is CERA?

Conservation and Environmental Research Areas (CERA) was established in 1997 at UMBC to support environmental education and conservation. At approximately 50 acres, it's divided into two distinct areas. The larger tract spans 45 acres at the south end of the main campus and encompasses forests and wetlands. The second area, approximately 3 acres in size, surrounds Pig Pen Pond.

### Visit CERA

Escape the stress of school and explore CERA, a peaceful oasis tucked away on the UMBC campus. Gather your friends and venture on a journey to reconnect with nature and restore your spirits. Immerse yourself in the beauty of CERA, where you can unwind, explore, hangout, and find comfort in the vibrant landscapes. Leave the demands of school behind and embrace the tranquil nature CERA offers.

### Health Benefits

- **Increased Energy and Focus:** Hiking helps boost energy levels, improves mental focus and improve overall wellness!
- **Stress Relief:** Spending time in nature reduces stress, lessens anxiety, and promotes relaxation!
- **Physical Fitness:** Hiking is a great way for students, staff, and faculty to stay active, improves heart health, and builds stronger muscles and bones!
- **Mental Health:** Being surrounded by nature during hikes promotes a positive mood, and helps maintain a healthy mindset!



**Pssst...**

**Wanna know UMBC's  
*best kept secret?***



**CERA**