



CUMBERLAND COUNTY HIKING MARATHON 2020

KIDS' ACTIVITY (LEAVE NO TRACE) SHEET



Name _____

	TRAIL	ACTIVITY	DATE COMPLETED
1	FG: Overlook Trail	You can get a guide to this trail's nature stops at this website: http://time2meet.com/gladetrails/nature.shtml . What is the name of the river this trail passes? Can you find the giant leaves by the river? What kind of tree do they come from?	
2	FG: Seven Bridges Trail	There are 7 bridges on this trail. Can you find them all? Six are made of wood. What is the 7 th one made of?	
3	FG: Green Hike	Be sure to do a yoga pose at the yoga rocks. Can you do "Warrior?" There is a really big bridge on this trail. What is its shape? How did builders make that shape out of straight boards?	
4	FG: Stonehenge Trail	Read the sign at the beginning of this trail. What do workers have to do to trails to keep them ready for hikers? There are lots of cut trees on this trail. Each year the tree grows a ring with a light and dark part. Count the rings on one of the trees. How old is it?	
5	FG: Thornhill Trail	Can you find an elk on this trail? How many points does it have on its antlers? This trail has a "lollipop" you can walk on. Can you find it? (Hint – check the map.)	
6	FG: Central Trail	There are many bluebird houses on this trail. How many did you see? Did you see any bluebirds?	
7	Soldier's Beach Trail	When you get to the beach be sure to write your initials in the sand. Many trees on this trail have labels on them. How many kinds of trees did you find? What was the name of one?	
8	Woodlawn Loop Trail	What number shape is made by this trail? What man-made structure is at the middle of the number? How many wooden boards does it have?	
9	Maryetta Trail	There are a lot of fallen trees on this trail, especially at emergency marker #216. Why do you think these trees fell over? Use your imagination! Look at the sign near the beginning of the trail. What kinds of wildlife live in this area?	
10	Lake Alice Trail	Every trail has blazes, or small markers, on some of the trees to help hikers stay on the trail and not get lost. The blazes on this trail are not like the ones on other trails you will hike. Describe the blazes. How many did you find on the trail?	
11	CMSP: Pioneer Long Trail	There are rock "houses" on this trail. Did you pass one? Why do you think it is called a "house?" How is a rock house different from a cave?	
12	CT: Windlass Cave	This trail goes to a cave. What color are the blazes on the trees by the cave? What animals live in the cave? Why is it important for people to stay out of the caves and Leave No Trace?	