



CUMBERLAND COUNTY HIKING MARATHON 2021 KIDS' ACTIVITY SHEET

NAME: _____



	TRAIL	ACTIVITY	DATE COMPLETED
1	FG: Overlook Trail	The elevation of the trail down by Daddy's Creek is 1510 feet. Find the elevation at the top of the trail on the signpost. What distance will you hike up or down on this hike? That's as tall as a 10-story building! Many hikers will rest as they hike this trail. How many benches can you find?	
2	FG: Library Trail	Read the "trail safety tips" on the sign at the beginning of the trail. What kind of wildlife live near here? People are excited by Big Foot. Look for the not-so-big Big Foot as you go by the mini-golf course.	
3	FG: Yellow Loop	Be sure to do a yoga pose at the yoga rocks. Can you do "Warrior" or "downward dog?" Take pictures and post on the Hiking Marathon FB page.	
4	FG: Red Loop	The Red Loop is made up of three shorter trails. What are these trails' names? (Use the red emergency signs or trail maps if you need a hint.) Find the bridge that was built in 2016. What creek does it cross?	
5	FG: Kirkstone Trail	Many people hike for exercise and like to live close to trails. Look for a lot for sale on this trail. To buy this lot and build a house on it, what number should you call?	
6	Soldier's Beach Trail	Stop and take a "forest bath." Stand quietly, breathe deeply, and look at colors, shapes, and textures around you. Listen to the natural and man-made sounds. Could you take a forest bath without hearing any man-made noises?	
7	Maryetta Trail	Many trails have red emergency markers. If someone gets hurt, call 911 and get help right away by telling them the trail name and number on the marker you just passed. Pay attention to these markers. How many are there on this trail and what numbers do they have?	
8	Woodlawn Loop Trail	Find these things on the trail – a big tree with many large bumps on it; a hunter's tree blind; 3 bridges	
9	Meditation Trail	There is a dome-shaped structure by the trail as you go around the pond. What do you think it is? How do you think it got there?	
10	CMSP: Storybook Trail	The signs on this trail have many activity ideas. Try all of them and have fun!	
11	CT: Head of Sequatchie	Blazes (markers often on trees) show hikers the correct trail. What trail has yellow blazes? Why do some white blazes have silver edges? As you leave, go to the ranger station and find the name of the figure on the brown blazes. Also get a TN State Park passport stamp for the Cumberland Trail here.	
12	CT: Ozone Falls	Litter is a big threat to this trail and, sadly, there is a lot on the trail. Good hikers leave with their trash. What kinds of litter do you see? Ask your parents to help you be a trail hero, taking small litter off the trail to throw away after you leave.	
13	CT: Black Mountain Loop	What can you see at the Overlook? Take a picture. At home draw your own overlook. What would you want to see? Further along the trail, take the steps to the rock formations and small caves.	