



## HIKING MARATHON KIDS' PROGRAM 2022

The "Leave No Trace" effort reminds us to protect the earth, making good choices while playing in nature. Ranger Rick says, "Leave only footprints and take only pictures."

Below are some games people can play on the trail. There is also be an activity sheet of ideas for each of the trails to print and take with you. Anyone under the age of 12 can fill out the sheet for either a full or half marathon and turn it in at the "Hit the Trails" festival on October 2 for a free backpack. The activity sheet is available on the marathon website <https://hikingmarathon.com/>. Be sure to register for the marathon by September 1.

### Close-Ups Game

Have someone with a smartphone walk ahead on the trail and take a super close-up shot of an object along the trail: a mushroom, a knot in a tree, a crack in a rock, etc. The close-up should focus on only a small part of the object so it won't be too easy to find. When the rest of the group catches up to the photographer, see who can find the object first.

### Hiking Scavenger Hunt

This one is really simple: Make a list of items everyone has to find, and the first one to find them all wins. (Be sure to leave the item on the trail, unless it's trash.) Here's a list to get you started—but get creative! Four different shades of green, something blue, a heart-shaped rock, something made by humans, an acorn, a pine cone, a snakeskin, a yellow leaf.

### ABCs Game

Starting with the letter "A," everyone has to find something along the trail that begins with "A" before moving through the rest of the alphabet.

### Engage the Senses

Here's a game that you can do while resting. Stop and listen. How many different sounds do you hear in 60 seconds? Say what you hear as you hear it.

### Learn about leaves, rocks, insects

You, or someone you are hiking with, can download apps on your phone to identify rocks, leaves, or insects. Keep a list (and/or take a picture) of what you find. Your science teacher will love it!

LET'S ALL DO OUR PART TO "LEAVE NO TRACE."

