



Let's Hit the Trail. Come On!

# Hank's Hiking Handout

Hey Kids! American Hiking Society invites you to print out this page and have fun with Hank on your next hike!



Hank brings these things along on his hikes:

Water and snacks and for added fun...

Bring a magnifying glass, check out insects, flowers, and trees up close!

A Planet-Pick Up Bag- Decorate a used grocery bag on themes related to the Earth, Hiking, and Recycling then pitch in and help pick up garbage along the trail!



Hank Likes to Play Games Along the Trail He'd Like to Share A Few of His Favorites!

**The color challenge:** find ten things along the trail that are say, blue. The first person to find ten blue things wins the challenge and gets to pick the next color!

**Mystery bag** — Use a stuff sack or lunch bag to collect items along the trail (acorns, pine cones, small stones, etc.) — no fair picking any living plants. When you stop for a rest, reach into someone else's bag and try to guess the contents (No Peeking). Have them guess what's in your bag! Scatter the materials back in the woods when you're finished.



## Food for thought:

Help Hank make his favorite snack for out on the trail:



### Apple Surprise

Using an apple corer or a knife (*have an adult help you with the knife*), cut out the inside of an apple. Remove the core and all apple seeds. Fill the apple with peanut butter or a mixture of peanut butter and raisins. MMM-good! Make one for everyone!

## Four Rules for the Trail:

1. Stay on the trail - when you veer off you trample plants and animals
2. Keep your distance from wild animals - Remember they're wild!
3. Don't take anything with you - Except litter of course!
4. Have Fun!

## Meet John Muir- America's Most Famous Outdoorsman

*John Muir, who was born in Scotland in 1838, worked as a farmer, inventor, shepherd, writer, conservationist and of course hiker. His family moved to Wisconsin when John was eleven. He spent much of his life exploring the mountains of California, rock climbing, exploring waterfalls, and encountering bears face to face. John Muir also traveled to Alaska, Australia, South America, Africa, Europe, China, and Japan. John Muir played a huge role in the creation of our first national parks—Yosemite, Grand Canyon, and Mount Rainier - and thus is often considered the "Father of Our National Park System." Ask your librarian for information on John Muir or search the web for more info on his exciting life!*

