

## Hiking



If you go on a day hike, you can do some of the things you do at camp. Here are a few other things you can try, too.

1. Go on a winter hike. Practise cross country skiing or walking on snowshoes. Learn to find dry firewood in the snow. Pretend that you're caught in a storm and set up a shelter to protect you from the weather.

*This is what my shelter looked like:*

2. Explore a particular trail. Maybe one of your leaders can mark a route using trail signs and you can try to find the correct path.

*This is what I saw on the trail:*

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3. Go on a blindfold walk. Led by a leader, a few Cubs wear blindfolds and hold on to a rope. As you walk, try to sense everything without using your eyes. Are you in the sun or the shade? Is the ground rough or smooth? Which way is the wind blowing? Are you in trees or in the open? What do you smell? Hear?

*This is what I remember from my blindfold walk:*

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4. Pretend you are a small animal and try to see the world as it does. Lie on your stomach and look through the grass. What do you see? Try it at noon. Try it in the early morning or evening when the sun is low.

5. Be a raccoon. Hold in your thumb and walk on all fours, feeling things with just your fingers. Try to identify the things you feel without using your eyes.

*Being a raccoon was:*

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6. Point out landmarks while hiking. These will help you remember where you are. Look behind you when hiking so you will remember what the trail looks like when coming back.

