

Appendix S

THEMED HIKE IDEAS

Paint chip hike. Distribute to groups sample paint cards from hardware stores. See if corresponding colors can be found in nature. Cub Scouts should not pick, pick up, or remove any items from their natural state.

A-B-C hike. Each group has a paper with A–Z listed. The object is to find something in nature for each letter.

Babies hike. Look for baby plants, baby animals. This is a great one in early spring.

Another babies hike. Everyone look at eye level of a baby. What can you see down lower to the ground?

No-talking hike. Look first, talk later. What details can you remember? Key in on specific sounds: water running, bird sounds, wind, leaves crunching under feet, etc.

Blind walk. Also a controlled hike. Hikers can follow a trail laid out by stringing ropes between trees, or another hiker can lead them. Have various stations set up with things to be felt, to see if the hiker can identify items without the use of sight.

Five senses walk. Hikers travel to stations set up for each of the five senses. Caution: for the taste section, these items should be brought from home and commercially processed, not picked up off the ground in the forest. This hike takes more preparation ahead of time than most, but is one of the most rewarding.

Flashlight hike. This is a good hike to calm everyone down, possibly right after campfire when the campers are not quite ready for bed. This is a study in contrasts. Which things look and sound different during the day than they do at night?

Four on a Penny. Can you find four different things that will fit together on the head of a penny?

Circle hike. This is an excellent idea if you are dealing with physically challenged hikers. A circle is marked on the ground and you make a list of all the things you can discover about what is living in that confined circle.

Different in the dark hike. Hike a short path during the day, instructing the youth to remember what they saw and heard. Then, repeat the hike at night and have them tell you what is different.