

# HIKING

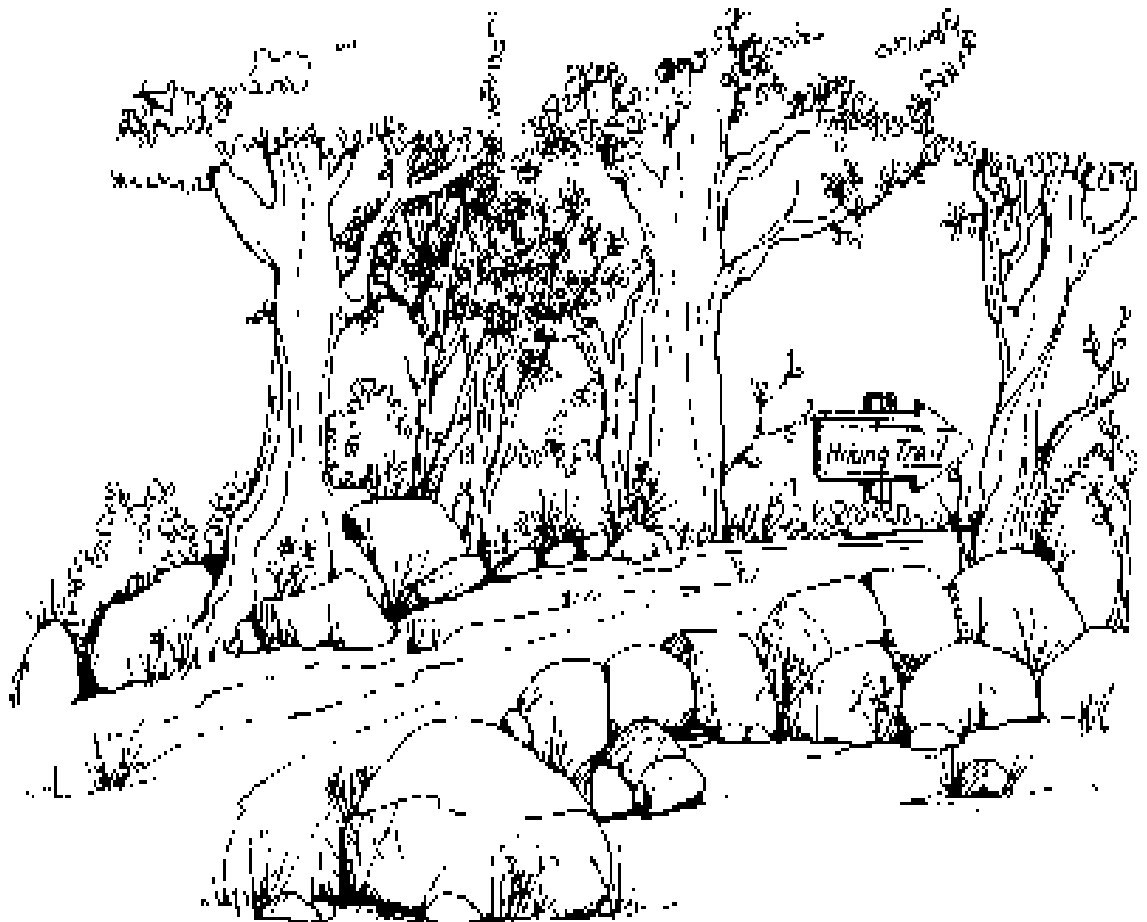


# HIKING

Hikes can include walks from a troop meeting, a field trip to a neighborhood park, following trails in camp or a planned day hike. Walking from one place to another can be a “hike” and turned into fun program time. Use progression in planning hikes, and follow the Girl Scout motto “Be prepared.” Always practice good outdoor manners: respect private property, enjoy nature in its setting (don’t pick flowers or disturb animals), and pack out anything you brought in.

The “ten essentials” will make your trip more comfortable and equip you to deal with emergencies and unforeseen circumstances.

1. Extra clothing
2. Extra food
3. Sunglasses
4. Knife
5. Firestarter or candle
6. First aid kit
7. Matches
8. Flashlight
9. Map
10. Compass



## TYPES OF HIKES

RAIN HIKE - Go hiking on a rainy day. Girls must be equipped with raincoats, hats and boots.

HOBO HIKE - Tie your lunch up in a bandanna at the end of a stick.

20 INCH HIKE - Give each girl a string 20" long. Hike to a spot and have each girl measure a square with her string and see how many different things she can discover.

COLOR HIKE - How many yellow, red or green things can we find?

INCHER HIKE - Look for things that are under an inch high or wide or around.

PENNY HIKE - Toss a penny; heads, line goes right, tails, line goes left.

HOMES - Look for insect and animal homes.

SCOUT'S PACE - Walk a number of paces, then jog the same number. This is a good way to cover ground quickly.

MAPPING - Make a map as you go or when you come back. You can use compass directions or pace off areas.

REMNANTS OF YESTERYEAR - Look for old bird's nests, dead leaves, fallen seeds, ghosts of flowers.

BABY HIKES - How many types of babies can you find? Buds, ducks, insects, etc.

ONION HIKE - The trail is laid out by rubbing trees along the way "nose high" with an onion which has been cut in half. Hikers follow the trail by sniffing their way.

NOTE HIKE - Start with one note, such as "go to oak tree by creek". Have note there saying "pick up rock across trail". Have a note under rock saying "if tree at fork is fir, turn left, a cedar, turn right", etc. Lay out ahead of time.

SHORE HIKE - Hike along the shore of a lake in swimsuit and tennis shoes looking for such things as fish nests, erosion under the bank, the placement of seaweed patches, schools of fish, etc.

UPSIDE DOWN HIKE - Turn over rocks, logs, etc. looking for snails, slugs, ants, etc. Emphasize the importance of putting everything back.

SOUND AND SMELL HIKE - At various points along the hike have campers put on a blindfold and attempt to identify the sounds and smells around them. See if they can distinguish between human sounds and natural sounds by having them raise their hands after each human sound.

## TYPES OF HIKES, Continued

YOU BE THE NATURALIST HIKE - Choose a specific area or length of trail. Assign each camper to a point in that area and have each one formulate a question to ask the rest of the group. Give 5 minutes to work it out. Questions should be designed to encourage real observation, thinking and discussion. They should not ask for the names or yes/no answers. An answer need not be given or known. When all have formulated their questions, gather group at one camper's point and let that camper be the leader and stimulate discussion. Then move on.

SNOOPS - The word "snoop" means "to look or pry about" and a snoop hike should be for this very purpose. In fact, a little of this looking and prying should be in every hike. This kind of a hike should be taken without too many pre-conceived ideas; just be alert and take what comes.

TREASURE HIKE - A well laid trail with a treasure consisting of lunch or treats at the end.

TRACKING AND TRAILING - There are many ways of laying trails. Make animal tracks and have another group try to follow the trail.

STORY HIKES - Use a story such as Alice's Adventures in Wonderland, Peter Pan and Wendy, Winnie the Pooh, or Treasure Island. Lay a trail using phrases and places from the story, which should have been read earlier during quiet time in the unit, so the group will be familiar with it.

RAINBOW HIKE - Find and list as many colors in nature as possible. May be used as a contest.

MONOGRAM HIKE - Find three or more nature objects beginning with your initials.

STOP, LOOK AND LISTEN HIKE - Hike a designated number of minutes or stops. Stop for one minute and write down all the objects you see, or all the sounds you hear. Five stops are enough for this kind of a hike.

NATURE HIKE - For observation of birds, insects, animals, rocks and minerals, trees, and plants.

OVER AND UNDER HIKE - This is a variation of a follow-the-leader hike. All obstacles along the trail must be gone over or under, but not around. It is most challenging if you travel in as straight a line as possible. The trail should be scouted well by the leader before starting.

CHAIN HIKE - Form a buddy line. On a signal every few minutes the girls on the left move up one place to a new partner. The girl in front, steps aside and goes to the rear. This encourages girls to get to know one another. The group may be given a question (what is your favorite food, animal, sport, etc.) that must be asked with each buddy change.

## **TYPES OF HIKES, Continued**

OPPOSITE AND ALTERNATE - The players are divided into two lines, one called "opposite", (referring to buds and leaves) and the other "alternate." They face each other. When the leader calls "opposite" all the players in that line run and tag them. Anyone tagged before she finds a tree of her own becomes an "alternate". The side having the greatest number of players at the end of a given time wins.

PROVE IT - Players sit in circle. The one starting the game says "From Where I Am, I can see a Quaking Aspen". The next one says, "From Where I Am, I Can See a Quaking Aspen and a Ponderosa Pine." The next player repeats all that the previous players have said, in exactly the same order, and adds another tree, bird, etc. It may be limited to what is seen on one Quaking Aspen tree. If anyone doubts the statement, she may challenge the speaker. Anyone caught in a mistake drops out of the game.

SPOT SPY - This game is great fun when resting on a hike or when strolling along the way. The leader may say: "I can see five Quaking Aspens". The group is given one or two minutes to spot the Quaking Aspens. All those who see them may indicate by sitting down, taking off their hat, or some agreed signal. All those who see the object score one point.

COMPASS HIKE - Divide into 2 or more groups. Each group will spend time making a compass trail. Care must be taken to record accurate compass readings and paces from one reading to the next. At the end of the trail leave a marker such as a bandanna or small rock cairn. Later, groups exchange trail readings (can be drawn from leader's hat). On a signal, each group starts on the "compass hike". The group which comes closest to the article at the end of the trail is the winner (closest is based on paces from the article).

FLASHLIGHT HIKE - Trail should be set with reflectors or reflecting tape. Group follows the trail by finding the reflectors with their flashlights. Collect the reflectors as you go if the trail is not permanent.

STATION HIKE - Plan a hike with station stops. At each station there is an activity to complete - learn a song, write a poem, decide what to do in a first aid scenario, make a leaf print, study an erosion problem, etc.

TRAIL SIGNS - Divide into 2 groups. Have each lay a trail for the other to follow. The group that follows the trail should dismantle the trail signs and remove the rocks and sticks from the trail.

