

# Appalachian Trail Family Activities

**Nature's Rainbow** - Ask your local hardware store for some paint chips in all sorts of colors. Put the paint chips in a small bag and then take a walk to see how many of the colors you can find outside. Make a game out of it and add extra points for some of the crazier colors in your bag.



**Investigate Your Wild Side** - Do a little research online for mammals, insects, birds and reptiles that are native to the area. Print out some pictures and then take a walk to see if you can spot any. Remember to always respect wildlife and keep a safe distance.

**Bring A Friend** - Trails are always more fun when you share them. Bring a friend, a family member, a neighbor or even a pet! Make it intergenerational and have even more fun!

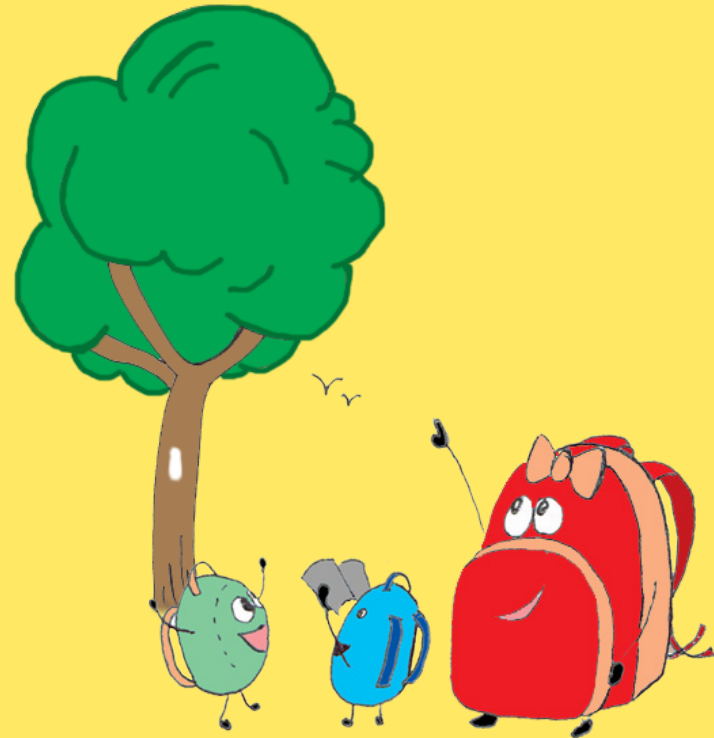


**Try Something New** - Take a sunrise hike or catch the sunset. Maybe even consider a night hike under the stars! Try a silent hike and see who can be quietly observant the longest. Make 'binoculars' out of a paper towel roll cut in half and see what you can find.

**Be A Bookworm** - Choose a favorite book and read a few pages at every stop along your hike. Some great ideas are *The Lorax*, *The Curious Garden*, *And Then It's Springs*, *Owl Moon* and *The Tree*. Visit your local library for more ideas!



**Draw It Out** - Use your walk to get some exercise for the day and then let your body rest a bit while you sketch and color your surroundings in your nature journal. You can opt for a wide lens approach or focus in on something that really sparks your creativity.



APPALACHIAN TRAIL  
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This project was financed in part by a grant from the Cumberland Valley Visitors Bureau. For more things to do VisitCumberlandValley.com.

Take a walk along the Appalachian Trail or right in your backyard and look for each of the items listed below. Look up, down and all around. Draw or write the name of each item you find in the box next to the description, but always leave nature's treasures just as you found them. See if you can fill in each box without using the same item twice.

