

Hiking Tips

Start short and build up to longer hikes.

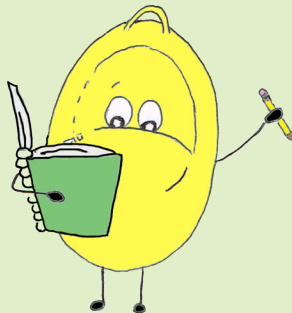
Choose a hike with terrain that suits the capabilities of everyone in your group.

Have a rubber band plan - add on to your hike or shorten it according to how everyone is feeling.

Make frequent stops to rest and refuel.

Drink plenty of water.

Dress appropriately. Check the weather before your hike and wear clothing and footwear that will keep you comfortable and dry.



Bring a first-aid kit.

Leave No Trace - leave everything just as you found it by "packing out" everything you brought along with you on your hike.

Wear light colored clothing and check for ticks during and at the end of your hike.

Have a leader at the front and a sweep at the back to keep everyone together.

Stop often to take everything in.

Enjoy a few hours of uninterrupted time with your family!

Happy Hiking Checklist

- Check the weather
- Know your route
- Wear comfortable shoes and weather-appropriate clothing
- Pack a snack
- Bring plenty of water
- Pack a first-aid kit
- Bug spray
- Sunscreen
- Camera
- Binoculars
- Nature Journal
- Tell someone where you're going and when you'll be back



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

Are We There Yet?

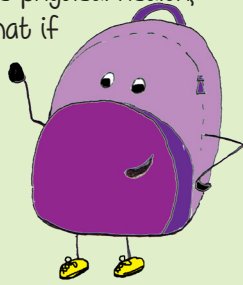
Family Hiking on the Appalachian Trail



APPALACHIAN TRAIL
CONSERVANCY®

Nature's Magic

What if there was a simple and easy way for you and your family to reduce stress, improve physical health, boost mood and feel energized? What if there was a way to bring out the kindness and innate wonder in all of us? And, what if it was easy to find and largely free? What if?



Well, wonder no more!

Lace up your sneakers and head out onto the Appalachian National Scenic Trail and the great outdoors for an adventure that is constantly changing, always surprising and remarkably healing.

25% Even in a world where less than half of the population is getting their recommended dose of physical activity and obesity and chronic disease are commonplace, there is a bright spot of hope and good reason for optimism...the Appalachian Trail is practically in your backyard. Outdoor recreation activities such as walking, hiking, jogging, birding, questing, nature journaling and camping are all great ways to engage with nature and get moving.

Children spend an average of seven hours every day glued to electronics of some sort and adults clock in even more hours at an average of eleven. Try unplugging for an hour or so each day and begin to create new habits to improve your overall health.

The Appalachian Trail is a world renowned outdoor recreation resource and with hundreds of access points, it's easy to find a trailhead that's close to you so you can step onto the Trail for a walk.



Get Out There



Getting active is one of the best habits you can instill in your family. Getting acclimated to being in nature and building healthy and respectful habits at a young age set the stage for a lifetime of good choices. Parents, friends and family are far and away the most influential factors on developing good habits so start today!

Finding Time - Try to incorporate activity into your daily routine; make a chart and keep it front and center to motivate everyone to make progress.

Finding Information - Visit www.appalachiantrail.org and click on the Hiking tab for a wealth of information on safety, navigation, weather, etiquette, clothing, family activities and more.

Finding the Way - Use the resources available at the ATC office in Boiling Springs (Hiking 101) or online at appalachiantrail.org to find a good starting location that's easy to get to. You can get more adventurous once you have a few small hikes under your belt. There are plenty of access points to accommodate just about every hike.

Finding Motivation & Variety - Join forces with family members, neighbors, co-workers and more to make getting active fun and invigorating; create a challenge to give everyone a goal to work toward; change up who hikes together and when and where so that even the same hike is different each time.

Finding the Fun - Embrace the idea of a rubber band plan that can flex to keep each adventure fun and leave you and your family wanting more!

