

### Planning Your Day Hike

- ! Pick somewhere to go that will be fun and interesting. If in a group, consider everyone when choosing where to go.
- ! Find out the distance of the hike and how much time it is supposed to take.
- ! Check out the weather conditions and forecast. Plan and dress the right way for the weather.
- ! Pack light. Don't make the weight of what you will carry too heavy (see checklist).

### Packing Checklist

- Plenty of water – to keep from getting thirsty
- Food – high energy snacks or take a picnic lunch
- First Aid Kit – in case of blisters, scrapes and scratches
- Insect repellent – to protect from bites (for example – ticks, bees, mosquitoes, and flies).
- Extra socks – feet may get wet
- Whistle – important if going alone, three short whistles mean you are in trouble and need assistance
- Map and compass – very important for more difficult hikes



### Keeping Safe on Your Day Hike

- ! **Start early.** This will give you plenty of time to enjoy your hike and still get back before dark.
- ! **Stay on hiking trails** unless you know the area.
- ! **Pace yourself.** Do not hike too quickly so that you can save your energy. When in a group, go only as fast as the slowest member.
- ! **Be careful where you are walking.** Watch out for things you might trip over like loose rocks, piles of leaves, and sticks. Take care through slippery areas. If you need to go into water, make sure you know how deep it is.
- ! **Look out for wildlife.** Be careful where you put your feet, when you pick up sticks or rocks, and before you sit down. Never approach animals in the wild. They may look cute and harmless, but they can be unpredictable and very protective of their territory.



**IMPORTANT:** Tell someone about where you are going hiking and when you expect to return. This could help in case something happens and you get into trouble. Let him or her know when you get back.



Most of all, don't forget to have fun on your hike. Enjoy being outdoors. Look at all the interesting things around you. Learn to identify new places, plants, and animals. Appreciate the beauty of the land and nature, and get good healthy exercise too!

# Discover the Fun of Day Hiking

Looking for something fun and interesting to do at home or on holiday?



One of the greatest ways to enjoy the outdoors is hiking, and day hiking is the most popular kind. It doesn't have to take much time or need any special equipment.



## Day Hiking Is Fun and Good Exercise!

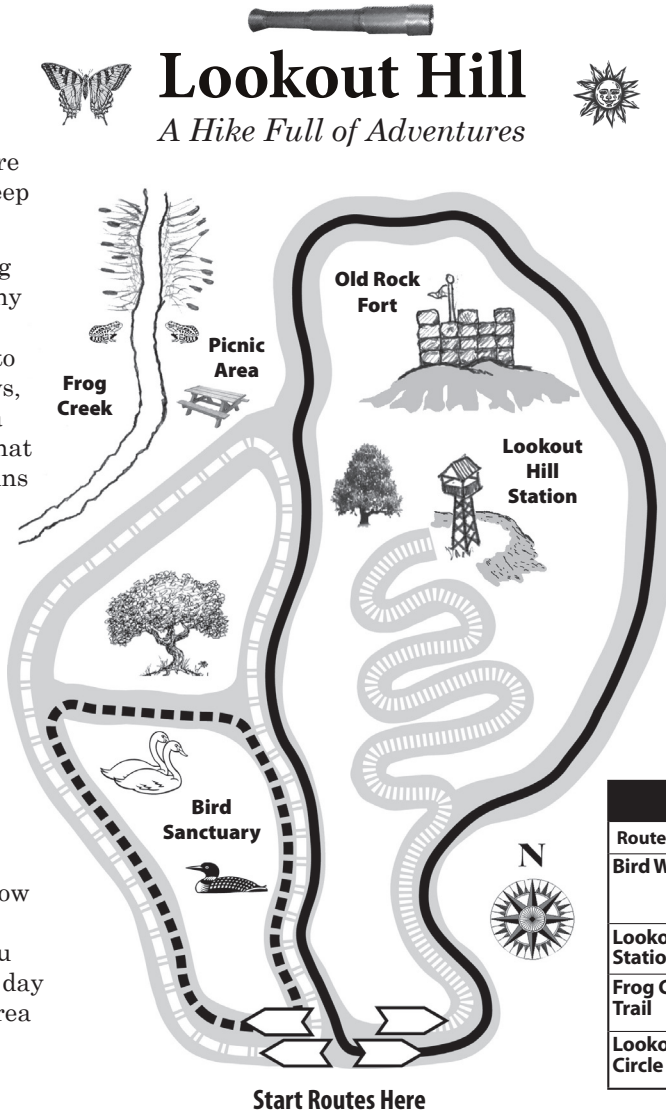
**You are in charge!** You can choose where you want to go, how long you want to be gone, and how fast you want to go. You can simply stroll along enjoying nature or challenge yourself with difficult and steep hiking trails. It is up to you!

**See interesting new things!** Hiking can take you places that cannot be seen any other way. You can go to beautiful areas and see spectacular views. Or you can go to remote areas that may have hidden valleys, waterfalls, or caves. Hiking can give you a chance to see plants, birds, and animals that live in the wild. You might even see remains of buildings and things that belonged to people who lived long ago.

**Keep physically fit!** Walking is an excellent way to exercise, so hiking on a regular basis will help to keep you healthy. It provides time to think and can be relaxing. Hiking is a great way to spend time with your friends and family or to just spend a little time by yourself studying and enjoying nature.

## Explore Lookout Hill

The map and map key for Lookout Hill show how you can choose the day hike that you would like best and the kinds of things you can see and do. It gives you an idea about day hiking in case you want to find a hiking area near where you live.



# Lookout Hill

*A Hike Full of Adventures*

*Choose which route to take!*

**Use one of our suggestions, or make up a route of your own.**

Map Key				
Route Name	Route	Time	Level	Description
Bird Walk		2 hours	Easy, Wheelchair access	Loop around the bird sanctuary
Lookout Station Hike		2 to 2.5 hours each way	Hard	Climb Lookout Hill and see the view
Frog Creek Trail		3 hours	Medium	Hike to Frog Creek Picnic Area
Lookout Hill Circle		5 hours	Medium	Hike around Lookout Hill to the Old Rock Fort