

Start with short walks in city parks, open spaces or natural areas near home to help your child learn trail walking. Teach your child to stay with you while hiking and exploring the sights, sounds, smells and textures of nature.

Plan and prepare for the hike. This includes finding out what regulations apply to the area you will be visiting. (Check the USFS website.) When you get to the trailhead, read all the signs with your children so that everyone is informed. Also, let a responsible person know where you are going and when you plan to return.

Carry the **10 ESSENTIALS** in your backpack: a map and compass, **PLENTY** of water for all of you, plenty of high-energy food, matches, knife, first-aid kit, trash bag, whistle for each person and appropriate clothing (see below). Please do not forget sunscreen and insect repellent.

Wear appropriate clothing and be prepared for changes in the weather. Suggestions include:

- dress in layers
- sturdy walking shoes and socks
- a long-sleeved jacket or sweatshirt
- a hat for the sun
- gloves
- rain gear (raincoat or poncho)
- sunglasses

Explain to your child low impact techniques: Leave what you find. He/she can learn to protect the forest for future hikers. (Carry a camera your child can use to bring home

memories.) This is one of the seven **LEAVE NO TRACE** principles ([www.LNT.org](http://www.LNT.org)). Also, carry all your trash -- including food scraps -- out.

### SAFETY

Explain the “don’t touch” hazards (e.g. poison ivy, cactus) before you start the trip and provide reminders while on the hike as needed. Many plants and berries are inedible or poisonous. Don’t let your child get ahead of you! (Curiosity killed the cat.)

Teach your child what to do if he/she becomes separated from you: Stay put. Blow the whistle (3 short blasts) to attract attention.

Always carry your own water. NEVER drink stream or lake water without purification! Guardia is only one of the parasites it may contain.

Respect animals from a distance. Never approach even smaller animals, which can carry diseases.

Stay together, keeping your child in sight at all times. If there’s a warning posted at the trail-head regarding rattlesnakes, children should not be allowed off the hiking path and an adult should lead.

Cell phones usually don’t work in our remote areas.



### TRAILS

Northern Colorado has an abundance of scenery and trails to enjoy! Elevations in the Canyon Lakes Ranger District vary from 5,000 to 13,000 feet. You may wish to consider hiking portions of trails.

### RECOMMENDED TRAILS

- P = recommended for preschool age  
E = recommended for elementary age  
Y = can be hiked year-round, weather and snow permitting  
\* = Poudre Wilderness Volunteers favorites

#### Lower Poudre Canyon Trails

- Hewlett Gulch (P,E,Y) Historical structures. (poison ivy, rattlesnakes)
- Mt. McConnel & Kreutzer Nature Trail (E)
- \* Lower Dadd Gulch (P,E)

#### Pingree Park Area Trails

- \* Little Beaver Creek (E)
- Signal Mountain (E)

#### Upper Poudre Canyon Trails

- \* Big South (P,E)
- \* Blue Lake (P,E)
- Corral Creek & Upper Big South (P,E)
- Montgomery Pass (E)
- Neota Creek (P,E)
- \* Trap Park (P,E)

#### Rawah Wilderness Trails

- McIntyre (E)
- West Branch (P,E)

## **SENSORY SCAVENGER HUNT**

(Hint: Before leaving home, snip the lines on the left side. When each item is found your child can fold back these tabs. No pencil needed!)

Leave what you find for others to enjoy!

- \_\_\_\_\_ A feather or bone
- \_\_\_\_\_ 3 different kinds of seeds
- \_\_\_\_\_ a leaf which has 2 or more colors in it
- \_\_\_\_\_ Something round
- \_\_\_\_\_ Something fuzzy or soft
- \_\_\_\_\_ A piece of litter
- \_\_\_\_\_ Something perfectly straight
- \_\_\_\_\_ A chewed leaf (not by you!)
- \_\_\_\_\_ A cone from a tree
- \_\_\_\_\_ A piece of fallen bark
- \_\_\_\_\_ A colorful rock
- \_\_\_\_\_ Something burnt
- \_\_\_\_\_ A dried flower bud
- \_\_\_\_\_ Something totally white
- \_\_\_\_\_ Something that you like or find interesting

## **RECOMMENDED TRAILS, cont.**

Red Feather Lakes Area Trails (There are several other trails in the area off of these trails.)

- \* Granite Ridge & Molly Lake (P,E,Y)
- \* Lady Moon & Disappointment Falls (P,E,Y)  
Can access from Elkhorn Creek Trailhead, as well.
- \* Mt. Margaret (P,E,Y)
- \* Frog Pond & E. Dowdy Lake (P,E,Y)
- \* North Lone Pine (P,E)

Pawnee National Grasslands Trail:

- Pawnee Buttes (P,E,Y) (poison ivy, rattlesnakes)

For detailed trail descriptions and driving directions, see the link for the specific trail at [www.pwv.org](http://www.pwv.org). For more information also see the Hiking with Kids link.

Forest maps are sold at the USDA Forest Service Visitors Center, 2150 Centre Ave. Bldg. E, Fort Collins, CO 80526, (Phone: 970-295-6700), and also at local outdoor stores.

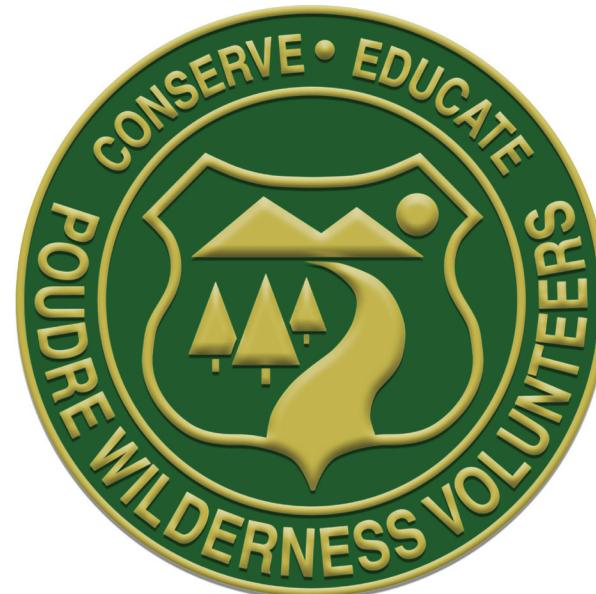
**Canyon Lake Ranger District**

[www.fs.usda.gov/arp](http://www.fs.usda.gov/arp)

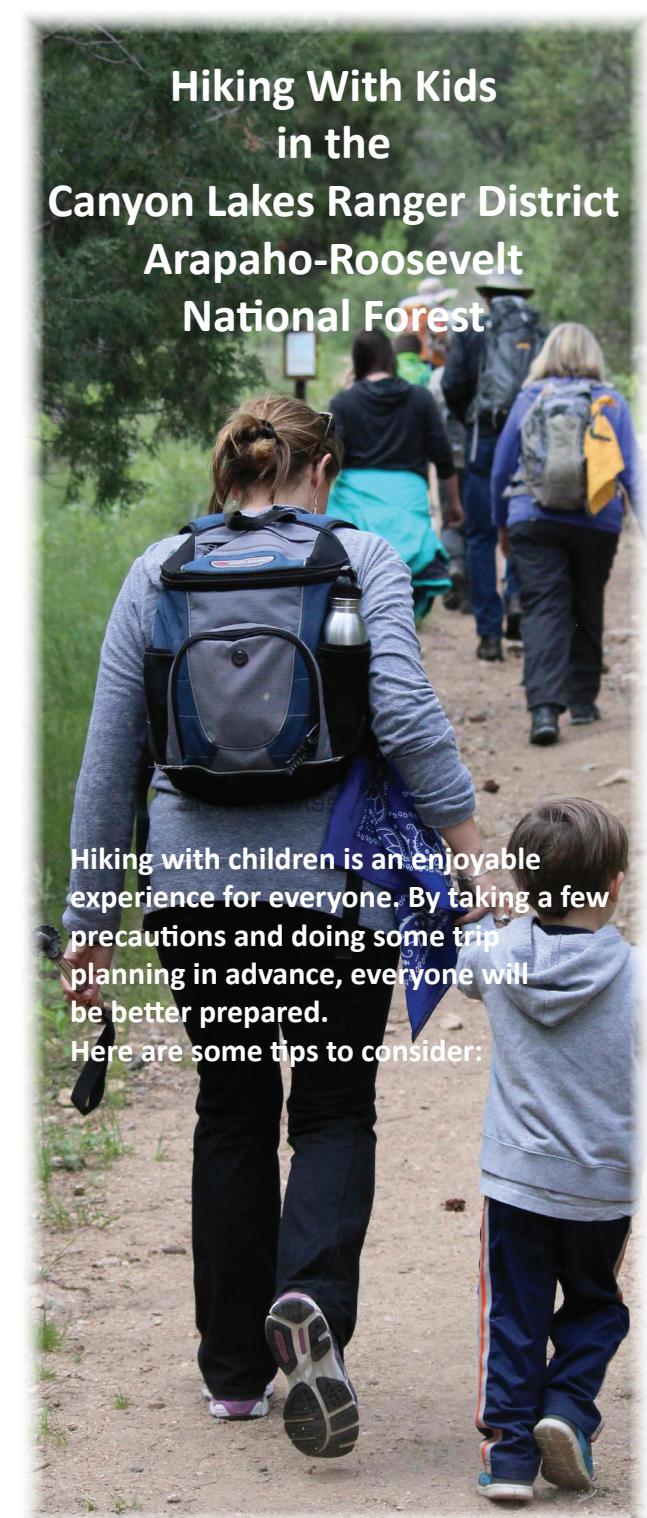
### **REMEMBER!**

*It's the journey and not necessarily  
the destination that counts!*

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[www.pwv.org](http://www.pwv.org)



## **Hiking With Kids in the Canyon Lakes Ranger District Arapaho-Roosevelt National Forest**



Hiking with children is an enjoyable experience for everyone. By taking a few precautions and doing some trip planning in advance, everyone will be better prepared.

Here are some tips to consider: