

MAKE YOUR HIKE

- **Hands On**
- **Include Senses**
 - **Be Active**
- **Experiential**
- **Be Engaging**

HAVE A THEME – this is the take home message everyone attending your hike should learn.

HAVE OBJECTIVES – plan to engage them at some level.

HAVE A TAKE HOME – you've made them care, now what can they do with that knowledge.

I hear.

I forget.

I hear and see.

I remember.

I hear and see and do.

I understand.

Interpretive Hike Best Practices

Preparing for your hike

- **Research the trail**
- **Choose a loop if possible**
- **Develop the theme**
- **Advertise the difficulty level**
- **If a request research the group ages/abilities**
- **Scout the trail in advance**

Giving your hike:

- **Arrive early to trailhead**
- **Be ready to greet people upon their arrival**
- **Start on time! Have a pre-activity if lateness is a concern**

Introduction

- **Introduce self**
- **Describe difficulty**
- **State theme**
- **Give any hike rules**

Body

- **Develop and support theme from stop to stop**
- **Be conscious of your time**

Conclusion

- **Not at the trailhead**
- **Re state your theme**
- **Encourage future engagement and take home challenges**
- **Thanks and dismissal**

Do's for Interpretive Hike's

- Do scout out your hike beforehand.
- Do set ground rules for hikes.
- Do explain any safety hazards/rules to the group.
- Do describe the difficulty level of the hike.
- Do plan for the slowest person in the group on your hikes.
- Rotate kids at the front of the group when possible.

- Do wait for everyone to catch up before you interpret something along the trail.
- Do make sure you are facing your audience before you begin speaking; (not shoulder)
- Do make sure *you* are staring into the sun, *not* your audience.
- Remove sunglasses when speaking.
- Make eye contact and engage with audience.
- Smile.

10 Hiking Essentials

- Food – high calorie
- Water – 32 oz. or more
- Fire – waterproof matches
- Knife – or multipurpose tool
- Light – flashlight
- Extra Clothing
- Rain Gear – jacket and pants
- First Aid Kit
- Navigation – map & compass
- Signaling Device – whistle

If you are lost. Remaining calm is your best chance for survival. Stay where you are if you are completely lost (hug a tree).

7 Leave No Trace Principles

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of others

If You Encounter a Bear

If you see a bear before it notices you: stand still, don't approach and enjoy the moment. Then move away quietly in the opposite direction.

If you encounter a bear that's aware of you: don't run; running may trigger a chase response. Back away slowly in the opposite direction and wait for the bear to leave