

Hiking with Kids

Are you hiking with kids this year? Here are some tips for keeping young trailblazers engaged and entertained on the trail.



Follow the leader. Give kids a chance at leading the hiking group.

Get a closer look... with a magnifying glass or binoculars. Encourage your young explorers to examine the world around them. Binoculars can be used for bird-watching, animal sighting, or even just to take in the scenery. Check out perfectly kid-sized binoculars from National Aviary supporters, [Opticron](#) or [The Birdwatchers Store](#). Purchase your very own pair right from the gift shop at the National Aviary!

Be a nature paparazzi. Give your kids your phone (or a kid-friendly camera) to document the trip in pictures. Don't forget to share your hiking images on your Hike-A-Thon page as part of the event [gallery](#)!

Play games.

- **Everyone can join in the Alphabet Game.** Start with the letter A, and each person names an item they can think of that begins with that letter, and continue all the way through to the end of the alphabet. Make the game interesting by sticking to a particular topic for your answers (animals, foods, etc.), or even turn it into a game of "I Spy" where you must see the item on the trail that begins with that letter!
- **Name That Tune.** Take turns humming songs, and the first one in your party to identify the song wins a point.
- **Create a Scavenger Hunt.** Make a list before you leave home, then task the kids with identifying all the items on the list, such as trail markers, a bird nest, a purple flower, a yellow bird, a cloud shaped like a whale, etc.
- **Walk This Way...like a bird!** The hiking leader does a bird-walk, like a penguin's waddle, a vulture's hop, or a flamingo's high-stepping prance. Each person must imitate the silly bird walk!