

## Which Trails Should We Hike?

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.



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

Check out the "Trails" tab for more information, including:

- trail descriptions
- trail closures
- trail conditions
- driving directions
- recommended trails for hiking with kids: "Find a Trail" > "Trails by Interest"

National forest visitor maps are available at [www.fs.usda.gov/main/arp](http://www.fs.usda.gov/main/arp) and also sold at local outdoor stores.

For current conditions and additional information, call the USDA Forest Service, Canyon Lakes Ranger District: **970-295-6600**.



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

## SCAVENGER

## HUNT



How many can you find?

Remember to "Leave no Trace":  
Leave what you find!

- A feather or a bone 
- 3 different kinds of seeds 
- A leaf with 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 or bud 
- Something totally white 
- Something that you like or find interesting



POUDRE WILDERNESS VOLUNTEERS  
KIDS IN NATURE

# KIDS

# IN

# NATURE

## Hiking with Kids

IN THE CANYON LAKES RANGER DISTRICT,  
ARAPAHO AND ROOSEVELT NATIONAL FORESTS

# HIKING

with

# KIDS



Hiking with children is an enjoyable experience! Taking a few precautions and planning your trip in advance will help everyone to be better prepared. Here are a few tips to consider:

## Get Prepared!

### 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 explore together the sights, sounds, smells and textures of nature.



### Plan and prepare for the hike.

Find a trail you like and learn about conditions, closures and regulations at [www.pww.org](http://www.pww.org) ("Trails" tab). Read all signs at trailheads with your children so that everyone is informed. Let a responsible person know where you are going and when you plan to return.



## What to Bring

### Carry these items in your backpack:

- map and compass
- PLENTY of water for everyone
- plenty of high-energy food
- matches
- pocket knife
- first-aid kit
- trash bag
- whistle for each person
- headlamp or flashlight



### Wear appropriate clothing and be prepared for changes in weather:

- sturdy walking shoes and socks
- long-sleeved jacket or sweatshirt
- hat and sunglasses for the sun
- hat and gloves for the cold
- rain gear (raincoat or poncho)
- sunscreen and bug repellent



## On the Trail

### Explain to your child low-impact techniques:

Leave what you find to protect the forest for both wildlife and future hikers. Carry a camera your child can use to bring home memories. Carry all of your trash out, including food scraps. For more info on "Leave No Trace" principles, see [www.LNT.org](http://www.LNT.org).



## Practice Safety!

- **Stay together, keeping your child in sight at all times.** If a warning is posted at the trailhead regarding rattlesnakes or mountain lion activity, children should not be allowed off the hiking path, and an adult should lead.
- **Teach your child what to do if he/she becomes separated from you:** Stay put. Blow the whistle (three short blasts) to attract attention.
- **Explain "don't touch" hazards,** like poison ivy and cactuses, before you start the trip and provide reminders while on the hike as needed. Remember also that many plants and berries are inedible or poisonous.
- **Always carry your own water.** NEVER drink stream or lake water without purifying it first, as it can contain infectious parasites, such as giardia.
- **Remember that cell phones usually do not work** in our remote areas.
- **Observe animals from a distance.** Never approach even smaller animals, as they can carry diseases.

