

National Take a Hike Day

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Tuesday
November 17
2020

National Take a Hike Day is Tuesday, November 17. Now's a great time to celebrate the outdoors with your family by spending some time outside, hitting the trails.

On the following pages, you will find a variety activities including Leave No Trace and how to be prepared for a hike. And, of course, these activities qualify for the Do It! and Try It! requirements of GSNC's Girl Scouting at Home patch or GSNC's Girl Scouting at Home Fall patch.

What is a hike?

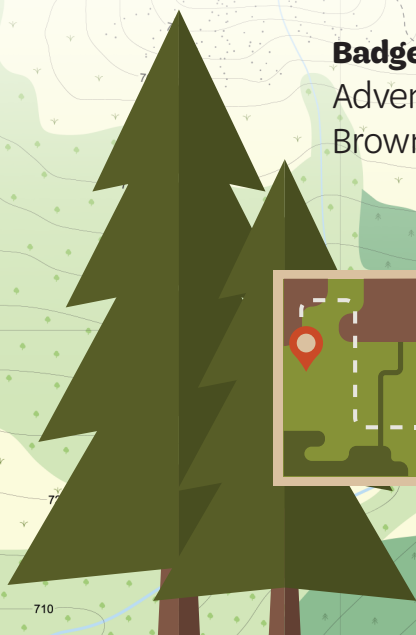
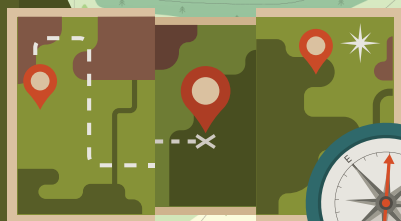
According to the Merriam-Webster dictionary, a hike is "a long walk especially for pleasure or exercise," which means you can go for a hike anywhere! A lot of people take hikes either on trails in the forest or woods, in a park, or just around their town.

What are the benefits of taking a hike?

- Reduces stress
- Improves mood
- Improves ability to focus
- Break from your screens
- Gets you moving

Badge Connections: Taking a hike fulfills elements of Daisy Trail Adventure, Brownie Outdoor Adventure, Brownie Eco Friend, Brownie Hiker

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Where can you take a hike in Nassau County?

Valley Stream State Park <https://parks.ny.gov/parks/valleystream/maps.aspx>

Hempstead Lake State Park <https://parks.ny.gov/parks/hempsteadlake>

Jones Beach State Park <https://parks.ny.gov/parks/jonesbeach>

Bethpage State Park <https://parks.ny.gov/parks/108>

Eisenhower Park <https://www.nassaucountyny.gov/2797/Eisenhower-Park>

Stillwell Woods Park <https://www.nassaucountyny.gov/2908/Stillwell-Woods-Preserve>

Massapequa Preserve <https://massapequapreserve.com/>

Norman J. Levy Park and Preserver

<https://hempsteadny.gov/preserves-and-nature-areas/norman-j-levy-park>

Lido Beach Preserves Nature Area

<https://hempsteadny.gov/preserves-and-nature-areas/lido-beach-nature-area>

Muttontown Preserve <https://www.nassaucountyny.gov/2839/Muttontown-Preserve>

Welwyn Preserve <https://www.nassaucountyny.gov/2927/Welwyn-Preserve>

Bailey Arboretum <https://www.baileyarboretum.org/>

Old Westbury Gardens <https://www.oldwestburygardens.org/>

Sands Point Preseve <http://sandspointpreserveconservancy.org/about/hikes-walks/>

Tanglewood Park and Preserve

<https://www.nassaucountyny.gov/2911/Tanglewood-Park-and-Preserve>



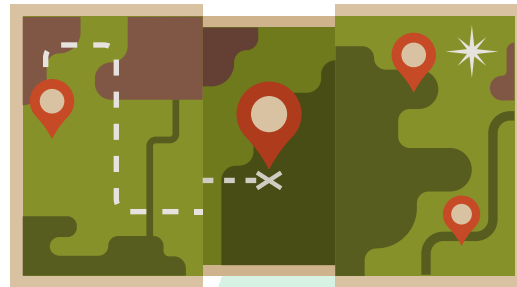
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ACTIVITIES

Leave No Trace

Leave No Trace is a set of seven principles that will give you the information and skills that you need to protect yourself and the environment while outdoors. Leave No Trace is about making good decisions to protect the world around you—the world we all enjoy.

1. Know before you go
2. Choose the right path
3. Trash your trash
4. Leave what you found
5. Be careful with fire
6. Respect wildlife
7. Be kind to other visitors



Know Before You Go!

How do you plan for an outdoor activity? When planning an outdoor activity, you should always research the area you plan to visit. Remember to check the weather and choose equipment and clothing for comfort, safety, and practicality. You should plan outdoor activities to match your goals, skills, and abilities. From the words below cross out what you should not bring on a hike.

Map	Video Game	Stuffed Animal	Sunscreen	Mirror
Aerosol cans	Multitool	Speaker/Radio	Bug Spray	Snacks
Perfume	Jewelry	First Aid Kit	Watch	Water

Choose the Right Path

While you are out, you encounter some muddy parts of a trail, “what would you do?” Circle One.

It is important to stick to the trail, even if it is muddy.

OR

Venture off the trail to avoid getting your feet wet.

It is important that you always stick to the trail. By venturing off the trail, you may make the trail wider and possibly damage plants, and disturb animals’ homes. You could also encounter poisonous plants like poison ivy and are more likely to be bit by a bug.

Trash Your Trash

One of the easiest ways to Leave No Trace is to dispose of any waste you bring with you. If there are trash cans available, that's great! Use them for anything you no longer need, separating recyclable and compostable items when available. If there aren't any trash cans, bring all your trash all with you.

How long do you think it takes these items to decompose?

Match the item to the time it takes to decompose.

Orange/Banana Peel	2 Weeks
Paper	20 Years
Wool Socks	Never
Juice Box	2-4 Weeks
Train Ticket	100 Years
Plastic Bag	10-20 Years
Batteries	500 Years
Styrofoam	1,500,000 Years
Disposable Diaper	3-5 Weeks
Chip Bag	1,000,000 Years
Glass Bottle	Up to 5 Years
Smart Phone	5 Years



Did any of these times surprise you with how long it takes to decompose? Have you seen any of these items outside, perhaps where people have littered? Many people think it is okay to leave food items outside like apple cores or fruit skins because they are “natural.” Even food takes a long time to break down and is harmful to the wildlife that might eat it!

Leave What You Find

It can be tempting to take home a pretty shell or rock, but it is important to leave what you find! We leave these things behind because animals may use sticks, leaves, or rocks for their homes. Leaving these items behind also allows the next person to enjoy them!

Instead of taking the items, what are some ways we can remember them?

Be Careful With Fire

As much fun as campfires are, they can also be dangerous if not done carefully. Almost 80,000 wildfires are recorded each year and on average, nine out of ten wildfires are caused by people's carelessness. An improper campfire can be dangerous, scar rocks, or kill plants and trees. So, it's important to Be Careful with Fire by using established/designated fire pits and cooking areas, grills, and fire pans. If we follow this guidance, we can limit the effect fire has on the environment.



Respect Wildlife

Another principle to Leave No Trace is to always Respect Wildlife. Respecting wildlife means realizing that the outdoors is their home and we are just visitors. We want to make sure that they stay safe and we stay safe as well! Some examples include not feeding animals—damages their health, alters natural behaviors and exposes them to predators and other dangers and stay a respectful distance away—if an animal is changing its behavior you are too close. It is also important to store food and trash securely, and avoid wildlife during sensitive times including mating, nesting, raising young, or winter.



Be Kind To Other Visitors

"Treat others the way you would like to be treated" is a rule that applies in the outdoors, too. Remember that while enjoying the outdoors, it is important to respect other visitors and protect the quality of their experience.

Leave No Trace Badge Connections: These activities fulfill elements of Daisy Eco Learner, Junior Eco Camper

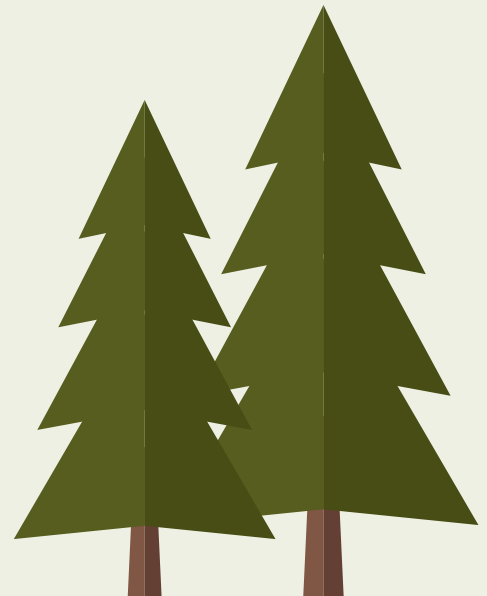
Know Before You Go Answers:

Map	Video Game	Stuffed Animal	Sunscreen	Mirror
Aerosol cans	Multitool	Speaker	Bug Spray	Snacks
Perfume	Jewelry	First Aid Kit	Watch	Water

Trash Your Trash Answers:

Train Tickets	2 Weeks
Paper	2-4 Weeks
Orange/Banana Peel	3-5 Weeks
Wool Socks	Up to 5 Years
Juice Box	5 Years
Plastic Bag	10-20 Years
Chip Bag	20 Years
Batteries	100 Years
Disposable Diaper	500 Years
Glass Bottle	1,000,000 Years
Smart Phone	1,500,000 Years
Styrofoam	Never

Leave What You Find Answer: Take a picture of what you see! Journal, draw or paint what you see in a sketchbook.



Trail Signs

Similar to following the clues on a scavenger hunt, hikers can use trail signs to leave messages for other hikers to find or follow in the woods. They can be made using sticks, stones, or other natural materials, and should be placed where others can easily see them.

Trail signs and symbols can be helpful in directing hikers and warning other hikers about dangers and unusual trail conditions.

It is important when making trail signs that any natural materials you use are “dead and down” before using them. Always remember to not directly disturb any visible habitats, or create opportunity for excessive erosion or other dangerous situations. Be sure to dismantle all trail signs once you have finished using them.

1. Before you go on your hike, use this diagram to learn your trail signs!

2. While on your hike, record what trail markings you see. Is there a sign made by the park? Is there a sign made by another adventurer?

3. While on your hike, practice making at least five of the trail signs included in the diagram. Remember, only use sticks that have fallen from a tree and that are not a part of any visible habitats.

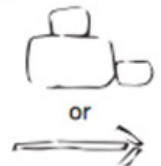
For More Fun: Set up a mini trail with trail signs. Then ask a family member to follow it.

Badge Connections: These activities fulfill elements of Brownie Hiker, Brownie Cabin Camper, Brownie Outdoor Adventure

Trail Signs



keep going



or

this way



go ten steps
this way



stop, go
another way



split your group.
half go left,
half go right



or



danger



camp
this way



turn around
and go back



or



wait here for next direction




end of the trail
I have gone home

Senses Scavenger Hunt

There are so many things to see, smell, hear, touch, and even taste in nature. While on your hike, explore your five senses by completing this scavenger hunt.

Sight:

- ☐  Orange
- ☐  Yellow
- ☐  Blue
- ☐  Green
- ☐  Red
- ☐  Brown

Sounds:

- ☐ Find something loud
- ☐ Find an animal sound
- ☐ Find a soft sound
- ☐ Find something to make music with

Smell:

- ☐ Find a flower with a smell
- ☐ Find a smell you like
- ☐ Find a smell you don't like

Taste:

- ☐ Find something a herbivore could eat
- ☐ Find something an omnivore could eat

Touch:

- ☐ Find something slimy
- ☐ Find something bumpy
- ☐ Find something warm
- ☐ Find something smooth

Badge Connections: These activities fulfill elements of Daisy Outdoor Art Maker, Brownie Five Senses, Junior Camper