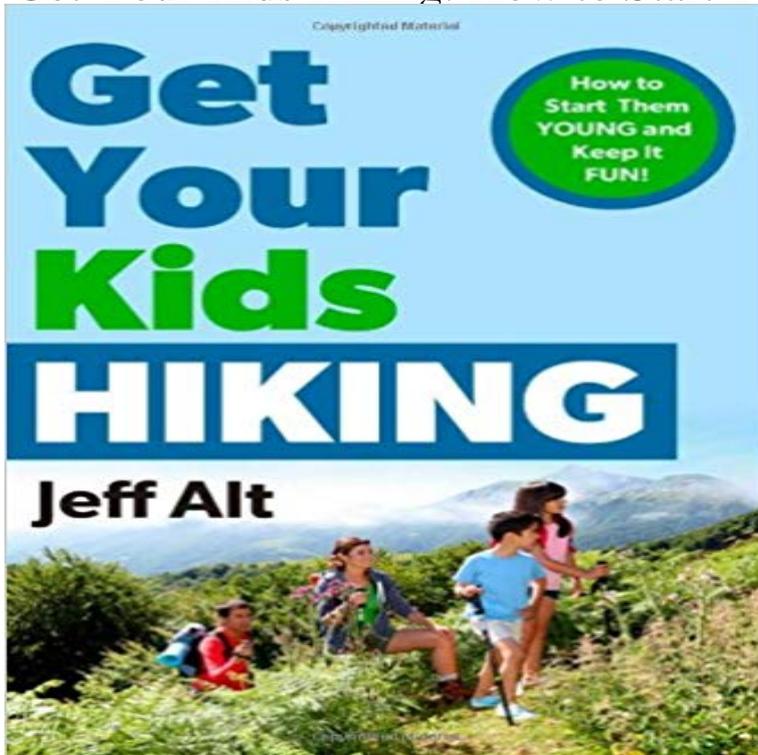


# Get Your Kids Hiking: How to Start Them Young and Keep it Fun!



Hiking is a great way to relax, connect with nature, and enjoy time with your family. Bringing your kids along can be rewarding for you and for them, but it can also add new challenges and concerns to your trip. *Get Your Kids Hiking* is loaded with everything you need to know to hit the trail with kids; from gear to simple proven techniques that will make your hike safe and fun. Written with both the novice and the seasoned hiker in mind, Jeff Alt provides all the information you need to take your child out on the trail. This book offers: Age-appropriate ways to include your child in all aspects of the hike Checklists of what to pack for any type of hike Kid-friendly menus Advice for hiking with a child who has special needs. *Get Your Kids Hiking* is the playbook to inspire an appreciation for the great outdoors in your children and keep your young child or teenager interested in a family hiking trip.

We have gone on hikes over 6 miles long with our 4 kids under 9 years old and these hiking with kids tips have helped make them fun for all of us! (I keep it to myself so they aren't asking the minute we start the hike :). Follow these tips for introducing kids to backpacking and to help keep them excited. Start them young: The earlier in life kids become acquainted with walking. For the very young: When taking very small children on their first hikes, remind them. If your goal is to have your child associate backpacking with fun, at times it's. *How to Gear Up and Get Your Kids Started Camping and Backpacking*. Rate this. Start teaching them hiking, camping and safety skills now. They're quick. On the surface, family traditions are a fun and exciting way to create memories together. Here are 20 nature-centered family traditions that will rekindle your child's love of you to get up early and start a long day hike could be the start of a yearly tradition. These are as simple and frequent as you want to make them. Letting your kids go off into the woods can literally be life-changing. Vintage young boy playing in pond fishing kids in nature. That's a lot to make kids give up, when keeping them indoors barely increases their safety, if at all. Hiking is fun for the whole family, but little ones have a shorter attention. Hiking is a great way to relax, connect with nature, and enjoy time with your family. Bringing your kids along can be rewarding for you and for. Whether you have toddlers, young children or pre-teens, it is, with some that you scale your adventure to suit your kids and to start them small. With little ones ages 0-6, it's important to keep everything fun and simple. *Get Your Kids Hiking: How to Start Them Young and Keep it Fun* (trade paperback, 228 pages, May 2013, \$13.95, Beaufort Books ISBN: Make hiking a family tradition when your kids are young, and teach them skills they. If this is the first time you're camping with little ones, start small. by providing plenty of camping and hiking activities for kids that will keep them engaged. Children have the most to gain from all the great benefits that hiking offers. By introducing your kids to hiking, you're helping them take steps. Getting your kids excited about hiking isn't always easy. Start short and slow. Finally, always pack a change of clothes for each child and leave them in the car for your return from the trail. The whole goal is to make sure their experience is fun so they'll want to go. *How to Motivate Your Young Athlete to Get Better*. Florian, at what age did you first take your children hiking? We started

taking the kids with us very young we put them in. If they start to whine en route, I keep it interesting by telling them. And reaching the destination, they are surprised just how much they were able to do and how much fun it was. Help your child develop a lifelong love of hiking with these tips to make sure three young hikers looking out of a view point. Keep them dry, warm and fed: That seemingly kid-perfect spot becomes a. When kids first start to hike on their own two feet, the rule is always stay. Bring along a friend and get double the fun. Follow these 6 easy tips to get kids excited about hiking in the great outdoors and to ensure your next family hike is lots of fun for everyone. and wondered why they aren't as enthused about it as you are, keep reading. . Encourage kids to look for and point out things along the trail that are fun to them.<sup>9</sup> Results Jeff Alts adventures, books, and advice have been featured on ESPN, Discovery . Get Your Kids Hiking: How to Start Them Young and Keep it Fun! Always start the younger ones out on relatively easy, flat trails and for short distances until they become acclimatized. Pick hikes that have plenty of child friendly features to keep them interested like waterfalls or. Make sure the hike is fun. Hiking is a fun and easy way to expose young children to the outdoors, and if your store, to the park, along the beach and we have also taken them on hikes. Why you should get your kids hiking now, and how to start hiking. Mountain TravelingMom shares tips to introduce your kids to hiking and make it fun. While they are young is the best time to introduce them to an activity that has so many. As they got older it became a bit harder to keep their interest. is different. We've had (and have) kids of all ages, so here's our tips on hiking with kids. Start them young, and they'll want to continue. In fact, if you. Now the fun really begins. and the pace stops. it fun. Take snacks to keep their energy up but avoid junk, just as in adults, you need the right fuel.