

## Sheep Take A Hike Sheep

Take a HikeTake a Hike!Take a Hike!Take a Hike!Moon Take a Hike PhoenixTake a HikeGet Your Kids HikingTake a HikeHiking!Hiking Trails ITake a Hike – My Nature Walk JournalSchool ActivitiesTake A HikeFrommer's SwitzerlandTake a Hike!InteriorVisual EducationLove, Hawaii–StyleEasy Day Hikes in YosemiteThe Active Woman's Guide to Pregnancy Teresa Cline Kate Chynoweth Rich Freeman Cathy East Dubowski Lilia Menconi Sharon E. McKay Jeff Alt Sharon E. McKay Philip Ferranti Susan Lawrence Rb Hiking Journals and Notebooks Bridgewater Hiking Logbooks Co George McDonald Luke Flowers Keystone View Company. Educational Department Toni Polancy Deborah J. Durkee Aneema van Groenou

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with a mixture of inspirational text and practical tips this tween friendly handbook encourages kids to seek out nature for health benefits and planet protection kids who spend more time in nature benefit in mind body and spirit and likewise they benefit the earth this guide explains the powerful connection between us and our planet and shares practical tips and fun activities anyone can do to get outside and soak up nature an advisory board of psychologists and nature conservationists infuses the book with expertise in kid friendly ways stunning photography showcases nature as fun mighty beautiful and just outside science continues to show the healing benefits of nature for mental health more important than ever in the midst of a post pandemic world this book is part of a publishing partnership between imagination press and the national wildlife federation together we hope to ease stress through a collection of books showing the benefits of nature for improving mental health reducing stress boosting self esteem and encouraging empowerment for people communities and the planet

the walks rambles strolls and hikes in this book are designed for people who delight in exploring unique or little known places the trails lead through forests fields marshes hills and arboretums where you can enjoy the natural world this book will help you learn more about local history get much needed exercise introduce children to the joys of nature or find new places to walk your dog don't stash it away in winter either many of the trails are good for cross country skiing and snowshoeing with this guide you'll be able to explore the rochester area with ease and confidence each of the 60 walks is rated for difficulty type of terrain and described by length and estimated time required in addition you'll know how to easily find the trails and parking whether young or young at heart you can enjoy the adventures this guide brings to life

alex is off on a weekend camping trip with the junior high school science and nature club but when they get lost and fall into vince and dave's trap alex has to find a way out of the woods and out of danger

grab your water bottle and explore more than 75 great hikes in and around phoenix the valley of the sun offers thousands of acres for hardcore hikers and first timers alike to enjoy arizona's amazing landscape inside moon take a hike phoenix you'll find detailed descriptions find the right hike for you with thoughtful and thorough descriptions of what to expect along each trail pick from a variety of hikes ranging from flat routes suitable for families to challenging rock scrambles escape the city for a few hours or take a day long trek to ultimate solitude quick reference compare difficulty ratings distance and elevation gain to pick which trail to tackle in an easy to scan chart icons identify hikes that are dog friendly or wheelchair accessible and highlights like historic sites wildlife and wildflowers maps and directions easy to use maps for each trail showing topography and elevation point by point navigation guides you along the right path and prepares you for changes in terrain all hikes include gps coordinates and detailed driving directions including access via public transit when available for each trailhead best of lists get ideas for where to start with hikes sorted by interest or difficulty including best near water best summit views and best kid friendly hikes trusted advice born and raised in phoenix author lilia menconi shares the experience and knowledge she's gained hiking in and around her hometown lilia also includes essential tips on desert safety and ways to beat the heat whether you're a veteran or a first time hiker a lifelong resident or a brand new transplant moon take a hike phoenix will have you ready to lace up your hiking boots and head out on your next adventure looking to explore beyond phoenix try moon southwest road trip ready for an overnight outdoor adventure check out moon grand canyon

engage the whole family in a breath of fresh air with get your kids hiking a comprehensible reference guide full of advice for parents with kids of all ages hiking is a great way to relax reconnect with nature and spend quality time with your family yet family hikes can be just as challenging as they are rewarding with chapters dedicated to different age groups learn how hit the trail running with kids from gear suggestions to simple techniques that are sure to make your hike safe and enjoyable written with both the novice and avid hiker in mind get your kids hiking equips you with all of the important information you need to have a fun trip in this reference guide you ll find age appropriate ways to include and engage your child throughout the hike multiple checklists of what to pack kid friendly menu suggestions advice for hiking with a child who has special needs from toddlers to teens this is the perfect backpack sized book to bring along and help you prepare for any family adventure inspire the same appreciation you have for the great outdoors and get your kids hiking

distributed by westcliffe publishers for the first time this introspective and intelligently written book explores the why of hiking rather than the how underscoring its profound effect on health and well being the authors delve beyond the simple physical benefits of hiking to illuminate its philosophical psychological interpersonal creative and spiritual elements geared more for day hikers than for backpackers it offers new insights to seasoned trailblazers encourages novices to begin their own journeys into this exciting and popular pastime and establishes hiking as a means to regain balance in our lives

this note book has 150 pages of white lined journal paper and is ideal for serious or casual walkers and hikers to record their hikes and trails in city parks the great outdoors and national parks the book is 6 inches by 9 inches in size and is ideal for men women teens tweens and young boys and girls to record their hiking memories and experiences it can also be used as a daily walk planner the book is also perfect for taking notes doodling and sketching it is a great birthday graduation day and christmas gift idea for friends and family members who love trekking all hiking enthusiasts naturalists backpackers mountain and rock climbers bird watchers trekkers and nature walkers are sure to love it young kids and teens can use it as a fun essay book or diary to keep track of their hikes with friends and family it is also ideal for young aspiring authors and writers to practice their writing skills this notebook has ample room to jot down all of the following date of walk and trail location names of other fellow walkers trail conditions and difficulty levels birds and wildlife sightings unique trees and plants spotted time taken to complete the walk total distance covered memorable incidents weather conditions

ultimate nature trail hiking log record all the details of your favourite hikes with this awesome hiking logbook 100 pages 50 sheets 6 x 9 inches paperback record the date distance duration and conditions of your walks click on our author name for more cover designs order this awesome hiking logbook today

a new best of switzerland section points out the top ski areas the most dramatic driving tours the most popular outdoor activities the best hotels and restaurants and the most intriguing sights an active vacation planner helps travelers plan a sports oriented trip with or without an outfitter sidebars include swiss legends information on shopping and more

moby and toby want to hike they ride to the woods on their bike can their ninja skills save the day when some hikers can't find their way

this history of the islands through its love stories tells of gods goddesses queens missionaries and commoners and includes modern love stories missionary hiram bingham bernice pauahi bishop queen liliuokalani koolau the leper heiress doris duke governor ben cayetano and myriad others includes resources for bringing tropical romance into your own life

this guide is intended for persons who are looking for moderately easy hikes in yosemite as well as for families hiking with children it describes twenty different trips and provides information on distance route time required and sights to see for each recommendations are made for hikes from the wawona and glacier point roads highway 120 and yosemite valley roads

for active women the outdoors continues to call even during pregnancy what vital women really need to know is how to nurture a healthy pregnancy while continuing to participate in the outdoor activities they love what's safe and what's not what are the benefits and risks for both mom and baby in the active woman's guide to pregnancy dr aneema van groenou provides a thorough and accessible guide to practicing safe and healthful outdoors exercise throughout pregnancy starting with an overview of the amazing benefits of exercise during pregnancy dr van groenou moves on to the myths and risks then covers gear warming up cooling down and stretches the heart of the book is an activity by activity description of proper techniques and realistic expectations for each trimester this guide is full of practical advice that will keep women healthy and mobile all nine months

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