Title: Hiking in Maine

**Introduction: Maine is a beautiful state with so many active and fun things to do. One of those things is hiking. The trails in Maine are for every age and vary from easy short walks to moderate to strenuous. This activity lets you select a hike that meets your needs and provides background for a more enjoyable trip! It weaves in physical education with some science, geography, English language arts, health, and the music of birds singing.**

**Materials: compass, sturdy shoes**

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| **Activities** 1. **Go to** [www.trails.com/maine/hiking](http://www.trails.com/maine/hiking) and select a hike near where you live that you think you would be able to complete.
2. To prepare for your hiking experience go to <https://americanhiking.org/hiking-resources/#hiking-101> and read the following 3 articles: Before You Go: 10 Essentials, then read about Hiking Etiquette, and finally read how to use a compass
3. Go out in your backyard and practice how to use the compass.
4. Make sure you consider safety before heading out on a hike. What are important health and safety considerations and preparations? <https://www.nps.gov/subjects/trails/hiking-safety.htm>
5. One of the activities you will do on your hike is to keep track of the different bird sounds you hear. To prepare for this skill, check out this video of the sounds of Maine birds <https://www.youtube.com/watch?v=hElnDRvJnlQ>
6. Be sure you are prepared, including a way to write notes, take a friend and go for your hike! Be sure to keep track of the different birds you hear and look for other animals as well. Check your heart rate before you start and record.
7. When you are halfway through your hike, use your compass to find your headings and record. Check your heart rate again and record. How many different bird sounds have you heard so far?
8. When you finish, check your heart rate again and record. Likewise, note additional bird sounds you heard.
9. Would you recommend this hike? Why or why not?
10. Write a short essay about your experience including using the compass, differences in your heart rate, number of different bird songs you heard and any animals you may have seen.

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| **Additional Readings/Links**1. Hatchet by Gary Paulsen 2.Downriver by Will Hobbs
2. <https://www.nps.gov/subjects/trails/hiking-safety.htm>
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