

Active Trails

With over 20 km of trails in Halton Hills, it's easy to take a family walk outdoors this fall. Here are 10 fun ideas to make your walk more active!

haltonhills.ca/activeeasy.

Active
easy!

- 1) Create a scavenger hunt
- 2) Go on a counting walk. Count the number of trees, squirrels, different leaf types, etc.
- 3) Bring binoculars
- 4) Play "I Spy"
- 5) Go on a colour hunt. Bonus: Can you find purple?
- 6) Spot cloud animals
- 7) Take a digital camera and make a documentary of your hike
- 8) Collect fallen nature treasures like leaves, twigs, pebbles. Bonus: Can you make a craft with these items?
- 9) Go for a listening walk and write down the sounds you hear
- 10) Paint a rock and place it on the trail