

Share the Challenge with a friend! Additional Challenge forms can be downloaded from ADKLaurentian.org.

Thanks for providing the framework for us to help our children forge a stronger connection to the outdoors.

—Dave Acquavella
Saratoga Springs, N.Y.

CHALLENGE YOURSELF and the children in your life while getting to know the Adirondacks better!

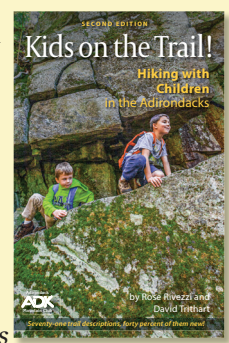
The Adirondack Park offers many hikes perfectly suited to introducing children to the variety of nature's splendors. From easy walks along mountain streams to more demanding trails, hiking can play an important role in children's formative years. Parents as well as other relatives and family friends can provide company and guidance. Kids respond readily to the wonders of nature; make sure they see the real thing.

The Kids Challenge, which began in 1998, offers a free patch to children who complete sixteen hikes. The Challenge features the 71 hikes and walks described in the second edition of *Kids on the Trail! Hiking with Children in the Adirondacks* by Rose Rivezzi and David Trithart. Published by ADK, the book is available in book- and outdoor stores and online at ADK.org.

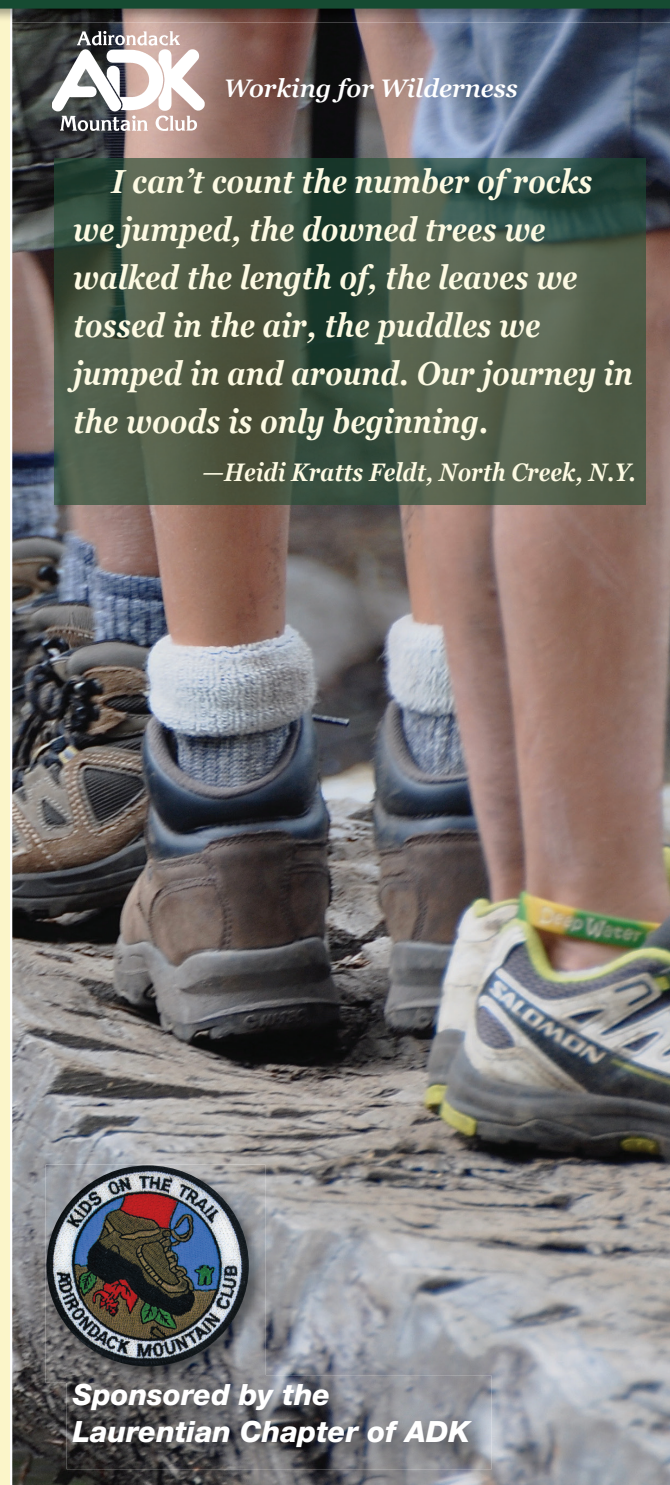
Submit completed form (see reverse) to:
ADK Kids Challenge, 7 Barclay St., Potsdam, NY 13676
Or email: kidsonthetrail@adk.org

You do not need to be a member of ADK to take part in the Challenge. If you do wish to join, you'll find that ADK chapters plan fun activities to help you learn more about nature, the protection of our environment, and outdoor skills.

- To order the book or join ADK**
- Call 1-800-395-8080, Mon–Sat, 8:30 a.m.–5 p.m. (Mon–Fri, Columbus Day–Memorial Day)
 - Go online to ADK.org
 - Or write ADK, 814 Goggins Rd., Lake George, NY 12845-4117



By submitting the ADK Kids Challenge completion materials, including any photos, you consent to ADK and ADK's Laurentian Chapter excerpting or otherwise using your submission for promotional or publicity purposes.



Adirondack
ADK
Mountain Club
Working for Wilderness

I can't count the number of rocks we jumped, the downed trees we walked the length of, the leaves we tossed in the air, the puddles we jumped in and around. Our journey in the woods is only beginning.

—Heidi Kratts Feldt, North Creek, N.Y.



**Sponsored by the
Laurentian Chapter of ADK**



Adirondack
ADK
Mountain Club

Take the **ADK Kids Challenge**

*A Challenge to Encourage
Hiking with Our Children*

KIDS ON THE TRAIL CHALLENGE

To receive a challenge patch, children complete at least four hikes from each of four sections of the guidebook *Kids on the Trail!* for a total of sixteen hikes.

Each hiker should fill out the form below, checking off or circling completed hikes and adding dates and any comments you wish. Children’s patches are free of charge. Adults who have completed the challenge with children may obtain additional patches for \$3 each, payable to ADK Laurentian Chapter.

We encourage you to enclose extra pages for your or your child’s thoughts with the form. We also welcome photos from your adventures.

Hiker’s name: _____

Postal address _____

Email address _____

Age of child _____ Phone _____

Western Trails

- ☐ Azure Mt.
- Date: _____
- ☐ Paul Smith’s College Visitor
Interpretive Center
- Date: _____
- ☐ Red Dot Trail
- Date: _____
- ☐ Black Pond
- Date: _____
- ☐ St. Regis Mt.
- Date: _____
- ☐ Floodwood Mt.
- Date: _____
- ☐ Mt. Arab
- Date: _____
- ☐ Bear Mt.
- Date: _____
- ☐ Cranberry Lake Bog
- Date: _____
- ☐ Cathedral Rock
- Date: _____
- ☐ Lampson Falls
- Date: _____
- ☐ Stone Valley
- Date: _____
- ☐ Coney Mt.
- Date: _____
- ☐ Owls Head Mt.
- Date: _____
- ☐ John Dillon Park
- Date: _____
- ☐ Moss Lake
- Date: _____
- ☐ Bald (Rondaxe) Mt.
- Date: _____

Trail Notes: _____

High Peaks Trails

- ☐ Baxter Mt.
- Date: _____
- ☐ Big Crow Mt.
- Date: _____
- ☐ Jay Mt. Overlook
- Date: _____
- ☐ Cobble Hill
- Date: _____
- ☐ Owen and Copperas Ponds
- Date: _____
- ☐ Whiteface Landing and Lean-to
- Date: _____
- ☐ Catamount Mt.
- Date: _____
- ☐ Silver Lake Mt.
- Date: _____
- ☐ Silver Lake Bog
- Date: _____
- ☐ Poke-O-Moonshine Mt.
- Date: _____
- ☐ Wildway Overlook on South
Boquet Mt.
- Date: _____
- ☐ Coon Mt.
- Date: _____
- ☐ Moose Pond
- Date: _____
- ☐ Baker Mt.
- Date: _____
- ☐ Panther Mt.
- Date: _____
- ☐ Fernow Forest
- Date: _____
- ☐ Catlin Bay Lean-to
- Date: _____
- ☐ Adirondack Interpretive
Center at Newcomb
- Date: _____
- ☐ Goodnow Mt.
- Date: _____
- ☐ Mt. Van Hoevenberg
- Date: _____

Trail Notes: _____

Central Trails

- ☐ Rocky Mt.
- Date: _____
- ☐ Black Bear Mt.
- Date: _____
- ☐ Castle Rock
- Date: _____
- ☐ Rock Lake
- Date: _____
- ☐ Sawyer Mt.
- Date: _____

- ☐ Vanderwhacker Mt.
- Date: _____
- ☐ Stony Pond
- Date: _____
- ☐ Blue Ledges
- Date: _____
- ☐ Moxham Mt.
- Date: _____
- ☐ Balm of Gilead Mt.
- Date: _____
- ☐ Chimney Mt.
- Date: _____
- ☐ Puffer Pond
- Date: _____
- ☐ Watch Hill
- Date: _____
- ☐ Auger Falls
- Date: _____
- ☐ Echo Cliff
- Date: _____
- ☐ Good Luck Cliffs
- Date: _____
- ☐ Kane Mt.
- Date: _____

Trail Notes: _____

Eastern Trails

- ☐ Coot Hill
- Date: _____
- ☐ Penfield Pond
- Date: _____
- ☐ Spectacle Pond
- Date: _____
- ☐ Anthonys Nose
- Date: _____
- ☐ Cook Mt.
- Date: _____
- ☐ Amy’s Park
- Date: _____
- ☐ The Pinnacle
- Date: _____
- ☐ Black Mt.
- Date: _____
- ☐ Sleeping Beauty Mt.
- Date: _____
- ☐ Buck Mt.
- Date: _____
- ☐ Schumann Preserve at
Pilot Knob Ridge
- Date: _____
- ☐ Potash Mt.
- Date: _____
- ☐ Spruce Mt.*
- Date: _____
- ☐ Hadley Mt.
- Date: _____
- ☐ Charles Lathrop Pack
Demonstration Forest
- Date: _____
- ☐ Kipp Mt.
- Date: _____
- ☐ Tenant Creek Falls
- Date: _____

*Closed during regular deer hunting season.
See DEC website for exact dates.

Trail Notes: _____

KEEP THE HIKES ENJOYABLE

BEFORE

- ▲ Plan a hike with your children’s abilities in mind
- ▲ Let children know what to expect from the hike
- ▲ Plan the hike as part of a trip or in conjunction with another activity

DURING

- ▲ Give food and drink before your children lose energy or get thirsty
- ▲ Take frequent rests
- ▲ Give lots of encouragement and praise efforts
- ▲ Make up games along the way, sing songs, tell stories
- ▲ Offer rewards and incentives
- ▲ Remember children may derive pleasure in ways different from adults

AFTER

- ▲ Take pictures and reminisce about favorite out-ings; remember the good points
- ▲ Review the hike with a map in hand; use colored pencils or markers to mark the trail; display the map
- ▲ Create a list of hikes with dates and comments about special experiences or features



A challenge for kids, parents, grandparents, aunts, uncles, cousins, teachers, nature lovers, church groups, scout leaders and other outdoor enthusiasts who hike with children