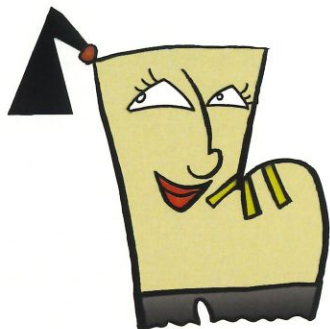


Trek and Tracks Great Adventure



“Track”

Group Size:	Any
Age Group:	4 to 10 years
Time:	20 to 30 minutes
Objective:	Introduce participants to the principles of Leave No Trace through an interactive story.
Materials:	Attached PEAK story and pictures of PEAK characters.

Introduction (2 to 5 minutes)

Introduce yourself and welcome your participants. **Ask** how many participants have been hiking, camping, fishing, rafting or climbing? **Ask** if they have any favorite places to visit and why? **Ask** who has heard of Leave No Trace outdoor ethics? **Explain** that Leave No Trace is information and skills that help us reduce our impacts on the natural places that we visit (e.g. parks, trails and campgrounds).

The Activity (20 to 30 minutes)

This activity can be used in a story format or as a skit with a narrator. The story works best for younger audiences with pictures of the PEAK characters as visual aids, or in the format of a puppet show. It does take some prep work/practice, so make sure to leave enough time beforehand to read the story & gather materials.

For older age groups, you can turn this activity into a skit by assigning roles for each character:

Trek and Track – Boots

Pointer – Compass

Flash – Camera

Zooms – Binoculars

Sparks – Stove

Digger – Trowel

Pitch – Tent

You can also choose one participant to be the narrator. They will read the story while the other participants act out the characters, using various outdoor gear as props.

Wrap Up (3 to 5 minutes)

Explain how these Leave No Trace Principles teach people to care for the environment while enjoying outdoor activities. Recreation can sometimes cause impacts (damage) to the land, but by **following** these Principles, we can enjoy our favorite places every time we visit. Ask for any last questions. Thank them for their time and attention, and tell them you hope to see them again!

“Trek”



TREK & TRACK'S GREAT ADVENTURE

Meet Trek and Track, a pair of boots. They wake up one morning to find a note from one of their friends taped to the door. It tells them that they should take a day trip out of the city to go climb Misty Mountain. Their friends will meet them for a picnic when they reach the top.

Trek and Track have never been to the mountains, but they have heard that Misty Mountain is a beautiful place with amazing views. They are also very excited to meet their friends, so they decide to get ready. They're not sure what lies ahead, but luckily, their friend Pointer the Compass drops by to say hello. Pointer has been hiking many times so he tells Trek and Track that he will help them prepare for their journey. Pointer also tells them that it's important to "Know Before You Go" so that they are safe and have a good time. (S)he helps Trek and Track pack a backpack with food, water, extra clothing, a map, a compass and other important items. He also reminds Trek and Track to put on hats and sunscreen because it's very sunny on the mountain.

It's time for Trek and Track to hit the trails, so they thank Pointer for his help and head out the door. Trek and Track drive to the trailhead, but before starting their hike, they stop to read the sign and study the trail map. The signs also remind them that even though it has rained and the trails are muddy, hikers should try and walk in the middle of the trail to avoid stepping on flowers and other plants, or creating new trails. Trek and Track high-five each other for remembering to put on their old shoes. They don't have to worry about mud and they can "Choose the Right Path." As they hike, Trek and Track begin to enjoy the new surroundings. Enormous trees surround them. A creek bubbles beside the trail. The sound of birds singing fills the air. It's beautiful!

As they continue along, they run into another hiker on the trail named Flash the Camera. Flash is actually an outdoor photographer and she is on Misty Mountain taking photographs of a log cabin. The cabin is very old and she is excited about all the cool stuff she has found: antlers, old bottles and wildflowers! She keeps taking pictures of everything! Flash also tells Trek and Track that unfortunately many people have come to this old cabin and taken things home with them. She hopes that by taking pictures of it to share with the public, it will help educate others to "Leave What You Find" so that others can enjoy these places as well. Trek and Track continue on the trail.

They meet another hiker named Diggs the Trowel who is sitting off to the side of the trail, eating an orange for a snack. Diggs offers Trek and Track part of the orange. Trek and Track thank him and take a piece to enjoy. They watch as Diggs takes out a plastic bag and puts his/her orange peels in the bag and back in the backpack. "Why don't you just throw the orange peels into the forest?" asks Trek. "Yeah," says Track, "It's just fruit, it will decompose." Diggs tells them that because orange trees are not found in this forest, and because there are many animals living here, it's important to "Trash Your Trash." Luckily he packed a trash bag and there is a trash bin at the trailhead so s(he) can throw it away after the hike is over. Trek and Track think about this for a second; they

are learning so many new things about hiking!

Climbing higher up the mountain, they arrive at a pristine mountain lake. Across the lake, there are many animals—frogs, squirrels, and deer all coming to take a drink. "I wish we could get closer!" says Trek. Luckily, there is another hiker standing next to them named Zooms the Binoculars. She offers to let Trek and Track borrow his/her binoculars to get a closer look at the animals across the way. Zooms tells Trek and Track that binoculars are great because they help us "Respect Wildlife" by keeping a safe distance. When we use binoculars, we get to see animals more closely without disturbing them. And of course Trek and Track already learned about not leaving food for wildlife; human food can make wild animals very sick!

Trek and Track thank Zooms for letting them borrow the binoculars and continue on their way. They are getting very close to the top and the temperature is getting a little cooler and windier. Luckily, with Pointer's help, they had remembered to pack extra jackets in their backpack.

Shortly after, they hear voices up ahead. It's their friend Sparks the Stove who is meeting them for a picnic. Sparks is sitting on some large rocks off the side of the trail with his friend Pitch the Tent, getting a meal ready. Trek and Track are relieved; it's been a long hike and they are hungry. It's also gotten a lot chillier and they would love something warm to drink. Track asks Sparks if he should get some wood to build a small fire. Sparks tells them that fires aren't allowed in the area but luckily he brought his camp stove that they can use to boil some of the extra water they brought to make hot chocolate. What a great idea! The four of them enjoy their picnic while taking in the beautiful views.

"What a great place to enjoy a picnic," says Trek, "It's so peaceful and quiet here." Pitch tells Trek and Track that she looked for a nice spot off the trail, so they wouldn't disturb the other people who were coming up the trail to enjoy the view as well. Pitch also tells them that Misty Mountain is a very popular place, so it's always important to "Be Kind to Others" who are sharing the space too.

What a great point, think Trek and Track. Then they remember all of the friends they had met along the way who were also being considerate of them and the animals that lived there.

After packing away their trash and making sure to carry out all their belongings, the four of them head back down the trail, past the pristine lake where they saw some deer with Zooms, past the field of wildflowers where they had a snack with Diggs, past the old log cabin where they took some pictures with Flash, and back down to the trailhead where they began their journey.

As soon as Trek and Track make it home their phone rings. It's their friend Pointer. "How was the hike?" he asks them. "It was great!" they both say. "We saw so many things along the way and made some great friends who taught us how to Leave No Trace when we are on the trails." "Wow," said Pointer, "Maybe next time you guys can teach me!" and they planned to go on another trip next weekend.

Choose the Right Path

Escoge el camino correcto

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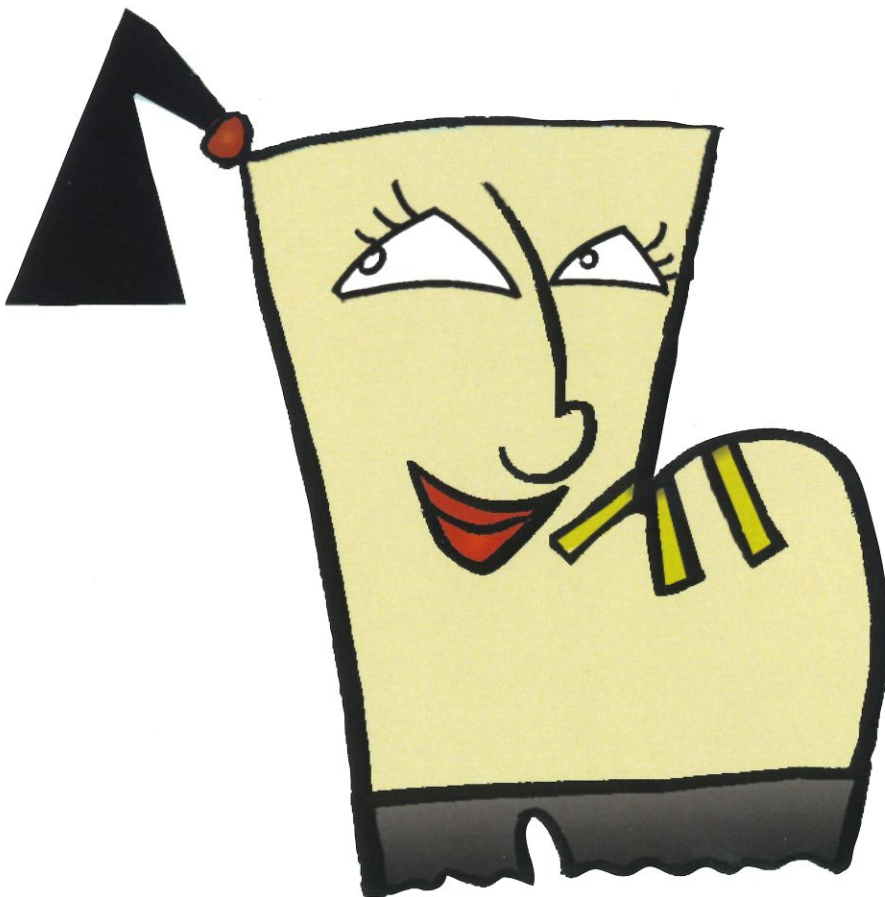
Choose the Right Path

Escoge el camino correcto

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Trek
Botín



Track
Caminitos

Know Before You Go

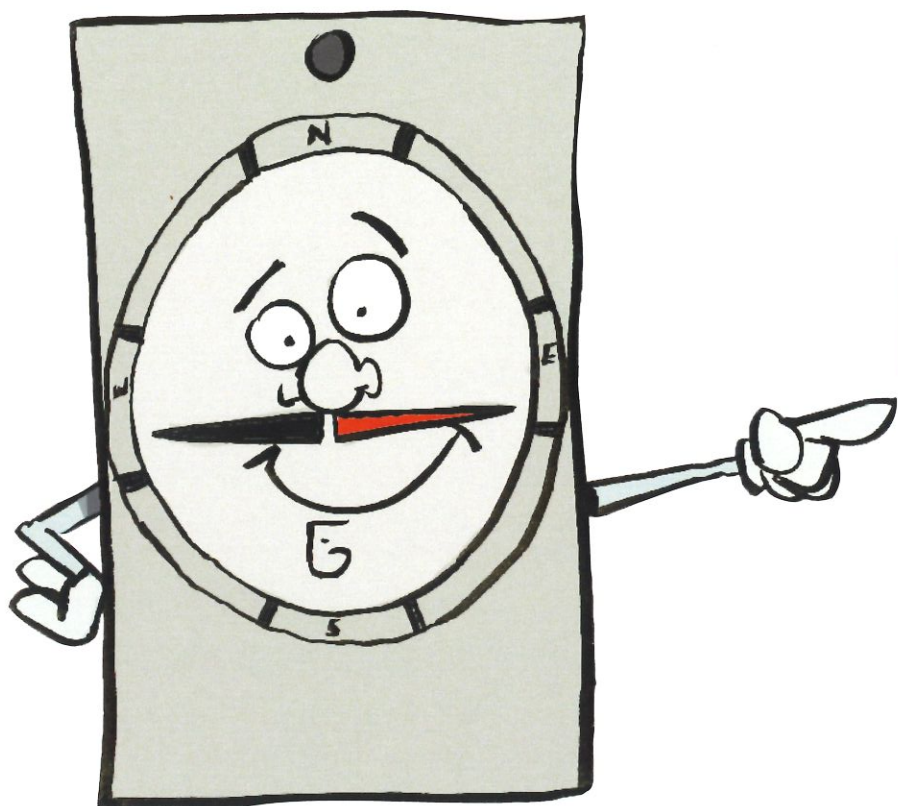
Prepárate antes de salir de casa

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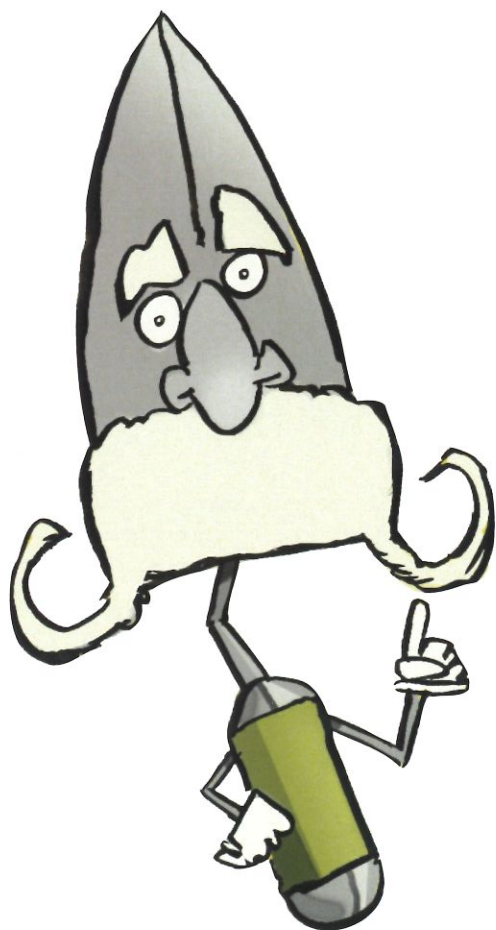
Trash Your Trash

Tira tu basura a la basura

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Pointer
Brújula



Diggs
Sr. Pala

Be Careful with Fire

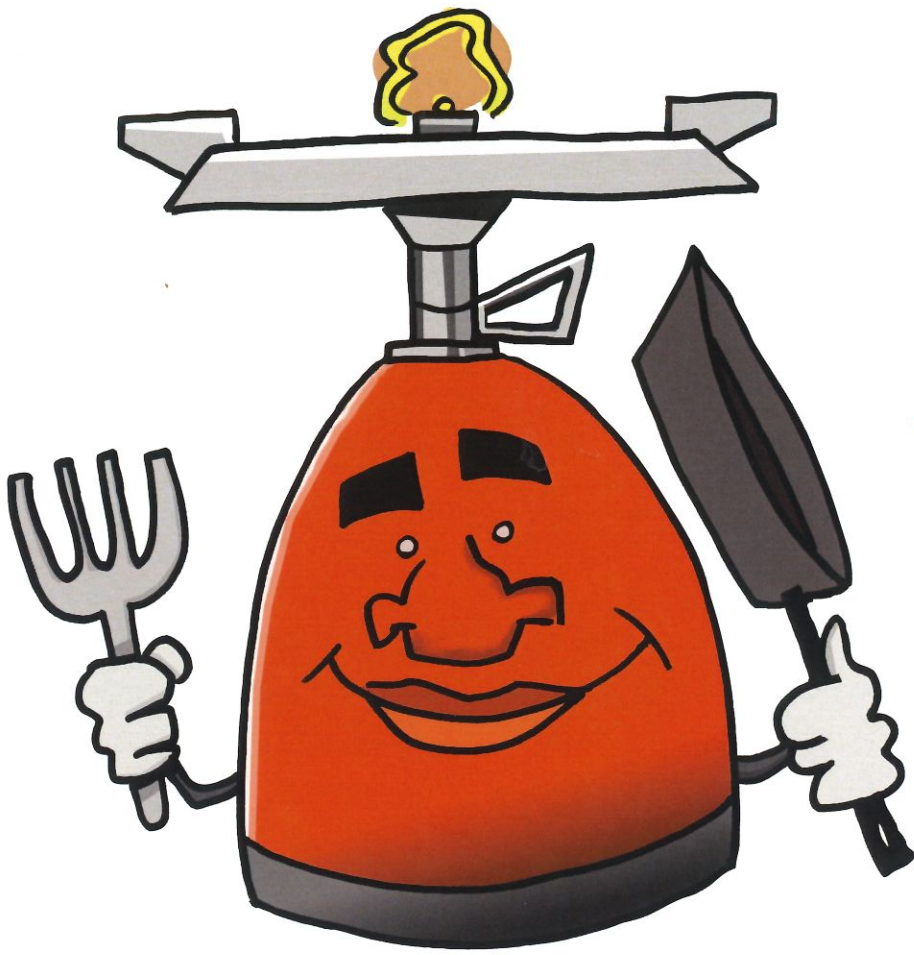
Ten cuidado con el fuego

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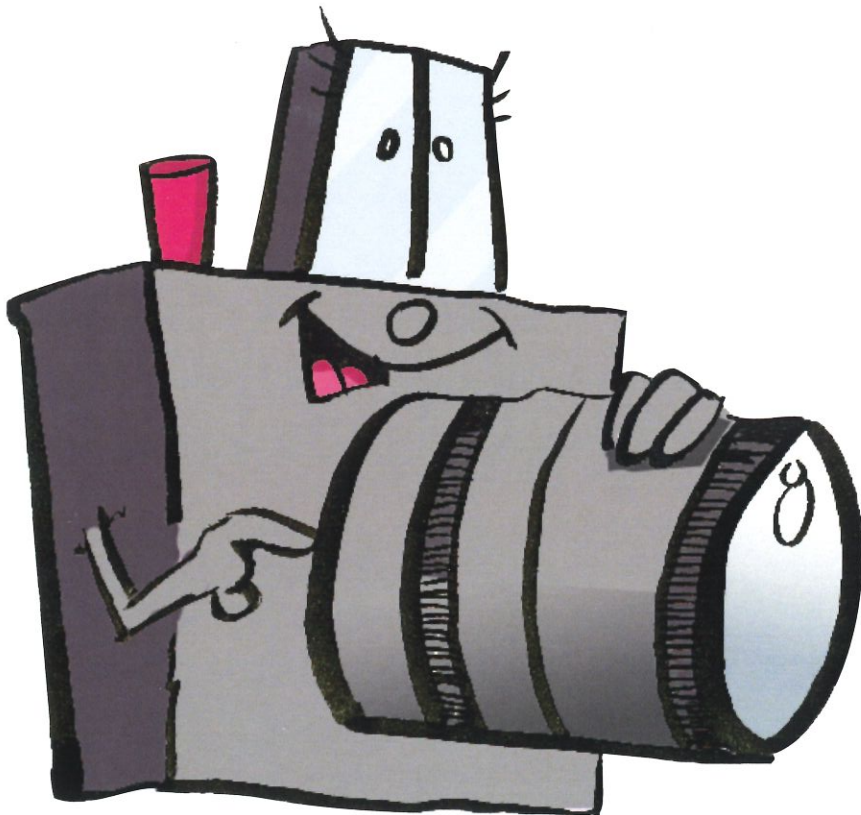
Leave What You Find

Deje lo que encuentres

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Sparks
Chispas



Flash
Flash

Respect Wildlife

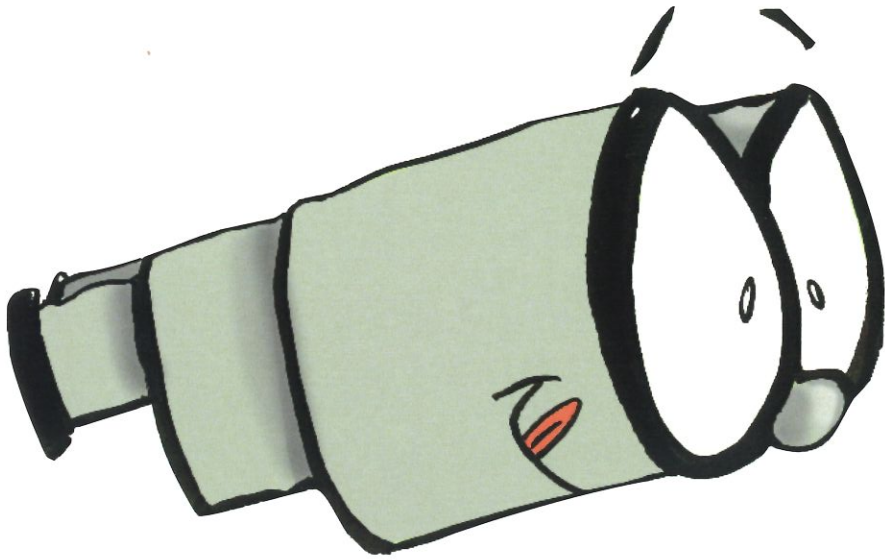
Respeta la vida silvestre

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Be Kind to Other

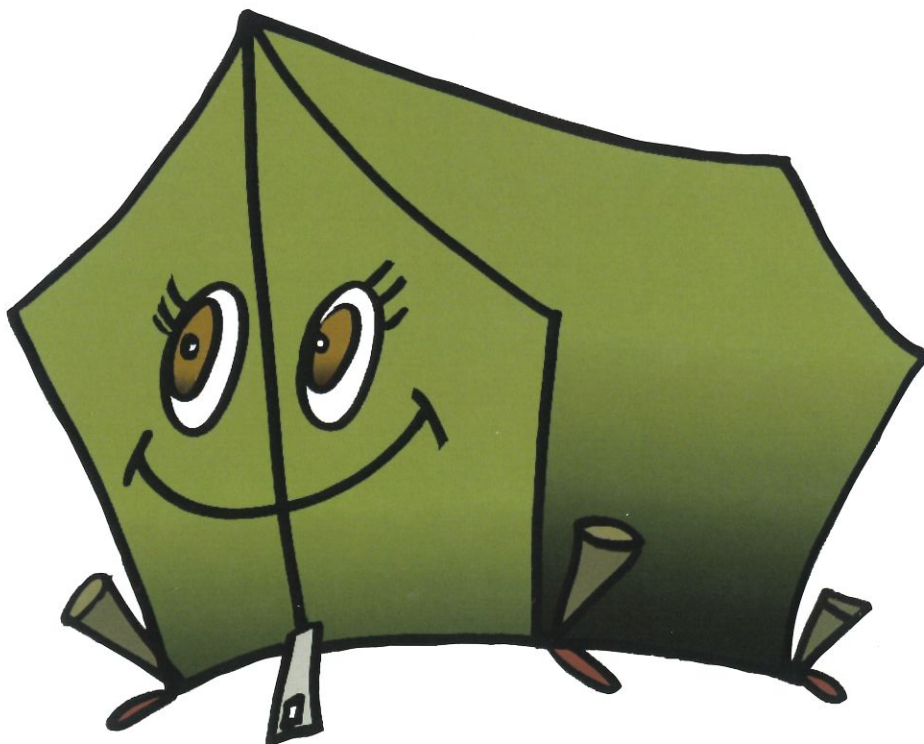
Sé amable con otros visitantes

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Zooms

Ojitos



Pitch

Carpita