



Find Your Hiking Route

My Pace: _____

Distance to travel: _____

Duration of hike: _____

How To Choose a Hiking Trail

1. Identify any landmarks on the map. What do you want to see on your hike? How much time do you want to spend hiking?
2. Choose a starting point and find a route that is about the same number of miles long as the distance you move at your normal pace in that time. What will you visit? What direction will you go?
3. Add the lengths of **adjacent**, or touching, trail segments to calculate the hike's length.
4. Once you find a hike that's the same distance as you can hike in the time, trace it with a marker.

Types of Hikes

A loop hike is when you never retrace your steps but still end up right back where you started. The route is a circle.

An out-and-back hike is when you hike to a point, turn around, and hike back on the same trail. When planning an out-and-back hike, count each segment twice.

A lollipop hike is an out-and-back hike with a loop at the end of the “out” segment. You’d hike out on a trail, do a loop, and then hike back.

A point-to-point or through hike is like out-and-back, except you only go one way. Someone would pick you up at the end.