

Sheep Take A Hike Sheep

Take a HikeTake a Hike!Take a Hike!Take a Hike!Moon Take a Hike PhoenixTake a HikeGet Your Kids HikingHiking!Hiking Trails ITake a HikeSchool ActivitiesFrommer's SwitzerlandInteriorVisual EducationEasy Day Hikes in YosemiteThe Active Woman's Guide to PregnancyBrands and Their CompaniesFlodberg's Book on RunningTeachingFellows Teresa Cline Kate Chynoweth Rich Freeman Cathy East Dubowski Lilia Menconi Sharon E. McKay Jeff Alt Philip Ferranti Susan Lawrence Sharon E. McKay George McDonald Keystone View Company. Educational Department Deborah J. Durkee Aneema van Groenou William J. Flodberg

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with a mixture of inspirational text and practical tips this tween friendly handbook encourages kids to seek out nature for health benefits and planet protection kids who spend more time in nature benefit in mind body and spirit and likewise they benefit the earth this guide explains the powerful connection between us and our planet and shares practical tips and fun activities anyone can do to get outside and soak up nature an advisory board of psychologists and nature conservationists infuses the book with expertise in kid friendly ways stunning photography showcases nature as fun mighty beautiful and just outside science continues to show the healing benefits of nature for mental health more important than ever in the midst of a post pandemic world this book is part of a

publishing partnership between magination press and the national wildlife federation together we hope to ease stress through a collection of books showing the benefits of nature for improving mental health reducing stress boosting self esteem and encouraging empowerment for people communities and the planet

the walks rambles strolls and hikes in this book are designed for people who delight in exploring unique or little known places the trails lead through forests fields marshes hills and arboretums where you can enjoy the natural world this book will help you learn more about local history get much needed exercise introduce children to the joys of nature or find new places to walk your dog don't stash it away in winter either many of the trails are good for cross country skiing and snowshoeing with this guide you'll be able to explore the rochester area with ease and confidence each of the 60 walks is rated for difficulty type of terrain and described by length and estimated time required in addition you'll know how to easily find the trails and parking whether young or young at heart you can enjoy the adventures this guide brings to life

alex is off on a weekend camping trip with the junior high school science and nature club but when they get lost and fall into vince and dave's trap alex has to find a way out of the woods and out of danger

grab your water bottle and explore more than 75 great hikes in and around phoenix the valley of the sun offers thousands of acres for hardcore hikers and first timers alike to enjoy arizona's amazing landscape inside moon take a hike phoenix you'll find detailed descriptions find the right hike for you with thoughtful and thorough descriptions of what to expect along each trail pick from a variety of hikes ranging from flat routes suitable for families to challenging rock scrambles escape the city for a few hours or take a day long trek to ultimate solitude quick reference compare difficulty ratings distance and elevation gain to pick which trail to tackle in an easy to scan chart icons identify hikes that are dog friendly or wheelchair accessible and highlights like historic sites wildlife and wildflowers maps and directions easy to use maps for each trail showing topography and elevation point by point navigation guides you along the right path and prepares you for changes in terrain all hikes include gps coordinates and detailed driving directions including access via public transit when available for each trailhead best of lists get ideas for where to start with hikes sorted by interest or difficulty including best near water best summit views and best kid friendly hikes trusted advice born and raised in phoenix author lilia menconi shares the experience and knowledge she's gained hiking in and around her hometown lilia

also includes essential tips on desert safety and ways to beat the heat whether you re a veteran or a first time hiker a lifelong resident or a brand new transplant moon take a hike phoenix will have you ready to lace up your hiking boots and head out on your next adventure looking to explore beyond phoenix try moon southwest road trip ready for an overnight outdoor adventure check out moon grand canyon

hiking is a great way to relax connect with nature and enjoy time with your family bringing your kids along can be rewarding for you and for them but it can also add new challenges and concerns to your trip get your kids hiking is loaded with everything you need to know to hit the trail with kids from gear to simple proven techniques that will make your hike safe and fun written with both the novice and the seasoned hiker in mind jeff alt provides all the information you need to take your child out on the trail this books offers age appropriate ways to include your child in all aspects of the hike checklists of what to pack for any type of hike kid friendly menus advice for hiking with a child who has special needs get your kids hiking is the playbook to inspire an appreciation for the great outdoors in your children and keep your young child or teenager interested in a family hiking trip

distributed by westcliffe publishers for the first time this introspective and intelligently written book explores the why of hiking rather than the how underscoring its profound effect on health and well being the authors delve beyond the simple physical benefits of hiking to illuminate its philosophical psychological interpersonal creative and spiritual elements geared more for day hikers than for backpackers it offers new insights to seasoned trailblazers encourages novices to begin their own journeys into this exciting and popular pastime and establishes hiking as a means to regain balance in our lives

a new best of switzerland section points out the top ski areas the most dramatic driving tours the most popular outdoor activities the best hotels and restaurants and the most intriguing sights an active vacation planner helps travelers plan a sports oriented trip with or without an outfitter sidebars include swiss legends information on shopping and more

this guide is intended for persons who are looking for moderately easy hikes in yosemite as well as for families hiking with children it describes twenty different trips and provides information on distance route time required and sights to see for each recommendations are made for hikes from the wawona and glacier

point roads highway 120 and yosemite valley roads

for active women the outdoors continues to call even during pregnancy what vital women really need to know is how to nurture a healthy pregnancy while continuing to participate in the outdoor activities they love what s safe and what s not what are the benefits and risks for both mom and baby in the active woman s guide to pregnancy dr aneema van groenou provides a thorough and accessible guide to practicing safe and healthful outdoors exercise throughout pregnancy starting with an overview of the amazing benefits of exercise during pregnancy dr van groenou moves on to the myths and risks then covers gear warming up cooling down and stretches the heart of the book is an activity by activity description of proper techniques and realistic expectations for each trimester this guide is full of practical advice that will keep women healthy and mobile all nine months

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