

Trail Adventure Resources & Activities

Daisy | Brownie | Junior

Summary of Badge Requirements

Daisy

- **Hiking:** Go on a day hike and play an outdoor game
- **Trail Running:** Jog around your neighborhood, in a park, or on a trail

Brownie

- **Hiking:** Go on three different types of day hikes
- **Trail Running:** Go on three different 20-minute trail runs. Increase the time you are running compared to walking each time

Junior

- **Hiking:** Go on three different day hikes with each hike being at least 3 hours and covering 3-4 miles
- **Trail Running:** Train to run on a trail for a distance that challenges you, aiming for 1 mile, or more if you can, at a comfortable pace

Training Tips

Start small and develop a routine. Think about starting by taking walks around your neighborhood with your family every day. Slowly make your walks longer and longer. Track your progress as you go, either digitally or in a journal or scrapbook. Make yourself a chart that shows dates, distance, and place you walked, hiked, or ran. Take one picture on each walk, hike, or run to document your progress and see how things change from day to day and season to season. Find a tracking system that makes you excited and keeps you motivated!

How to Find Hiking Trails



Using the AllTrails app or website is a great way to find hiking trails in your area! Filter by length, difficulty, elevation gain, and more. View user comments to get an idea of recent trail reports. Note: AllTrails sometimes inaccurately reports trail distance and difficulty. It is best when used in conjunction with other websites and apps such as Hiking Project.



Use the Hiking Project app or website to quickly browse trails across the state. On Hiking Project, you can see exactly where the trail is located, get a detailed description of the trail, see the elevation profile, and get driving directions within seconds. The app also uses the GPS on your phone to mark where you are on the trail and where you are in elevation.



Stop by local visitor centers to pick up FREE paper maps of all the trails in the area. Add them to your map library!



Stop by your local library to borrow maps and atlases for your next adventure!



Google your county followed by the words “open space” to browse the trails near you. Sites for open spaces are maintained regularly with trail reports and maps. Don’t forget about state and national parks! Protected lands are beautiful and well maintained which makes them excellent places to hike for beginners and experts alike.

What to Pack

Remember to pack your day pack with the following items:

- Map
- Headlamp
- Sunscreen
- Hat
- Sunglasses
- First Aid Kit
- Whistle
- Food (lunch & snacks as needed)
- Water
- Extra layers (gloves, warm hat, jacket)

Where to Find Gear

Thrift and consignment stores are excellent places to look for gently used outdoor clothing. Places like Goodwill or Arc can be good places to start, but you should also check out the following outdoor consignment shops and see if there are any others in your area!

[Gearage](#) in Fort Collins

[Wilderness Exchange](#) in Denver

[The Outdoorsman's Attic](#) in Denver

[Mountain Exchange](#) in Idaho Springs

[Mountain Equipment Recyclers](#) in Colorado Springs

[The Gear Junction](#) in Grand Junction

Outdoor retailers such as [REI](#) and [Sierra Trading Post](#) are also options for finding the gear and clothing you need. Watch for sales or for special events such as community gear swaps. For example, REI members can take advantage of [Garage Sales](#) where REI sells returned gear at deep discounts. [Backcountry.com](#) and [SteepandCheap.com](#) are online retailers that sell super discounted past season gear. If you are patient and keep an eye out for sales, you can find great deals on quality pieces!

Trail Activities & Games

Make a new friend on the trail! Find something from the natural environment that has not been broken or picked from any living thing. It could be a twig, a fallen leaf, a rock, or anything else that is not living. Build a small home for your new “friend” and give them a name. Make sure the home you build is also made from objects that are down and dead.

Complete one or more of the following scavenger hunts on your hiking adventures.

Touch

- Something soft
- Something hard
- Something hairy
- Something sharp
- Something rounded
- Something squishy
- Something smooth
- Something rough

Sizes and Shapes

- Something tiny
- Something huge
- Something round
- Something square
- Something long
- Something pointed
- Something the size of a Girl Scout Brownie

Leaves

- Small leaf
- Large leaf
- Shiny leaf
- Hairy or fuzzy leaf
- Leaf with “teeth” at edges
- Different colored leaves

Trees

- Hug a tree with pine needles
- Hug a tree with rough bark
- Hug a tree with smooth bark
- Hug a tree with leaves
- Find a tree that smells good
- Hug a tree with pinecones
- Hug a tree with no leaves