Go Take a Hike!

Hiking can offer hours of fun and a lifetime of fitness. A family hike can build memories and strong bodies at the same time. Choose the right trail for kids’ abilities and interests. North Carolina and other states have online lists of local trail systems. Look for a trail to fit your family at www.trailsofnc.com or www.ncparks.gov.

Plan

- **Make a hike fit your family.** Think about the length and how hard the trail is.
- **Make a hike fun for kids.** Make a scavenger list of things to see or collect. Tell stories, sing songs or stop to play in a stream.
- **Make a sun-safe hike for everyone.** Bring hats, sunglasses and plenty of safe drinking water. Use a sunscreen of at least 30-45 SPF. Reapply every two hours.

Play

- North Carolina has options for every family to enjoy. Here are the top 15 North Carolina trails from www.tripleblaze.com.
  1. Daniel Boone Scout Trail in Blowing Rock
  2. Umstead State Park in Raleigh
  3. Black Mountain Crest Trail (Trail #179) in Burnsville
  4. Appalachian Trail 6: US 64 to SR 1397 in Franklin
  5. Kitsuma in Black Mountain
  7. Smokey Mountains National Park in Cherokee
  8. Northwood in High Point
  9. Colbert Ridge Trail (#178) in Burnsville
  10. Occoneechee Mountain in Hillsborough
  11. Colonel Francis Beatty Park in Charlotte
  12. Joyce Kilmer Slickrock Wilderness in Robbinsville
  13. Uwharrie National Forest: Wood Run, Supertree and Key in Troy
  14. Eno River State Park in Durham
  15. Little River Regional Park in Durham

Enjoy

- Here are two more tips to make hiking safe and fun. Sturdy, well-fitting shoes keep feet happy and injury-free. Trail snacks provide fuel to keep everyone going strong.