





Hiking, Orienteering, & Geocaching

Week 1			
Activity	How many or how long	How many days	Instructions
Hiking 	30 mins	Total for the week	This week enjoy a hike in a park near your home to see the beautiful fall colours. You can go for one long hike, or several shorter hikes, whatever you prefer. If you don't know how to find hiking trails in your area, call your recreation department or community centre, or the local Conservation Authority.

Week 2			
Activity	How many or how long	How many days	Instructions
Orienteering 	20 minutes	Total for the week	Have you ever heard of the sport called orienteering? It's a really fun thing to do, especially in the Spring and Fall. Instead of a regular hike, orienteers use a map and compass to figure out where to go. See if you can borrow a compass (if you don't have one yourself) and try out an orienteering course at a park near your home. You can check out the Orienteering Canada web site (http://www.orienteering.ca/get-involved/try-it/) to learn more and find out where there are orienteering sites near your house.

Hiking, Orienteering, & Geocaching

Week 3			
Activity	How many or how long	How many days	Instructions
Geocaching 	30 minutes	Total for the week	Have you ever heard of the sport called geocaching? It's another really fun thing to do, especially in the Spring and Fall. Instead of a regular hike, geocaching is like a treasure hunt. Check out the geocaching web site (www.geocaching.com) to find a cache (hidden treasure) near your home. The easiest way to search is by postal code. Then you use a GPS unit (Global Positioning System) to find the treasure using the location information on the web site or Geocaching app. Most cell phones have GPS on their Maps application. You can also check the web site to see if a club is having an open house event at a park near you.

Week 4			
Activity	How many or how long	How many days	Instructions
Hiking, Orienteering, or Geocaching 	30 minutes	Total for the week	What's your choice this week? Hiking, orienteering or geocaching? It's your choice to do what you like the best. Just be sure to get outside and enjoy some time in the sun with your friends or family.