

Hiking Games



Exploring the outdoors on a hike with young girls is an amazing experience. The sound of wind in the trees, the smell of dirt beneath boots, a chipmunk scurrying for cover as six girls give chase-these are the moments that build lifelong memories. But sometimes on a long trail nature needs a little help to keep the “are we there yet?” or “I’m bored” comments at bay. To make hikes an even more fun and engaging experience, so much more than just a walk, here are some of our favorite activities and games that’ll keep girls occupied as they mosey down the trail.

Color Hike – Give the girls a list of colors before the hike starts. Their goal is to write down as many different items of that color as possible. How many red or orange or brown things can they find?

Stop, Look and Listen Hike – Hike for 10 minutes then stop. For 1 minute, the girls should write down everything they see. Hike for 10 more minutes and stop again. This time, the girls should write down everything they hear. During the third stop, they write down everything they smell.

Square Foot Hike – Bring along a 4’ piece of string and a magnifying glass for each pair of girls. Stop along your hike and have them lay out the string to form a square foot. Give them 10 minutes to examine their square foot with the magnifying glass. They share what they found with the rest of the group.

Pass It Back Hike – In this hike, the leader picks up something from the ground. She passes it back for each girl to see. The last person puts it back on the ground.

Egg Carton Walk – Have each girl bring an empty egg carton. In the bottom of each cup, write a description such as hard, smooth, rough, prickly, etc. The girls should look for something on the ground to put in each cup.

ABC Hike – Pair up the girls. They are looking for items that start with each letter of the alphabet. When they find an item that begins with A (acorn, for example), they will call out the name and begin looking for the next letter.

Monogram Hike – Girls try to find something that begins with each of their initials. The items don't have to be physical—they can be sounds or smells too.

Insect Hike – Each girl should bring a camera, but if you don't have enough for each one, you can pair them up. The girls should take as many pictures of different insects as possible.

Sketching or Drawing Hike – Bring along paper and pencils or crayons. Hike to a scenic location, and have the girls draw what they see.

Scavenger Hunt Hike – Make a list of things the girls will look for, but these won't be things they will pick up and take home. They are things they will experience. List 3 or 4 items in these categories: Smell, Texture, Sound and Sight. For example, your Sound category might include a bird chirping and leaves rustling. Smells could be dirt and flowers. Base your lists on the area you will be visiting. If hiking on the walking trail in your neighborhood, you could include a running car as one of my sounds.