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★ ★ ★ ★ ★
Keine Stimmen

# From Hiking Frustration to the Joy of Hiking



“Hiking is a miller’s delight” ... but, unfortunately, a source of frustration for so many children. And yet we plan a hike at almost every camp. I firmly believe that if we leaders are enthusiastic about an activity, design it to be child-friendly, and prepare it in detail, it can become a joyful experience rather than a frustrating one.

*This article is from the *Forum* magazine and is attached in full as a PDF below—only excerpts are reproduced here.*

## How to Hike?

This article is intended to provide you with practical guidance on planning a hike. The actual hike itself is only briefly discussed in this article.

Why hike?

- Motor Skills
- The Know-How
- Types of Hikes
- Hiking Guides
- Three by three
  - Weather Conditions
  - Terrain
  - Group
- Planning at home
- Calculating Hiking Time
- When Things Don't Go as Planned
- Test Run
- Tips for Execution
  - Information
  - Hiking Pace
  - Temperature
  - Training Stops

## Wanderlust

Wanderlust

## References




- **Content and image: Forum**Kind, Issue 4/09, pages 12–13. Hiking, calculating walking time, outing, planning. © Copyright www.forum-kind.ch
- **Author: Barbara** Pfister

### Weitere Informationen

*Tags*
Hiking

*Age*
No data available.

*Number of participants*
No data available.

*Bible*
This information is missing.

*Duration*
No data available.

*Material*
A lot of work

*File download*
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Contents
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