FAMILY TRAIL TIPS

Trails can be a great family activity when the route, pace, and expectations match the group. Short, interesting walks with time to explore usually work better than trying to cover long distances.



- Pick a short, easy route with a clear start and finish.
- Plan extra time for breaks, snacks, and curiosity.
- Bring water, simple snacks, and a few comforts for younger children.
- Set a relaxed pace and make the walk fun with games like bird spotting or nature scavenger hunts.
- Watch children closely near slopes, roots, bridges, and road crossings.
- Choose stroller-friendly routes only where the surface and width support them.
- Celebrate the outing, not the distance.

The best family walks are about fun, discovery, and confidence-building

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