



Get Your Kids Hiking: How to Start Them Young and Keep it Fun!

Jeff Alt

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Hiking is a great way to relax, connect with nature, and enjoy time with your family. Bringing your kids along can be rewarding for you and for them, but it can also add new challenges and concerns to your trip. *Get Your Kids Hiking* is loaded with everything you need to know to hit the trail with kids; from gear to simple proven techniques that will make your hike safe and fun. Written with both the novice and the seasoned hiker in mind, Jeff Alt provides all the information you need to take your child out on the trail.

This books offers:

Age-appropriate ways to include your child in all aspects of the hike

Checklists of what to pack for any type of hike

Kid-friendly menus

Advice for hiking with a child who has special needs.

Get Your Kids Hiking is the playbook to inspire an appreciation for the great outdoors in your children and keep your young child or teenager interested in a family hiking trip.

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Wanda Riddle:

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Marianne Button:

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