



Banff National Park – Learn to Hike

ESL Activity #2 – Hiking Trip Tips

Activity #2 – Hiking Trip Tips

Hiking Knowledge Objective: Prepare students for a day hiking trip in Banff National Park by making students aware of the key elements to planning a hike. Have a complete understanding of the importance of Planning Ahead and Preparing, Staying on maintained trails, Leaving what you find, Taking what you bring, Respecting wildlife, and Being considerate of others.

Language Focus: Speaking/Listening/Writing

Material: Hike Trip Tips sheets

Groupings: Divide your class into small groups of 3 or 4

Time: 90 Min

Activity Outline: Give each group a Hiking Trip Tip. Ask them to discuss the tip and help each other understand the vocabulary and the message. Next, ask the group to create a skit to teach the other groups their tip. Once each skit is complete, give a blank sheet of paper to each of the other groups and have them write one sentence or phrase that best describes the essence of the tip just acted out. Read them aloud and the actors of that tip will decide which group has it most succinctly and will award a small prize. This will continue until all 7 skits have been completed. Ensure all students get a full copy of the Hiking Trip Tips.

Optional Activity or Homework Activity: Each student can prepare a short newspaper article about their tip. Have students correct their partner's writing. Partners select which one, from each group, will be sent to their student newsletter/blog/other social media/ or posters for the school.



Activity #2 – Hiking Trip Tips

Cut the sheet below and give one Hiking Trip Tip to each small group. If your group is smaller, give a few tips to each group.

Hiking Trip Tips #1 – *Pick the Appropriate Hike*

It is important to select a destination that matches the goals of your group. Is it a nice walk to a lake, a strenuous hike to a mountain top or a fishing trip? Make sure that you know the skills and abilities of all your group members.

Hiking Trip Tips #2 – *Plan Ahead and Prepare*

It is important to plan ahead so that you have the best experience possible, and keep yourself safe. It is important to gain knowledge of the area you plan to visit. Consult hiking books, websites, or ask friends for their experiences. Prepare for the weather by checking out the weather reports before you go and see if there are any trail restrictions in place.

Hiking Trip Tips #3 – *Select Appropriate Equipment and Clothing*

Your activity will be much more enjoyable if you choose your equipment and clothing for comfort and safety.

Hiking Trip Tips #4 – *Reduce the Weight of your Pack*

You can increase the enjoyment of your day by making sure what you carry on your back for the day is not too heavy. Consider each item before you place it in your pack. By reducing the trash, you reduce the weight of your pack. Repackage some of the food – your pack will be lighter and you will lessen the chance of leaving some of your trash behind.

Hiking Trip Tips #5 – *Tell Someone your Plan*

Now that you have made a wonderful plan with lots of thought and preparation put into your hike, ensure you let someone know where you are going and when you plan to return from your outing. That way, if you run into trouble, someone will be able to alert authorities to assist you and your group.

Hiking Trip Tips #6 – *Stay on Maintained Trails*

The goal of backcountry travel is to move through the backcountry while avoiding damage to the land. Travel damage occurs when surface vegetation or communities of organisms are trampled beyond recovery. Backcountry travel may involve travel over both trails and off-trail areas. It is better to have one well-designed route than many poorly chosen paths. Good surfaces to travel on include rock, sand, gravel, ice, snow and dry grasses. Walk single file in the middle of the trail, even when wet or muddy.

Hiking Trip Tips #7 – *Leave What you Find*

It is important to preserve the past so look at it closely, take a picture of it, but do not touch. Leave rocks, plants, flowers, and other natural objects as you find them.

Hiking Trip Tips #8 – *Take What you Bring*

Pack it in, pack it out – don't leave anything behind. That includes toilet paper and hygiene products. Reduce litter at the source by repackaging food and getting rid of excessive packaging before you go.

Hiking Trip Tips #9 – *Respect Wildlife*



parks canada.gc.ca parcs canada.gc.ca

Observe wildlife from a distance and don't follow or approach them. Be sure to never feed animals because it damages their health and their natural behaviors which can make it dangerous for them and for you. Make sure your pets are controlled at all times or leave them at home. Avoid wildlife at sensitive times.

Hiking Trip Tips #10 – *Be Considerate of Others*

Allow everyone to enjoy the outdoors by showing courtesy to other visitors. Excessive noise, unleashed pets and damaged surroundings take away from everyone's experience. The size of your group can also affect the enjoyment of others so break a very large group into smaller groups. Move to the side of the trail to let horses pass.