

# Resource Seminars

## Hiking With Children

National Park Service  
U.S. Department of the Interior

Shenandoah National Park  
Education Division



### Program Description

#### *Hiking With Children*

Saturday, June 19, 2010

Seminar runs from 10:00 a.m. to noon

How do you prepare for a hiking adventure with your children? What do you wear? What should you pack? What are the essentials for a fun and safe adventure? Here is your chance to learn from the experts. Join Jeff Alt, hiking expert and author of the award-winning *A Walk for Sunshine* along with park rangers for a fun and informative event to learn firsthand how families with children can experience nature together using the trails in Shenandoah National Park. Jeff will provide tips on essential gear, types of clothing, trip planning, food, hydration, safety and how to keep the kids entertained. This seminar will provide you with the knowledge and inspiration you need to plan a hiking/walking and/or camping outing with your children. Recommended for parents, teachers, and children of all ages, including toddlers. Come prepared for a short hike. Children must be accompanied by an adult. The seminars will be held rain or shine.

### Registration

*Hiking With Children* is FREE with your paid park entrance fee. Reservations are requested. The seminars will be held from 10:00 a.m. to noon beginning at Byrd Visitor Center (Milepost 51 on Skyline Drive).

To register, visit Shenandoah National Park's website:

[http://www.nps.gov/shen/planyourvisit/resource\\_seminars.htm](http://www.nps.gov/shen/planyourvisit/resource_seminars.htm)

For more information, contact the park's Education Office:

Email: [shen\\_education@nps.gov](mailto:shen_education@nps.gov) or phone: 540-999-3500, ext.3489

### Resource Seminar Series

Resource Seminars are designed for those who want to get to know their national park a little more personally. Seminars provide a more in-depth experience to learn from scientists, researchers, educators, and other experts about resource issues and recreational opportunities in Shenandoah National Park. The Shenandoah National Park Resource Seminars are co-sponsored by the Shenandoah National Park Association and ARAMARK, the park's official concessioner.