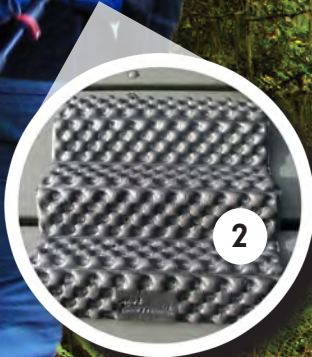




HIKING IS A YEAR-LONG ACTIVITY ON VANCOUVER ISLAND. OUR TRAIL GUIDE RYAN SHOWS US WHAT'S IN HIS BACKPACK AND WHAT WE NEED TO HAVE FUN WHILE STAYING WARM, DRY, AND SAFE:



HITTING THE TRAIL

ON THE WET

NATUR
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- 1 Write the number in the box next to the matching word that describes Ryan's hiking gear:

a headlamp
a walking stick
a sit-upon
a toque
a bear bell
a GPS unit

What is the purpose of each item? Do you think these items are necessary?

- 2 True or false?

a. The "trailhead" is both the start and the end of the trail.

T	F
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b. A "silencer sock" is a very soft type of hiking sock.

T	F
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c. "Standing water" is creek water that is safe to drink.

T	F
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d. If a piece of clothing "wicks", it is not good to wear hiking.

T	F
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A "toque" is a classic Canadian fashion item. What are three words that rhyme with "toque"?

Hint: a place on Vancouver Island with a good beginner's trail!

Ryan carries information about the things you might see along a trail, like bugs, birds, trees, and mushrooms. An expert who studies bugs is called an "entomologist". What are the other experts called?

Answers on page 27

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RYAN'S TIPS FOR SHARING THE TRAIL

- STAY TO THE RIGHT OF THE PATH
- WARN PEOPLE IF YOU ARE COMING UP BEHIND THEM
- DON'T MAKE YOUR OWN TRAIL
- PACK OUT EVERYTHING YOU PACK IN

COAST

BRITISH COLUMBIA'S WEST COAST IS MAINLY
PACIFIC TEMPERATE RAINFOREST. LOCALS
SOMETIMES REFER TO IT AS
"THE WET COAST"!



“What is the appeal behind spending hours on end...walking? Why do I enjoy taking a route I've never tried? Why does time alone in nature centre me, but time alone at home can make me lonely? Why do I hike?

It's simple, really: it just feels good. Not having my cellphone distracting me by buzzing with (mostly) pointless updates feels good. Fresh air in my lungs and sunshine on my shoulders feels good. Getting my heart working and endorphins rushing as I push myself up a steep hill feels good. Rain on my skin, wind in my hair, spiderwebs in my face...well, most of it is great!

There's a chance I'm addicted to nature, but I won't be looking for a cure anytime soon.

—RYAN LEBLANC

Trail Guide, Owner/
Operator of THE
NATURAL CONNECTION

HIKING WITH RYAN

ESSENTIAL GEAR?

*Water, a waterproof jacket,
gloves, a headlamp, a watch.
My GPS unit.*

GOOD TRAILS FOR BEGINNERS?

*Francis/King Regional Park,
Thetis Lake, Witty's Lagoon,
Alyard Farm Trail at East
Sooke Park. Francis/King is
also wheelchair accessible.*

NEWBIE MISTAKES?

*Not preparing adequately
(especially when it comes to water),
clothing and shoes, and timing. If
you've never done the trail before,
you don't know what to expect,
so prepare for anything!*

WHAT'S NEXT?

*Helping more people
connect with our natural world and
the amazing walks and hikes
on Vancouver Island!*

