

# Hiking Resources for Families

## Connecting the Next Generation

- [Hiking with Kids](#)
- [Families Go Hiking](#) and more eNewsletters
- [Youth Programs](#) - Day work parties (10 yrs and up), Youth Ambassadors (high school students), Youth Volunteer Vacations (14-18 yrs old), Educators Program
- [How to Start an Outdoors Club at Your School](#) - Students creating outdoor opportunities

**Go Outside** - How to find and plan for a great hike. A sampling of resources below.

- [Hike Finder Map](#) - see search tools above map, zoom in or out, click and drag map to recenter, click on blue and white trail balloons to pop out sidebar synopsis, click side bar to view full trail page
- [Hiking Guide](#) - search trail page content (not Trip Reports) for trail(s) by name--or by region, feature, pass, or multiple parameters
- [Trip Reports](#) - searches Trip Report content shared by the hiking community
  - [Help a Hiker: Write a Trip Report](#)
  - [How to Write a Trip Report That Helps WTA and Land Managers](#)
  - [My Backyard](#) and [My Neighborhood](#)
  - [My Backpack](#) - file and find your Trip Reports, photos, Save a Hike, work parties
- [Trail Smarts](#)
  - [New to Hiking](#)
  - [Right of Way on Trail](#)
  - [Staying Found](#)
  - [How to Poop in the Woods](#)
  - And [more](#)

## **Health**

- Volunteer opportunities: [WTA](#), [King County Parks](#), [Mountain to Sounds Greenway Trust](#)
- [Mind and Body: What Hiking Does for Your Mental and Physical Health](#)
- [Using Science to Make Getting Outside Easier](#)
- [The Mental, Emotional, and Physical Benefits of Nearby Nature](#)
- [Time for Self](#)
- [Science Says Building the Outdoors for Kids is Better for Everyone](#)
- [How to Enjoy Hiking More Through Conditioning](#)

**Trails for all ages** - Lake Washington School District and nearby

- [Evans Creek Preserve](#)
- [Big Rock Trail](#)
- [Lake Hills Greenbelt](#)
- [Coal Creek](#)
- [Tolt-MacDonald County Park](#), Carnation
- [May Creek](#), Newcastle