

October 2009



Get active on a family scavenger hunt

Looking for a fun family outing? Try an “active” family scavenger hunt at one of York Region’s amazing trails, or at the Regional Forest! To find a trail located near you, visit www.yorktourism.com, and click on “plan your visit” > “outdoor activities” > “take a hike!”



Design your scavenger hunt by listing items for everyone to find while hiking on the trail. You can have a competition, or make it just for fun.

Here are a few ideas to put on your list:

- Find a/an: oak leaf, seed pod, woodpecker hole, dead log, good home for a squirrel, fern that’s longer than your arm, tree that’s too big to fit your arms around, tree that you think is younger than you, cone from an evergreen tree...
- Find something: smooth, scratchy, round, that an insect has eaten, that flies, that’s rotting, that would be good food for a deer, that crawls, that would be good food for a mouse...
- Look for three different colours (not including green and brown!), or your favourite thing...
- Bring a thermos of hot chocolate to enjoy after your hunt.

Plan your active family scavenger hunt today!

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**