

**Physical Conditioning:** The Lake hike is a great excuse to get your students in shape! Integrate walking, jogging, or even square dancing to prepare these new naturalists for their journey.

Students visiting Sly Park for a full week will be able to hike on trails that vary in length and steepness. Some hikes are about a mile, a few hikes are more than two miles, and one hike is over 5 miles! In order to have students prepared for the walking and learning that takes place on our trails, Sly Park has some suggestions for teachers, parents, and students. To begin with, adult chaperones, visiting teachers, and all students should be walking and exercising on a regular basis before a visit to Sly Park. We suggest that every participant be able to walk at a steady pace for one mile 2 months prior to their visit. One month prior to visiting, participants should be able to walk at a steady pace for 2 miles, with a goal of walking for three miles at a steady pace one week prior to visiting Sly Park.

One of our many goals at Sly Park is to learn about the earth and its environments. Students who are unable to complete hikes will miss part of a planned hands-on curriculum covering California State Science Standards in grades five and six. While possible to learn the missed curriculum in books or in a classroom, the rich teaching and learning that takes place on our trails has real-world meaning for all participants. Please help all students who are able to do so prepare and “be ready to hike”!