

## About the Sponsors



Halton Healthy Community Fund- the Region of Halton sponsors the development and implementation of programs and services that improve or enhance the quality of life for Halton residents of through the Halton Healthy Community Fund. The Kicking it up on the Trails appreciates their support.

Phone: 1-905-825-6000 ext 2511



Ministry of Tourism and Recreation -Active 2010

The Ministry of Tourism and Recreation sponsors programs that assist people of all ages in Ontario to get out and get active. The Kicking it up on the Trails Program appreciates the support of the Active 2010 Communities in Action Fund.

Phone: 1-416-326-9326



The Ontario Trails Council promotes the development, management and use of recreational trails in Ontario. The Kicking it up on the Trails program is its first Youth Program and is a model for all communities and trail organizations to utilize. Phone: 1-877-668-7245



The Ontario Trillium Foundation supports healthy communities and provides funding to community groups and other organizations in order to promote physical activity and recreation in Ontario. Phone: 1-800-263-2887

## Teach students about Outdoor Activity by using Local Trails

Get out and learn more about nature and teach students about how to get along and enjoy trails activities. A skill they can use their whole life.

Bring your grade 6-8 class and participate in Halton Region's newest outdoor education program- "Kicking it up on the Trails." Jointly implemented throughout Halton by the Conservation Halton and The Willow Park Ecology Center; this trails safe program promotes enviro-ethics, map reading, basic orientation skills, with an emphasis on respect for nature and others.

We are offering up to 47 outdoor sessions from April to June 2005, accommodating single class sizes up to 30 per session. These day sessions are provided between 10-2:30p.m.

All sessions are taught by trained outdoor education teachers and facilitators. Our request is that teachers contact the local organization of their choice to determine availability.

### Locations of Implementation:

Conservation Halton – Mountsberg Wildlife Center, 2259 Milborough Line, Campbellville, ON. L0P 1B0  
1-905-854-2276 [www.conservationhalton.on.ca](http://www.conservationhalton.on.ca)



And

Willow Park Ecology Center Located off of Mary Street on Hwy. 7 in Norval, Ontario, Canada, west of Brampton and East of Georgetown, Ontario. 1-905-702-9055  
[www.willowparkecology.com](http://www.willowparkecology.com)

# Kicking it up on the Trails



# All about the Kicking it up on the Trails!

Kicking it up on the Trails is a day program offered in conjunction with outdoor education organizations of Halton Region. Working with Conservation Halton and the Willow Park Ecology Center, we are providing an opportunity for teachers to get children outdoors to learn enviro-ethics while experiencing physical activity.

The Kicking it up on the Trails program teaches Grade 6-8 youth awareness of



the values of land conservation, orienteering, enviro-ethics, and appreciation of outdoor settings through outdoor experience.

The core focus builds on existing youth activity of walking, hiking, bike riding, family activity and the use of parks or green space.

Kicking it up on the Trails focuses the use of these spaces and activities in a safe and shared way by teaching the best use of these areas and activities.

In this way when the youth are in the environments, they will be conscious of the need to keep these areas clean, keep them safe for the next person and develop some stewardship skills for the land.

## Core Program Elements

There are four core elements to Kicking it up on the Trails:

- ▢ Orienteering
- ▢ Enviro-Ethics
- ▢ Trail Behaviour
- ▢ Trail Activity

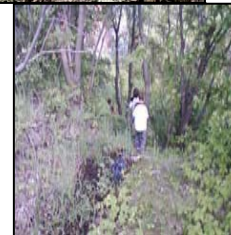
### Orienteering

- Students receive sessions in map reading and basic orienteering.
- Map reading enables their ability to find their way around the grounds
- Orienteering provides students with an introduction to direction locating and routing in the wilderness



### Enviro-Ethics

- Students learn about the environment use tools designed to protect and preserve it
- Students practice environmentally safe activities by practicing carry in carry out techniques.
- Participants learn environmental protection by practicing clean-up techniques



Supported by the Halton District Public School Board

### Trail Behavior

- Students receive lessons in trail etiquette, how to share the trail.
- Youth view a trail etiquette video and situational learning allows them to practice positive trail use interactions.



### Trail Activity

- Participants learn how to stay on the trail, avoid off-trail use and reduce their trail "footprint"
- Students practice trail activities in a safe hiking, group walks, joint cycling and trail environment protection.

## Program Advantages!

By taking the time to get your class into the environment you are actively breaking the bonds of sedentary lifestyles. The Kicking it up on the Trails program is an initiative that exposes youth to the outdoors.

In order to register your class for this program check with your school administration for transportation options.

Check with the Program Deliverers on the reverse middle panel to arrange a date and time for your class to attend.