



**I can go hiking on a trail at  
Mount Rainier National Park.**





Hiking is a fun way to see plants and animals.

Maybe I will see a deer or a squirrel.

Maybe I will hear birds.



Before I get to the trail,  
I can pack water and a snack.  
I can pack sunglasses.

I can get a map of the trail  
from the visitor center.



The trail could be bumpy.  
There might be stairs.

I can go slow and be  
careful where I step.



I can follow my friends or family on the trail.

We can read the signs to learn information about the trail.



I may see signs that say 'stay on the trail'.

I will not step off the trail onto the plants and flowers.

When I stay on the trail, I help plants and flowers to grow.



There might be big trees in the forest.

If I want to, I can touch the trees that are right next to the trail.



I may see rivers of water or waterfalls.

Sometimes water can make a loud rushing noise. I might hear it.

I will stay safe and not get close to the rushing water.





There might be other people on the trail.

I can let them pass by me.

We might say hi to each other if we want.



I may get tired.  
I can rest and take a break.  
I can stop and look around.

I can drink my water  
and eat my snack.



When I am done walking on the trail, we can go back to the car.

I did a great job and feel proud of myself.

**I hiked the trails at Mount Rainier National Park.**