**Staying Found Route 4 Swamp Foot

Trail waypoints:** High Point TH – S on Bus Tr to Nook Trail--Talus Rock Loop-W on Section Line--N on Bonneville – W on Swamp Tr to Big Tree—W on Big Tree to Brink—NE on Brink – E on Swamp Trail – High Point TH.

| Students should demonstrate situational awareness by answering the following 5 questions during the hike: 1. Where are you?
2. Where are you going?
3. What route will you take to get there?
4. How long will it take?
5. What do you expect to see along the way?
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**Map Review Questions**

1. What is our elevation at the trailhead?
2. What is the total mileage of the hike?
3. What is the total elevation gain and loss?
4. What is the peak elevation of the hike?
5. At a pace of 1.5 miles per hour, how long will it take us to do this hike?
6. If our pace was slower than estimated, what are ways to shorten the hike?
7. What direction will we be walking to get to the Nook trail?

**1-Nook Trail**

1. What is the elevation of the intersection of Bus Trail and Nook Trail?
2. What is the distance along Nook Trail to the intersection with Talus Rocks Loop?
 How long will it take at 1.5 mph pace?
3. What is the terrain like?
4. Note the time at the beginning and end of the trail. Was your estimated hiking time accurate?

**2-Section Line TRAIL**

1. What is the starting elevation at the intersection of Section Line and Talus Rock?
2. What will the terrain be like?
3. At 1.5 mph pace, how long will it take to get to the next intersection?

**3-Bonneville Trail**

1. Using compass and visual cues, how do we know which trail is the Bonneville Trail and which isn't?
2. How many intersections will we walk through until we turn?
3. Without reading signs, how can we tell we're at the intersection with Puget Power Trail?

**4- Big Tree**

1. Check the time. Are we progressing according to our estimate? Should we do a shortcut?
2. Take a bearing in the direction of the Big Tree Trail. What direction is it going?

**5-Brink TRAIL**

1. Standing at the junction of Big Tree and Brink Trails, what direction are you facing when looking up the Brink Trail?
2. What is the handrail of the Brink Trail?

**6-Swamp Trail**

1. The intersection with the Brink and Swamp Trail isn't conforming to the map. What cues do we use to help us find the Swamp Trail?
2. What direction do we want to take on Swamp Trail? [East/SE]. What handrail do we use that helps us know we're going in the right direction? [Noise of I-90]

**FINAL REVIEW:**

1. How well did your plan from the map match your expectations for each section?
2. When you were off, what was the typical reason?
3. What were the most useful pieces of information you found from the map and terrain?
4. What are your most important take-aways from this exercise to use on your next hike?