



TRAIL COMPANION JOURNAL

Observation prompts, sketch pages, and reflection activities for any Read & Hike Idaho trail.

HOW TO USE THIS JOURNAL



1. PICK A TRAIL

Choose a trail and set your plan.



2. PAUSE AND NOTICE

Look around and use your senses.



3. SKETCH OR WRITE

Draw, jot notes, or answer prompts.



4. SHARE WHAT YOU DISCOVERED

Reflect, connect, and inspire others.



WORKS WITH ANY HIKE

- 📍 Lake Creek Trail
- 📍 Fall Creek Trail
- 📍 Fourth of July Lake Trail
- 📍 Titus Lake Trail
- 📍 Yellow Belly & McDonald Lakes Trail



INSIDE THIS JOURNAL



Trail Log



Five Senses
Check-In



Scavenger Hunt
& Sketch Space



Reflection &
Story Map



READ. HIKE. CONNECT.

Stories in books. Adventures outside.

Find more trail guides and book ideas at

readandhikeidaho.org





Fill this out before or after your hike.




 Trail: _____

 Date: _____

 Weather: _____

 Who came with me: _____

 One word for how the trail felt: _____



MY HIKE GOAL TODAY

- Notice three new things
- Find a quiet place
- Read beside the trail
- Stop and rest
- Other: _____



QUICK SKETCH OF THE TRAILHEAD OR FIRST VIEW



1 Five Senses Check-In

Pause, listen, look closely, and write down what you notice.



I see



I hear



I smell



I feel



I wonder

2 Trail Scavenger Hunt

Circle, check, or draw what you found.

Something shaped like a circle

A bird sound

A plant with tiny leaves

A rock with more than one color

A safe animal sign like track, feather, nest, or scat

Moving water or a sign of water

A place where shade changes the temperature

Something that shows the season

A trail sign or marker

A place to sit and rest

A texture that feels rough

A leafy or dry old leaf



Favorite Find

I found:

It made me think of:





FIELD NOTES & SKETCH PAGE



Draw one trail detail and describe it like a scientist, artist, or storyteller.



Object or place observed:

Colors I noticed:

Shapes or patterns:

Tiny details:

My question:



READ & HIKE REFLECTION

Connect your book, your hike, and your story.

Book title:

Author:

Where did we read?

Favorite page or part:

Trail-book connection:

Trail-to-self connection:

Question to keep wondering about:



TRAIL STORY MAP

Tell the story of our adventure in three parts.

Beginning:
We arrived
and saw...

Middle:
We stopped
to notice...

End:
We left
thinking....

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TRAIL STORY SENTENCE

Today we read, hiked, and wondered about



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