

CAPITAL TRAIL ACTIVE SCAVENGER HUNT

Take a photo of your adventure and use
#CapTrailAdventure

What to look for:

- Bench
- Cyclist
- Pine cone
- Dog
- Runner
- Trail Rules
- Gumballs
- Skater
- Bird
- Bike Repair Station
- Blooming flowers

What to do:

- Skip
- Jump
- Arm Circles
- Air Guitar
- Jog
- Butt-Kickers
- Jumping Jacks
- Touch your toes
- High Knees
- Air-Five
- Best dance move

***Do each activity for
8 seconds***