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Children & Nature Family Road Trips

Get Outside and Play

Some of the fondest childhood memories for people of all ages are those of time spent in nature: building tree houses in the backyard; skipping stones on the waters of a nearby creek; and hiking through the woods, purely for the joy of being outdoors.

At Travelocity, we recognize that today's children suffer from nature-deficit disorder as a result of a largely technology-driven world. Through [trip ideas](#), environmental education, and travel inspiration, we are working together with MasterCard™ to reconnect our children with nature: because everyone should form a bond with the great outdoors that creates memories that go far beyond a computer screen.



"Nature-deficit disorder...describes the human costs of alienation from nature." - Richard Louv, Last Child in the Woods

Family Road Trips



To help your family find adventure in the outdoors, we partnered with *National Geographic Kids* to take you on a journey across America's scenic landscapes. [See all trip ideas.](#)

Spotlight on the Pacific Northwest
Perfectly positioned along Washington's coast, Olympic National Park provides a scenic start to your onward journey. [Learn More](#)

Click on *National Geographic Kids*-approved pit stops to get insider tips on where to find bug-eating plants in Georgia, which hikes are the most kid-friendly at Arizona's Red Rock State Park, [and more.](#)



Earn your school money!

Book your vacation on Travelocity School Rewards

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Volunteer Outside with Your Kids



- Unplug the kids for a day and get outside to improve local public lands at a Take Pride in America volunteer event near your hometown. [Learn More](#)

- Teens can get their hands dirty studying global warming, get up close and personal with dolphins and whales, and explore the world's wildest places on a Teen Team expedition. [View these Earthwatch trips.](#)



- This vacation, try something new. Book a [volunteer vacation](#) with the American Hiking Society and introduce your kids to service and Mother Nature. Plus, learn how you can participate in [National Trails Day](#) - June 6, 2009.

"The retreat indoors for many American children has environmental advocates worried that children becoming adults for whom conserving the environment isn't a priority." - The National Health, October 2007



[IgoUgo travelers recommend](#) the best national parks for you and your kids to reconnect with nature.



Explore nature and the great outdoors with editors of [Travelocity's blog.](#)

The Facts

- Bike riding has decreased by 30 percent over the past few decades.
- In a typical week, only 6 percent of children ages 9-13 play outside on their own.
- Children at 8-years-old can identify 25 percent more Pokemon characters than wildlife species.
- Youths between the ages of 8 and 18 spend more than 45 hours a week with electronic media.
- Obesity in children has increased from about 4 percent in the 1960s to close to 20 percent in 2004.
- 70 percent of the mothers reported playing outdoors every day when they were young, compared with only 31 percent of their children.
- Free play and discretionary time declined nine hours a week from 1981 to 2003.
- 71 percent of adults report that they walked or rode a bike to school when they were children, but only 22 percent of children do so today.

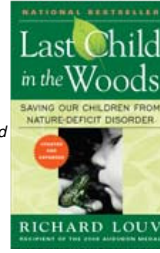
Source: [Children & Nature Network](#)

Richard Louv's Nature Tips

Be a cloudspotter. Only a sky-view and a guidebook needed. Cirrostratus, cumulonimbus or lenticularis are all part of "Nature's poetry" according to Gavin Pretor-Pinney in his book *The Cloudspotter's Guide*. [See more great tips.](#)

About Richard Louv

The recipient of the 2008 Audubon Medal and author of *Last Child in the Woods*, Richard Louv was the first to give name to a phenomenon we all knew existed but couldn't articulate: nature-deficit disorder. Since its original publication, *Last Child in the Woods* has created a national conversation about the disconnection between children and nature, and Louv's message has galvanized an international movement. [Find out more.](#)



One Family's Adventure

Rainer Jense, *National Geographic Kids* Vice President and Publisher, set off on a year-long, round-the-world journey with his wife and two sons, and he'll be [blogging about his trip](#) the entire time.



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[Yosemite National Park photo by ipeterson424](#)

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