

Kids Quest



Rocky Mountain National Park

The Rocky Mountain National Park lies in northern Colorado. It is thought to occupy 1,040 square kilometers of land. The park offers magnificent hiking trails that include alpine lakes, flower-studded valleys, and summer assaults which can be challenging even for expert climbers. Every year it attracts more than 3 million visitors. It is the highest park in the United States.

Grand Canyon National Park

A giant, colorful canyon bakes under a hot sun in Arizona. Carved over millions of years by the Colorado River that flows through its base, the Grand Canyon is up to 6,000 feet deep (meaning that in some places, it's big enough to fit 19 Statues of Liberty stacked on top of each other!) The floor of the canyon has a diverse landscape, featuring dried up desert areas that can heat up to 120°F as well as forests where temperatures sometimes drop to minus 20°F.

Yosemite National Park

Yosemite National Park is an American national park in California, surrounded on the southeast by Sierra National Forest and on the northwest by Stanislaus National Forest. Yosemite is internationally recognized for its granite cliffs, waterfalls, clear streams, giant sequoia groves, lakes, mountains, meadows, glaciers, and biological diversity. Almost 95 percent of the park is designated wilderness.

Olympic National Park

Formed in 1938, Olympic National Park includes rivers and peaks in addition to forestland. But Hoh Rain Forest may be the park's most extraordinary attraction. Like tropical rain forests, temperate ones get a lot of rain. Hoh Rain Forest receives 12 to 14 feet of precipitation each year! This forest is a lively place. Scientists believe it may contain more living things per acre than any other spot on Earth. One of the animals that lives in the rain forest is kind of a big deal. It's the Roosevelt elk, the largest of the four remaining North American elk subspecies.

Glacier National Park

Glacier National Park is an American national park located in northwestern Montana, on the Canada–United States border, adjacent to the Canadian provinces of Alberta and British Columbia. The park encompasses over 1 million acres and includes parts of two mountain ranges, over 130 named lakes, more than 1,000 different species of plants, and hundreds of species of animals.

Yellowstone National Park

Straddling the states of Wyoming, Montana, and Idaho, Yellowstone was the first national park ever formed. Today Yellowstone – named for the Yellowstone River that cuts through the land – welcomes some three million visitors a year who come to camp, hike, and raft, as well as check out the park's amazing natural features and wild animals.

Members of the 27 tribes with connections to the park's land work with the National Park Service to help manage the park.



Cuyahoga Valley National Park

Cuyahoga Valley is the only national park in the state of Ohio and one of three in the Great Lakes Basin, with Isle Royale National Park in Lake Superior and Indiana Dunes National Park bordering Lake Michigan. Cuyahoga Valley also differs from the other national parks in America in that it is adjacent to two large urban areas and it includes a dense road network, small towns, four reservations of the Cleveland Metroparks, eleven parks of the Summit Metro Parks, and public and private attractions.

Acadia National Park

Acadia is one of the country's smallest national parks, but it packs in a lot of sites! The park boasts rocky beaches, wetlands, spruce-fir forests, and granite peaks. One of Acadia's major highlights is the 1,530-foot-high Cadillac Mountain, the tallest point on the eastern coast of the United States. Another is Thunder Hole, a semi-submerged cave off the coast of Mount Desert Island where crashing waves sound like bolts of thunder.

Great Smoky Mountain National Park

Great Smoky Mountains National Park, straddles North Carolina and Tennessee. With roughly 1,500 resident black bears, the area has been dubbed by some as "black bear country." The range was named for the smoke-like fog that hangs over its forested peaks. In addition to black bears, the region is home to over 60 mammal species, some 200 varieties of birds, and around 80 kinds of reptiles and amphibians. Types of fireflies that time their flashes so they light up in unison also live here.

Hot Springs National Park

Hot Springs National Park in Arkansas contains 47 hot springs, or geothermal pools that spout up from inside the Earth. At 5,550 acres, Hot Springs National Park is the smallest national park in the United States. Today you can still visit the one bathhouse that remains in operation at the park. (People aren't allowed to take dips directly in the springs.) You can also drink the spring water from special fountains around the park. And don't worry about burning your tongue. When the water flows from the ground into the pools, it's a sizzling 143°F on average. But it cools before reaching the park's baths and fountains.

For more information

785-623-5900

wellnesscenter@haysmed.com