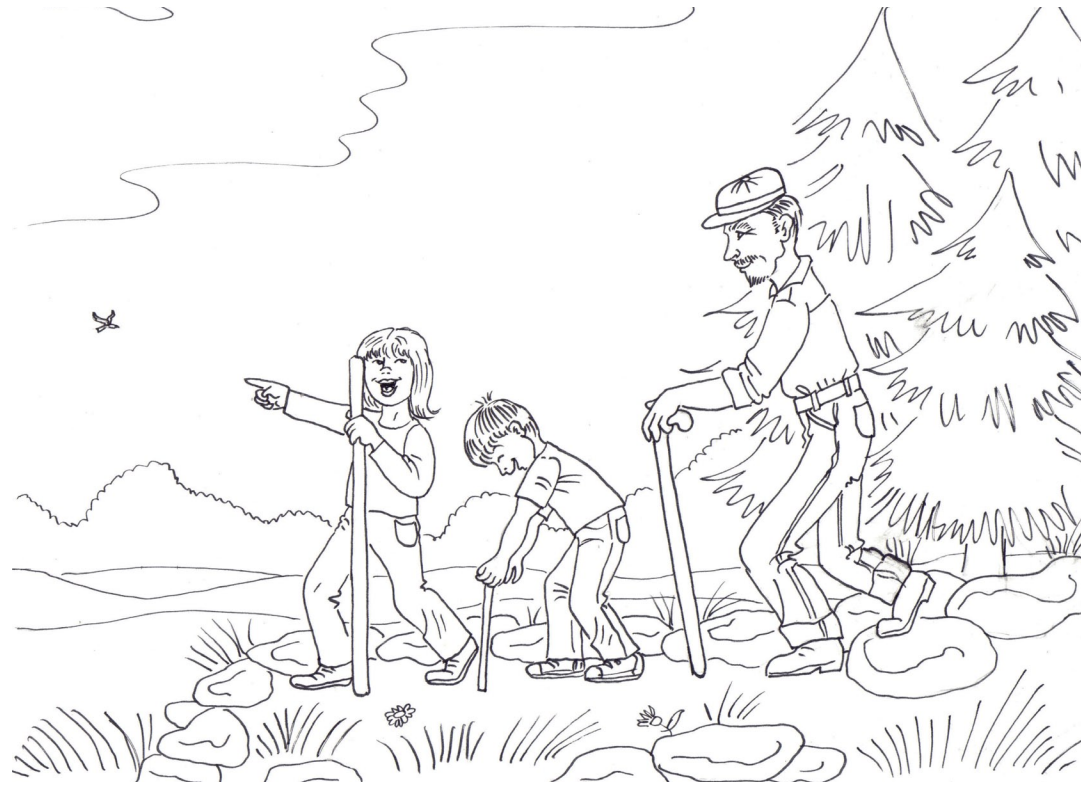


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A Walking Stick



If you go hiking, it is nice to have a walking stick. A walking stick is kind of like a cane. It is a large stick. It may have a knob on the end. It may have some grooves where you can rest your fingers and thumb. You will want to make sure that it is the right size for you. It will be hard to hold if it is too tall. If it is too short, you will have to bend over. A walking stick can help you get around tricky spots on a trail. You can use it to poke the ground to see if it is muddy. You can use it to walk up steep steps. It can help you move easier. Some people make fancy walking sticks. They carve the wood. Other people just find a big tree branch. It does not really matter what it looks like. A walking stick is helpful.

