

Exploring Arches National Park

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Red-Rock Adventure

For vacation, my family went to Arches National Park in Utah. Before we left, my parents taught me some important hiking rules.

The first morning, we packed sunscreen and lots of water! I wasn't happy about carrying such a heavy backpack, I thought.

By noon, the desert sun was blazing. That's when I understood why we packed all that water.

During our hike, we saw a small group of tourists sitting by the trail. My mom asked them what had happened. They'd run out of water, so we shared ours. In conclusion, I was glad to help and it also lightened my backpack!



Be Smart, Be Safe!

Hiking in the desert should be fun. However, it's important to follow these safety tips:

- Bring lots of water.
- Use sunscreen and reapply often.
- Wear proper clothes, shoes, and a hat.
- How far can you really hike? Remember, you have to turn around and hike back!
- Use a map and compass to know which direction you are going.

Forming of Arches

Millions of years ago, Arches National Park was a dry, flat seabed. Sandstone was buried deep below the surface. Sandstone is formed by the heavy layers of earth that sit on top of sand. Over time, the grains of sand stuck together like glue.

When the earth moved, the sandstone pushed up to the surface. Water seeped into the uncovered sandstone. The water froze, expanded, and then thawed, causing pieces of sandstone to break off. Wind and gravity also carved away the sandstone to create the formations you see today.



Nighttime at Arches

During the daytime,
The park's quite a sight.
But the real fun begins
When day turns to night.

As the sun set,
The sky turned to black.
I reached for my flashlight,
But Dad said, "No, Zack!"

"Keep the light off,
And look up at the sky.
You'll see something new
If you use your night eyes."

We saw millions of stars.
We saw the Milky Way.
Arches is far better at night
Than it is in the day.