

OUR WORK: NATIONAL TRAILS DAY

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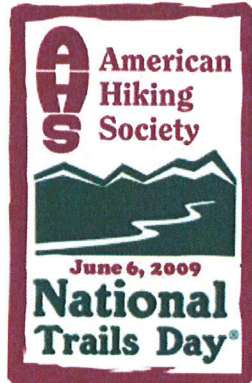
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GENERAL INFORMATION



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What is National Trails Day® and Why Celebrate NTD?

National Trails Day® is a celebration of trails that evolved from the report of President Ronald Reagan's President's Commission on Americans Outdoors. In 1987, the report recommended that all Americans be able to go out their front doors and within fifteen minutes, be on trails that wind through their cities or towns and bring them back without retracing steps.

The recommendation, dubbed Trails for All Americans, became the impetus behind several public and private parties joining American Hiking Society in launching National Trails Day® in 1993.

Trails do not just appear for our enjoyment, it takes many hours of planning, labor, and negotiating to develop them. National Trails Day®, the only nationwide celebration of trails, brings awareness to trails and thanks many people and partners for their support and hard work, including volunteers, land agencies, and outdoor minded businesses. It is also a day to introduce people to the many joys and benefits of trails.

Why Celebrate Trails?

America's 200,000 miles of trails allow us access to the natural world for recreation, education, exploration, solitude, inspiration, and much more. Trails take us to good physical and mental health by providing us with a chance to breathe fresh air, get our hearts pumping, and escape from our stresses.

The Outdoor Industry Association's annual Outdoor Recreation Participation Study for the United States 2006 reports that 72.1% of all Americans 16 and older (or 162 million people) participate in at least one of the 22 outdoor activities they track, which include: 76.7 million hiking; 13.5 million backpacking; 40.4 million trail running; and 10 million cross country skiing.

How do Trails Make You Healthy?

Trails give you the opportunity to get your heart pumping, lungs expanding, and muscles working at various levels of difficulty; improving your physical as well as mental well-being. With obesity rates skyrocketing, exercise is increasingly important, and trails provide a wide variety of opportunities for being physically active. Download and print for distribution the Centers for Disease Control and Prevention's Trails for Health and other fact sheets. [English](#) (PDF) , [Spanish](#) (PDF)

How Successful is National Trails Day®?

Since 1993, National Trails Day® has grown to inspire many thousands of people to enjoy trails on the same day nationwide. All 50 states have had events, as well as the District of Columbia, Puerto Rico, Canada, Guam and the Virgin Islands. National Trails Day® is now a permanent fixture on the calendars of trail clubs, businesses, and government agencies. With more than 1,100 registered events in 2007, greater awareness of trails was brought to thousands of people through dedications, hikes, bike and horse rides, paddle trips, trail maintenance, and many other activities. Event hosts included local hiking clubs, federal agencies, municipal parks, retailers, land trusts, and many other businesses and organizations.

Who are the Leaders of National Trails Day®?

National Trails Day® 2007 was made possible thanks to the volunteer efforts of American Hiking Society's individual and Alliance members as well as by the generous support of our Lead Sponsor - Nature Valley, Partners - Merrell, REI and Thorlo, Friends - Adventure Medical Kits, Eastern Mountain Sports, and Royal Robbins, and Media Sponsors - Backpacker magazine and American Park Network, as well as our Federal Agency Partners - Bureau of Land Management, Federal Highway Administration, National Park Service, USDA Forest Service and U.S. Fish & Wildlife Service.

How Can My Organization Get Involved In National Trails Day®?

[Download the 2009 NTD Event Organizer's Manual](#), plan and register the event on American Hiking's website, and work with American Hiking to ensure a successful day. If you have any questions or would like more information contact Heather Sable, Trail Programs Manager, at 301-565-6704 x 204 or HSable@AmericanHiking.org.

Does National Trails Day® have to be the first Saturday in June?

If your organization has a conflict with the first Saturday in June, plan your National Trails Day® event for a day or weekend that works best for you. No matter what day you choose, be sure to register your event with American Hiking Society; the national attention will draw more participants and media, and American Hiking Society will help you throughout the entire planning process.

FOR MORE INFORMATION

[Download the 2009 Event Organizer's Manual](#)

and learn step-by-step ideas, promotion strategies, suggested 'to-do' schedules, and more.

Print off any of our [fact sheets](#) for information on the health benefits of hiking, Leave No Trace, and trail/hiking safety.

Visit [Promotions & Partnerships](#) to learn how Girl Scouts can earn the "Get With the Land" patch and for information on the 2009 NTD contest.

Looking for a way to get your organization involved? [Join American Hiking Society](#) or [find an outdoor organization](#) to partner with on NTD.