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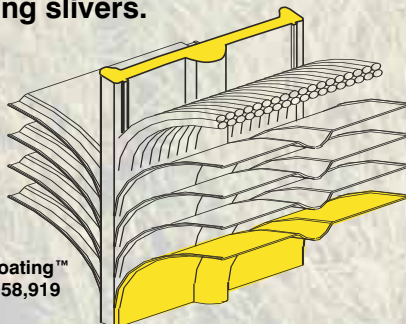
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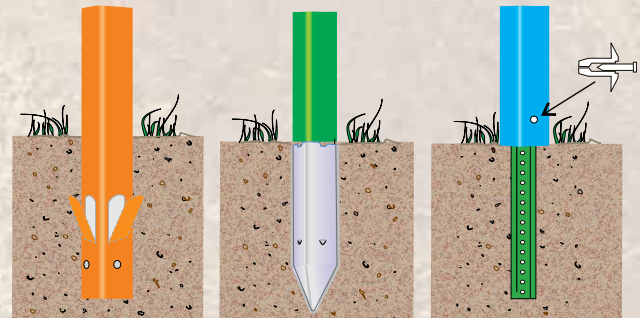


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American Trails

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American Trails Magazine

American Trails Magazine (ISSN 1082-8303) is the magazine of American Trails, the nonprofit organization dedicated to quality trails and greenways within 15 minutes of every American home or workplace.

Editor: Stuart H. Macdonald

Subscriptions are \$35 per year or free with membership—see page 31 for membership form.

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EDITORIAL

Outside Magazine taps American Trails as among the very best

We had a delightful surprise recently, opening the new issue of *Outside Magazine*. The popular outdoor recreation publication has called American Trails one of the top 30 organizations working to make this a better world. In the December 2011 issue *Outside* lists its 30 best—smartly managed groups in their guide for giving.

They looked at track records of success, efficient spending, and financial transparency in recognizing American Trails for its work as the "...advocacy group for planning, building, and managing trails and greenways." See "The Outside Magazine Guide to Fixing the World" top 30 for details about American Trails and 29 other organizations. To prepare this list the editorial staff of *Outside* polled other journalists and independent experts as well as putting a query out on Facebook and Twitter. They also considered ratings from Charity Navigator and others. Needless to say we were pleased to know *Outside* spotted American Trails when they went on their quest to find the best.

American Trails has always operated on the philosophy of collaborative leadership and partnering. This includes engaging and working with a number of the world's best outdoors advocacy organizations and government agencies. This has given us a diverse cross section of ideas, viewpoints, solutions, and resources. We also have the best, the brightest, and the most giving people among our membership and the trails community at large.

I also want to recognize our talented staff and Board. And a big thank you to all of our Symposium local partners, including the team in Arizona—helping us put together the April 2013 first International Trails Symposium—for their creativity, advocacy, and tireless help in putting on those events. We very much appreciate *Outside Magazine* for this recognition! You have both honored us and motivated us! All of us at American Trails pledge to continue and even redouble our efforts to live up to your recognition and deliver the benefits, resources, and services to the global trails and outdoor recreation community!

— **Bob Searns**, American Trails Chair

Identification Statement

Publication's title and number: American Trails Magazine (ISSN 1082-8303)

Issue date: November 30, 2011

Statement of frequency: Published three times a year

Authorized organization's name, address, phone number: American Trails, P.O. Box 491797, Redding, CA 96049-1797

Physical Address: 21750 Rolling Hills Drive, Palo Cedro, CA 96073 - Phone (530) 547-2060

Issue Number: Volume 40 Number 3

Subscription price: \$35 per year or free with membership

SUPPORTING TRAILS in CONGRESS



American Trails and other nationwide organizations are working together to support Recreational Trails, Enhancements, and Safe Routes to School programs as Congress debates federal transportation funding. The Coalition for Recreational Trails is a key group in defending funds for the Recreational Trails Program. See our Web page for more about supporting these vital federal transportation programs: www.AmericanTrails.org/rtp.

■ Trail funding still in jeopardy as Congress argues over transportation

Federal transportation funding is the big story for advocates of trails and facilities for walkers and cyclists. After a year of debate and veiled proposals from both houses of Congress, we still don't have a long-term transportation budget. Even worse, as we have pointed out all year, all of the programs we depend on are still threatened.

When Sen. Paul Rand (R-KY) proposed an amendment to divert the entire Transportation Enhancements program to bridge repair, advocates mounted a fight. On November 1 the Senate defeated the measure by a vote of 60 to 38. In September, an effort by Sen. Tom Coburn (R-OK) would have eliminated the requirement that states set aside transportation funds for enhancements. That proposal was withdrawn.

However, these well-publicized victories proved to be short lived. On November 9, the Senate Environment and Public Works Committee passed "Moving Ahead for Progress in the 21st Century" (MAP-21). The new bill eliminates dedicated funding for trails and bike/ped projects but maintains their eligibility. In other words, MAP-21 allows states to spend money on Recreational Trails, Enhancements, and Safe Routes to School, but no longer requires them to set aside funds for these programs.

The Senate bill was announced as a bipartisan effort by EPW Committee Chair Barbara Boxer (D-CA) and ranking committee member Sen. James Inhofe (R-OK). Sen. Inhofe said "We have a difference of philosophy about how much money we should spend on bike trails, highway beautification, and museums. I think the compromise we came up with is a very good one." Sen. Barbara Boxer expressed her support for the bike/ped advocates, but noted that "what brought us together was this notion that we could agree that the fund have more flexibility."

What's next for trails and transportation?

In the House, debate has focused on how to pay for programs while gas tax revenues decline, and some members have opposed trails and Enhancements funding. Democrats want to include \$50 billion in infrastructure spending in their version of the transportation bill. Republicans would include new infrastructure funding tied to revenues from expanding domestic energy production. Rep. John Boehner (R-OH) expects the House to pass a bill before the end of 2011.

For more information on the Recreational Trails Program and the status of federal transportation funding, visit www.AmericanTrails.org/reauth.html.

■ Taking action

Be ready to contact your members of Congress

Important actions will be taking place in Congress in the near future. As House and Senate transportation spending bills come to a vote we will be asking members of Congress to support specific amendments that maintain program funding for trails and bike/ped programs. Please be prepared to tell your Senators and Representatives how important trails are! We'll keep you posted.

Keep up to date on news about legislation and key programs at www.AmericanTrails.org/support.html.

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**Keep up to date on funding and legislation supporting trails:
www.AmericanTrails.org/support.html**



Gateway Trailhead at the McDowell Sonoran Preserve (photo by Bill Timmerman)

Arizona preserve features trails

The City of Scottsdale's McDowell Sonoran Preserve will be highlighted at the 2013 American Trails International Trails Symposium

**By Scott Hamilton, Preserve Planner,
CITY OF SCOTTSDALE PRESERVATION
DIVISION**

The Sonoran Desert is like no other place on earth. With an average rainfall of seven inches per year and maximum summer temperatures that can exceed 120 degrees Fahrenheit, you would expect an environment that is lifeless and desolate.

Your mind may conjure images of scrawny coyotes and roadrunners engaged in cartoon antics, with a backdrop of isolated, withering vege-

tation dotting a lifeless landscape of bare rock.

If you come and visit, you will find the exact opposite. The Sonoran Desert is teeming with diverse plants and animals, many of which are found nowhere else on earth. Many have developed unique adaptations that allow them to not only survive the extreme climate conditions, but to thrive.

The Phoenix Metropolitan Area, also referred to as the Valley of the Sun, or the Valley for short, lies within the northern region of the 120,000-square mile Sonoran Desert. The Fort McDowell Yavapai Nation, the site chosen for the 2013 International Trails Symposium, is located in the

northeastern corner of the Valley. Nearby communities include the Town of Fountain Hills, and the Cities of Scottsdale and Mesa.

The Tonto National Forest, totaling almost 3 million acres, lies to the east, and the 20,000-acre McDowell Mountain Regional Park, managed by Maricopa County, is located to the north. West of the County Park lies the City of Scottsdale's McDowell Sonoran Preserve. Combined, these areas are refuges for the unique plants and animals of the Sonoran Desert, and provide residents and visitors to the Valley unsurpassed recreational opportunities, including countless miles of trails, lakes, rivers, campgrounds, and more.

If you have not visited this area before, the 2013 International Trails Symposium will be a superb opportunity to experience all that it has to offer. If you have visited our area in the past, the Symposium is a terrific occasion to reacquaint yourself with the wonders of the Sonoran Desert, and to visit the many natural areas and recreational opportunities that have sprung up since you were last here.

One opportunity that has recently arisen is the City of Scottsdale's McDowell Sonoran Preserve. The Preserve, as it is known for short, is located approximately twelve miles northeast of downtown Scottsdale and eight miles west of the Fort McDowell Yavapai Nation. The Preserve contains the McDowell Mountains and surrounding foothills, and thousands of acres of undeveloped Sonoran Desert habitat.

The vision for the Preserve began in the early 1990s, spurred by the Scottsdale citizens through the non-profit McDowell Sonoran Land Trust (now the McDowell Sonoran Conservancy). In the 1980s, residential development began creeping into the foothills of the McDowell Mountains, alarming many people



Blooming hedgehog cactus with staghorn cholla behind (photo by Scott Hamilton)

who felt a personal ownership of the mountains and surrounding desert.

These were areas they had frequently visited and explored on foot, bike, and horseback, many beginning when they were young children. The common sentiment was that they did not want to see private development spread into these areas that were so important to them.

In 1995, the vision for the Preserve was galvanized when the Scottsdale voters approved a 0.20% increase to the City's sales tax for the purpose of purchasing land for permanent pres-

ervation. The planning boundary at that time contained the McDowell Mountains and surrounding foothills.

In 1998, the Preserve boundary was expanded to the north, encompassing a large area of Sonoran Desert studied by smaller mountain peaks including Cholla, Granite, Brown's, and Fraesfield Mountains. In 2004, the Scottsdale voters approved an additional 0.15% increase to the sales tax to purchase the lands within the expanded boundary. When complete, the Preserve will encompass 34,000 acres, equal to one-third of the City of Scottsdale's land area.

To date, the City of Scottsdale has permanently protected 17,000 acres of the McDowell Mountains and surrounding Sonoran Desert. The mountains, named for Civil War General Irvin McDowell, are comprised of a series of mountain peaks topping out at just over 4,000 feet above sea level. Since 2005, the City has constructed 60 miles of multiple-use (non-motorized) trails, and eight trailheads ranging in size from parking lots with 15 spaces and limited amenities, to the largest trailhead, known as the Gateway Trailhead.

The Gateway is centrally located to the Preserve and includes 300 passenger vehicle parking spaces, 12 horse trailer parking spaces, hitching rails, a water trough, restrooms, shade ramadas, drinking fountains, a small amphitheater for educational sessions, staff offices, and a maintenance facility. The Gateway is also home to the Bajada Nature Trail, a half-mile, barrier-free interpretive trail.

The Gateway Trailhead was awarded LEED Platinum certification by the United States Green Building Council, one of only a handful of facilities in Arizona to achieve this highest level of certification. The Gateway excels in water and energy efficiency, and was constructed with a significant quantity of recycled materials, dramatically reducing the

Continued on page 8



Amphitheater at the Gateway Trailhead (photo by Chris Brown)



Photovoltaic panels on maintenance building (photo by Bill Timmerman)

Arizona preserve

continued

facility's impact on the natural environment.

Building materials, window placement, and high efficiency HVAC equipment combine to create a building that is 65% more efficient than typical structures. Dual flush toilets and efficient fixtures save roughly 250,000 gallons of water annually compared to traditional systems. Approximately 50,000 gallons of rainwater are collected each year, providing 100% of the water that is used for landscape irrigation.

Building walls are comprised of rammed earth constructed with 95% site-salvaged soil and 5% Portland cement. The roof of the building is covered with site-salvaged native desert rock cobble, which allows it to disappear into the desert landscape when viewed from the mountains above. The building contains more than 30% recycled materials and 47% regionally produced materials. A photovoltaic power system produces 29,000 kWh per year, meeting 100% of the electrical power needs of the facility.

Most important to the visitors of the Gateway is the opportunity to access the many miles of trails within the McDowell Mountains. These trails

range in length and difficulty, from the quarter-mile, barrier-free Bajada Nature Trail with little elevation change, to the ten-mile loop created by the Windgate Pass and Bell Pass Trails with a total elevation gain of 2,000 vertical feet.

The most popular trail accessed from the Gateway Trailhead is the



Hikers on the Gateway Loop Trail (photo by Stuart Macdonald)

Gateway Loop Trail. The route from the Gateway Trailhead, around the Gateway Loop Trail and back, totals 4.5 miles with an elevation change of 650 vertical feet. The trail circles one of the lower peaks of the McDowell Mountains and crosses over a scenic pass known as Gateway Saddle.

Some sections of the trail give users the feeling of being isolated within the Sonoran Desert environment, while other portions provide fantastic views of the Phoenix Metro Area. Overall, the Gateway Trailhead at the McDowell Sonoran Preserve offers something for everyone. Come and experience it for yourself!

The McDowell Sonoran Preserve and the Gateway Trailhead are a short drive from the site of the 2013 International Trails Symposium. I hope to see you in 2013!

For more information on Scottsdale's McDowell Sonoran Preserve, go to www.ScottsdaleAZ.gov/Preserve. Scott Hamilton can be reached at shamilton@scottsdaleAZ.gov or (480) 312-7722.



The saguaro is the iconic cactus of the Sonoran Desert (photo by Bill Timmerman)



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Exterior of the Radisson Fort McDowell Resort

Symposium hotel reflects cultural heritage

Radisson Fort McDowell Resort

The Radisson Fort McDowell Resort was designed by the Phoenix office of LEO A DALY to complement the surrounding landscape and pay tribute to the Fort McDowell Yavapai Nation's rich cultural legacy. Blending Native American design elements with features emphasizing the Sonoran desert landscape, the resort fits in perfectly with its surrounding environment. Throughout the course of the project, designers worked closely with members of the tribe to ensure the resort honored Yavapai culture. Part of the design intent also was to educate visitors about the tribe and its traditions through numerous elements as well as the nearby mountains and rivers.

The Fort McDowell Yavapai, the "People of the Four Peaks," are one of three Yavapai tribes in Arizona. The Nation, which has lived and prospered in central Arizona

for thousands of years, was granted a 24,000-acre reservation 35 miles northeast of Phoenix in 1903. The Radisson Fort McDowell Resort was one of the tribe's most recent commercial ventures.

The soaring, four-story lobby that greets guests is flooded with daylight and provides commanding views. Woven mesh screens that hang from the ceiling add a sense of movement and drama to the space. Their cloud-like shapes and translucence lend an element of the sky to complement the earthy, stone finishes and flowing pathway that meanders through the lobby.

The outdoor experiences are tied together with a flowing landscaped pathway meandering through the site, which evokes the nearby Verde River, and is dotted with water features, artworks, and viewing terraces. Guests are introduced to the path at the porte-cochere, featuring a 12-foot metal sculpture by artist Gordon Mischke that references

the Yavapai's strong tradition of basket weaving. A variety of smaller Mischke metal sculptures are found along the winding path.

The exterior also includes several design elements that express Yavapai culture. The hotel windows alternate in composition from one floor to the next, mimicking basket weaving patterns. The cornice line's rich copper band illustrates the typical darker edge of a Yavapai basket colored from the native Devil's Claw plant.

The green of the Verde River and the red-purple of Red Mountain inspired the exterior colors of the hotel and conference center. Viewed from afar, the resort blends into the Verde River's distinct green background, while at a closer distance, the building is grounded with a lower band of the red-purple, evoking nearby Red Mountain. The property's naturalistic landscaping, as envisioned by Logan Simpson Design, is primarily composed of native

plants such as cactus and yucca to both connect to the desert setting and to contribute to its sustainability by minimizing watering requirements.

The hotel and conference center's interiors also include many allusions to the Yavapai culture and the surrounding land. Basket forms and textures were abstracted for custom designed carpets and wallpapers. The vibrantly colored Sonoran desert and plant life informed the color palette of the interior design with deep earth tones and vibrant shades of green. The Devil's Claw plant also provided inspiration for several of the wall sconce lighting designs. When it came time to provide names for rooms and facilities, designers sought the guidance of Yavapai elders.

For more information on the Radisson Fort McDowell Resort and the 2013 American Trails International Trails Symposium, visit www.AmericanTrails.org/2013.



Lobby of the Radisson Fort McDowell Resort

Generating public support for trails in Arizona

"Arizona's recreation leaders are enthusiastic about bringing this event to Arizona because of the educational opportunities this conference will provide for trail planners and trail enthusiasts alike. Arizona has been able to gather amazing public support for preserving open space and developing trails over the past ten plus years. Acres of new preserve lands have been protected, miles of new trails constructed, the Arizona Trail is nearly completed, and two new BLM National Monuments have been created.

"By hosting the Symposium, not only will it have an enormous economic impact to the local communities, but also will be an opportunity for Arizona to share its recent successes both on a local and national level. The Symposium will allow Arizona to share how we have been "Growing Smarter," how our communities have embraced open space and trails, and how to survive during times of adversity."

— Arizona 2013 Symposium Host Committee

Symposium sponsorships

DECEMBER 31, 2011 IS THE DEADLINE for a 25% discount for exhibitors at the 2013 American Trails International Trails Symposium. PLUS get a logo link on our homepage and article in the next issue of the American Trails monthly eNewsletter.

Exhibitors

Bring your business or nonprofit to the attention of the nation's trailbuilding community. Get great discounts and perks for signing up early, including choosing your booth location in the order we receive your contract!

Opportunities to help build the "indoor trails & greenway system" inside the exhibit hall, too! See photos and information on Symposium Exhibit Halls from previous conferences at www.AmericanTrails.org/2013/hall.html.

Sponsors

Host a keynote luncheon speaker, opening reception, awards banquet, happy trails hour, exhibit hall tents, or sponsor the conference bags or badge holders, among other events and items. Several great sponsor opportunities are available ranging from \$25 to \$30,000+.

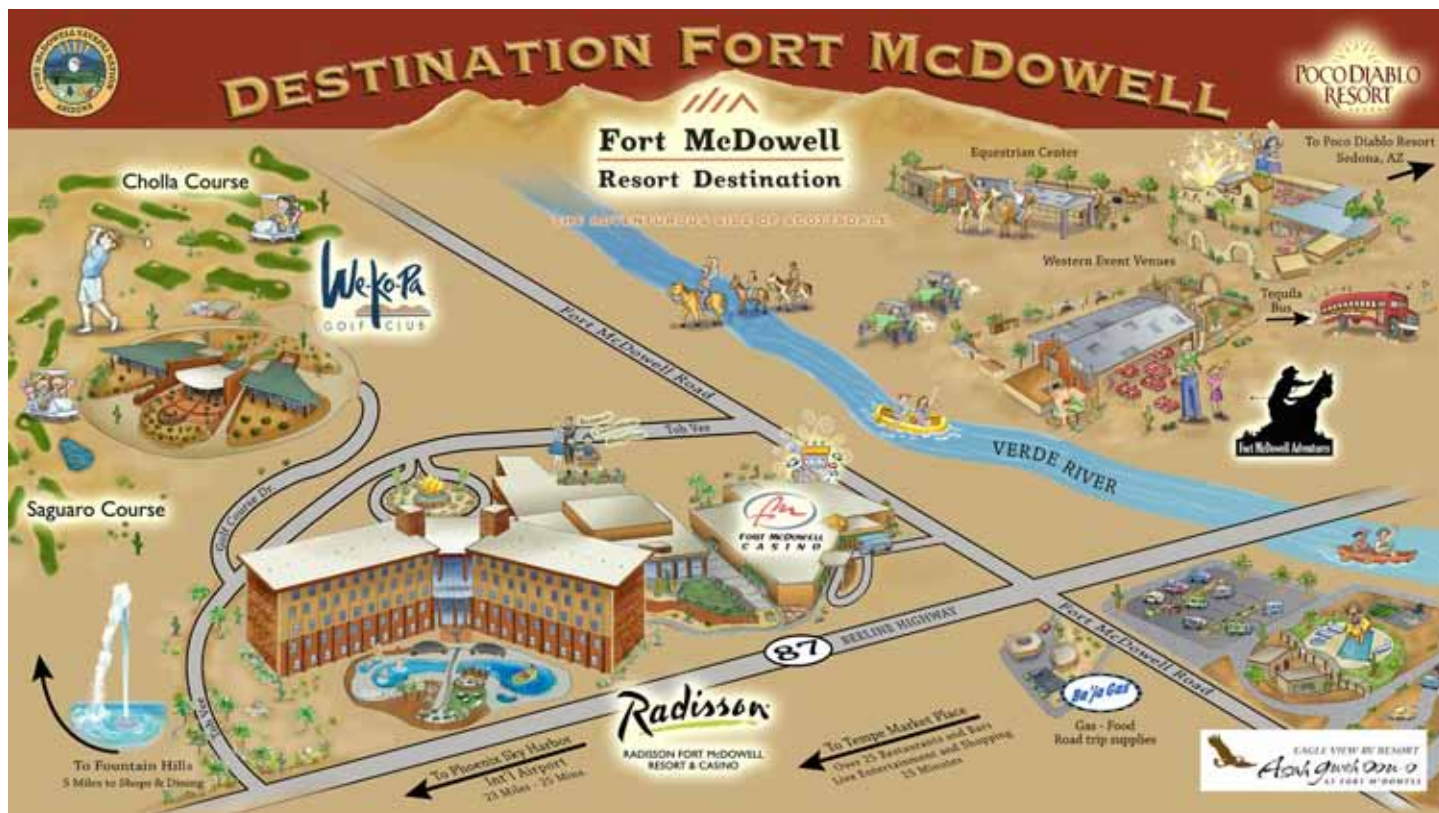
Download exhibitor and sponsor contracts for the Symposium at www.AmericanTrails.org/2013.

If you have questions or would like to discuss sponsorships and exhibitor opportunities, contact Candace Mitchell at symposium@AmericanTrails.org or call (530) 547-2060.

Welcoming you to Arizona

"We are pleased to hold the American Trails International Trails Symposium at the elegant Fort McDowell Yavapai Nation Resort Destination! Besides the endless beauty of the northern-most part of the Sonoran Desert; the towering, blooming saguaro; flowering ocotillo; "jumping" cholla; agave; lovely palo verde; soaring hawks; mountain lion tracks; dramatic mountains; and endless sunshine— we are excited to show off the bountiful trail activities within close proximity for all trail types including hiking, bicycling, equestrian, OHV, mountain bicycling, and water. The Fountain Hills, Mesa, and Scottsdale communities are excited for our arrival and look forward to serving the trails community in the Valley of the Sun."

— Pam Gluck, Executive Director, American Trails



The Symposium venue is located near an equestrian center, paddling, hiking and biking trails, golf, and a campground

Arizona's diverse trails beckon

If you are seeking refuge from the constant grind at work, your smart phone, and bosses, it's time to restart your inner motor and start thinking about the lush deserts, cactus flowers, and bright orange poppies that bloom along Arizona's trails. Whether you are a casual walker or avid hiker, Arizona offers thousands of miles of trails in the Arizona Trails System from which you can choose various levels of difficulty. When the snow is blowing around the world, Arizona's balmy weather beckons those seeking exercise and solace in the great outdoors.

One of the most famous National Scenic Trails in America is the diverse and thrilling "Arizona Trail." This 800-mile trekking extravaganza was a part of a dream by Flagstaff teacher Dale Shewalter who knew that building a trail across Arizona would offer intriguing walks through landscapes of deserts, mountains, and canyons while linking communities and people.

By creating so many miles of trail Shewalter knew this vision for the Arizona Trail would help preserve and protect the scenic landscapes that these passages traversed. His commitment sets the bar high for other communities in America to encourage their young trails leaders to take on trail building challenges so magnificent they are hard to imagine.



On the Arizona Trail in the Grand Canyon (photo by Jessica Westermeyer)

After 25 years, the Arizona Trail has only a few miles left before the copper spike is driven in at the trail's final link. The Arizona Trail Association plans to celebrate the completion of the final leg in 2012 to coincide with Arizona's Centennial. Enthusiastic hikers and supporters who have traveled the 43 Arizona Trail passages will meet up for this momentous occasion and you are invited to join them.

If you are looking for your next adventure, the Arizona Trail's captivating vistas mixed with the gentle slopes and wide trails built by dedicated trail volunteers, will draw you up the breathtaking switchbacks to reach Arizona's sky island peaks. America needs more Dale Shewalters who can envision how trails will benefit small towns through tourism and how trails protect the open space explorers are desperately seeking for their next vacation. When you top over the next saddle or peak bag another mountain, support the volunteers who maintain those trails by donating your time on a trail project or by joining a trail group like the Arizona Trail Association or American Trails to learn how you can advocate for trails.

If you are someone who savors pristine views when you are highlining across Arizona or stumbling down a trail in a gentle monsoon rain, take the time to ponder how you can add to this adventure for others. As the rains moisten the desert soil and strengthen your soul, the chaparral releases that mystical fragrant smell that wafts around you as you weave your way through cactus fields. That is the moment to reflect and realize your experience that day was created by visionary trail builders... trail builders who always want to hike one more passage, just like you will on the Arizona Trail.

Note: Most hikers don't challenge the Arizona Trail all at once, they are weekend warriors traveling from around the country to Arizona who tackle a few passages on each vacation.

This year Rotary Clubs of Arizona launched "Hike the Arizona Trail to End Polio" aimed at raising \$250,000 by February 14, 2012. They are pledging \$100 each to walk, bike, or ride horseback on sections of the 800-mile trail.

Learn more about the trail from the the Arizona Trail Association: www.aztrail.org.

MORE RESOURCES

Articles, studies, and project information at www.AmericanTrails.org/resources

Economic Impacts of Trails webinar available in archive

The American Trails webinar on “Making the Case for Trails in Tight Economic Times” is available for viewing through the American Trails Store. The archived webinar can be purchased for viewing by you and your office. The webinar, which was broadcast September 22, 2011, put sound ideas and hard numbers together to illustrate the contribution of trails to the prosperity of communities.

Read more by visiting www.AmericanTrailsStore.org and click on the Webinar item to learn how to purchase the archived version.

Partners lead acquisition for 10 miles of Cumberland Trail in TN

An opportunity arose to purchase 3,200 acres of open space and add 10 miles to the Cumberland Trail in Tennessee. The challenges were assembling funding and negotiating with the landowner. The Land Trust for Tennessee helped create the public-private partnership, and Tennessee Heritage Conservation Trust Fund made a critical commitment of money to supplement funding that State Parks assembled from TEA grants and other sources.

Read more about the Cumberland Trail project under “Acquisition” at www.AmericanTrails.org/resources/land.



Designs cut into metal plates depict different trail users and mark the miles on Chattanooga's Tennessee RiverPark

Hike Ontario details “best practices” for increasing community trail use

Hike Ontario relates its Best Practices guide to the Ministry of Health's *Ontario Trails Strategy* for planning, managing, and promoting trails. Many individuals and organizations that have planned and managed trails and trail activities were queried and interviewed. Their success stories are summarized in 84 case studies which form the heart of the guidebook. Key objectives are presented for understanding the trail experience as well as marketing to and motivating trail users.

Read more and download the 117-page guide under “Promotion” at www.AmericanTrails.org/resources/advocacy.

Design and construction of Matthew Henson Trail in Maryland

This Maryland State Parks project demonstrates technical aspects of developing trails through a stream valley corridor and forested areas. The 4.2-mile multi-use trail is in Matthew Henson State Park in Montgomery County, MD. Ten-foot wide timber boardwalks were installed in the most sensitive areas of the corridor. Four separate stream restoration projects were undertaken as part of this project to correct damage from storm events.

The link to the article is under “Design and Construction” at www.AmericanTrails.org/resources/newest.html.

Photo gallery: mile markers and distance signs along trails

A new “Cool Trail Solutions” photo gallery covers a wide variety of solutions for conveying trail distances to trail users. Measuring distance along trails and greenways is important in urban areas as well as in the remote backcountry. Mileage can be marked off on signs, posts, stones, or stencils on the pavement. Being able to state more accurate locations along a trail can also help with emergency response. Maintenance needs can also be more readily identified where accurate mileage is measured.

See the link to the mile markers photo gallery and many more at www.AmericanTrails.org/resources/cool.



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Fitness on the trail

Trail use aids physiological and psychological health, even in unexpected ways

By Karen Umphress

**NOHVCC PROJECT COORDINATOR AND
MEMBER OF THE AMERICAN TRAILS BOARD**

I have been active in the outdoors all of my life. Camping, hiking, fishing, canoeing, and swimming were all parts of family recreational time. When I lived in Washington State for a while one of my favorite forms of outdoor recreation was hiking on Mount Rainier; and one of my favorite hikes was along the Carbon River and Glacier. This is a seven-mile trip out to the Tolmie Peak lookout and back going over Ipsut Pass. Along the way there are several thousand feet of elevation change. It takes a full day and is a great workout.

Once I moved back to Minnesota, the hikes just weren't the same so I found another form of outdoor recreation, riding off-highway motorcycles



Oxygen consumption increases by 3.5 times for ATV riders and 6 times for off-highway motorcycle riders

(OHMs). While many people believe that OHM riding just involves sitting on a motorcycle and letting it carry you and do all of the work, nothing can be farther from the truth. It took me a full riding season to build up enough endurance to last an entire day of riding and I was still completely exhausted by the end of the day; even more exhausted than after my 14-mile Tolmie Peak hike. I even started working out in a gym during the winter so that I could ride well the next season.

"Does participation in off-highway vehicle recreation have reasonable energy demands to be considered a legitimate form of exercise?"

This physical exertion is nothing new to off-highway vehicle (OHV) riders, but convincing the non-riding public or government officials of the fact was always dubious at best; until 2010 at least. The story actually begins in 2006 with the Ontario Federation of Trail Riders (OFTR) out of Ontario, Canada. In Ontario, trails fall under the jurisdiction of the Ministry of Health Promotion and Sport, where riding an off road motorcycle wasn't necessarily considered a physical activity since a motor is used. The OFTR needed to provide real proof that riding an OHM can raise your heart rate.

York University in Toronto has a Fitness Laboratory and they perform fitness tests for prison guards, firefighters, and the NHL draft. The OFTR approached the University and found



Portable VO2 testing computer

Jamie Burr, a PhD candidate, willing to perform a pilot study with limited resources. "We paid him \$500 and arranged to have 12 riders tested at Canadian Motorcycle Training Services at Horseshoe Resort," said Ken Hoeverman, Executive Director of the OFTR. "We needed a pilot study to get the wheels turning into a full and comprehensive research study that would be credible."

The underlying question proposed for the study was, "Does participation in off-highway vehicle recreation have reasonable energy demands to be considered a legitimate form of exercise?" The answer was a resounding yes; relating off-highway motorcycle to hard or vigorous exercise according to Canada's Health and Fitness Benefits of Physical Activity Performance guidelines and the American College

“These studies prove what people in the trails community and specifically the motorized trails community already know; that trails help people live healthier, happier lives.”

of Sports Medicine’s (ACSM) position on the “recommended quantity and quality of exercise.” The results of this pilot study were conclusive enough to warrant further studies.

The next study was also conducted with Jamie Burr, together with colleagues Veronica K. Jamnik and Jim A. Shaw and Professor Norman Gledhill at York University; its purpose was to characterize the physiological demands of recreational OHV riding under typical OHV riding conditions using habitual recreation OHV riders. It was funded by the Canadian Off-Highway Vehicle Distributors Council, the All-Terrain Quad Council of Canada, The Motorcyclists Confederation of Canada, and the Government of Nova Scotia.

The first phase of the study was to survey 310 participants to determine the characteristics of the “typical” rider and the “typical” ride. This would be used as a baseline for further research. The second phase was to monitor and measure the physical demands of OHV riding, including both OHMs and ATVs. The physical demands of the sport included oxygen consumption, muscular involvement (fatigue), and rate of exertion. The study used established scientific methods and correlation practices.

The results were published in four reports, with the first report published in 2010. The first report covered the physiological results of OHV riding. It was determined that OHV riding is a recreational activity associated with

moderate-intensity cardiovascular demand and fatigue-inducing muscular strength challenges, similar to other self-paced recreational sports such as rock-climbing, alpine skiing, and golf. Oxygen consumption, an indicator of physical work, increased by 3.5 times for ATV riders and 6 times for OHM riders. And the study confirmed the pilot study’s findings that the exercise can be labeled hard or vigorous.

The second report was focused on the mental well-being of OHV riders. Through survey information the team compared the Mental Component Summary, measures which reflect mental status, of OHV riders and the general public. Based on the scores, OHV riders are expected to have lower levels of stress and depression as well as a higher overall life satisfaction. These findings correlate to other forms of recreational exercise and stress reduction findings.

The two remaining reports examined the fitness and health of habitual recreational off-road riders; and fitness and health training adaptations from six to eight weeks of OHV riding (i.e. how much OHV riding is required for health and fitness benefits to be derived).



Human Performance Laboratory at York University

These studies prove what people in the trails community and specifically the motorized trails community already know; that trails help people live healthier, happier lives.

More information on the studies can be found at www.nohvcc.org/Tools/Library/TopicLibraries/Health.aspx.

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NATIONAL RECREATION TRAILS

Looking for great photos of NRTs

December 31, 2011 is the deadline for entering the 2011 National Recreation Trails Photo Contest. We're looking for good photos of trail users and facilities, management ideas, construction, and volunteers. We'd like to see entries that cover the many types and uses of NRTs throughout America. Entries will be displayed on the NRT website and winners will be recognized both on a special webpage and in American Trails publications.

Photos of any designated National Recreation Trail are eligible. Check the online searchable database for a list of NRTs in your state and for more information on individual



*Rivanna Trail, Virginia -
Photo by Diana Foster*



trails. If you're not sure if a trail is an NRT, or if you have questions about the contest, check with American Trails, sponsor of the contest and the NRT website, at nrt@AmericanTrails.org.

See how easy it is to enter a photo at
[www.AmericanTrails.org/
nationalrecreationtrails/photocon.html](http://www.AmericanTrails.org/nationalrecreationtrails/photocon.html)



The Stavich Trail, Pennsylvania - Photo by Mary Shaw

National Recreation Trails Program:
Read more at www.AmericanTrails.org/nationalrecreationtrails

NRT nominations for 2011 include diverse trail projects

This fall several dozen nominations for National Recreation Trail designation were received through the new online NRT application process. The annual process begins with trail managers submitting nominations that are reviewed by National Park Service staff (and other federal agency staff if on their lands or waters). State trail program managers are also asked to review the projects.

The final list of new NRTs will be announced by the US Department of Interior in the spring of 2012 in time for National Trails Day. Trails on national forests and grasslands are designated through a separate nomination process managed by the US Department of Agriculture.

The trails nominated include a wide variety of activities and trail types. Water trails are well represented, as paddling routes have been increasingly popular. Nature trails, hiking paths, urban greenways, multi-use trails, and rail projects are also included in the submissions. States across the country are represented among the trail nominations.

Updating the NRT online database

The online nomination process was developed by database expert Mike Bullington for American Trails in cooperation with the National Park Service, with the input of other federal agencies as well as national trails organizations. American Trails also maintains the NRT database, which is available to the public at www.nrtdatabase.org.

During the summer American Trails launched an effort to encourage trail managers to provide updates to their trail records. The goal of the database is to provide detailed trail descriptions, location, contact information, and website links, as well as maps and photos. A summer intern, Niki Near, contacted trail managers, coordinated responses, and researched missing contact information. Another update to the database enables NRT managers to securely access their own trail record online to make changes or provide additional information.

For more information on the National Recreation Trails program, featured trails, photos, and the designation process, visit www.AmericanTrails.org/nationalrecreationtrails.

Trail managers who wish to update their NRT records should send an email request to nrt@AmericanTrails.org.

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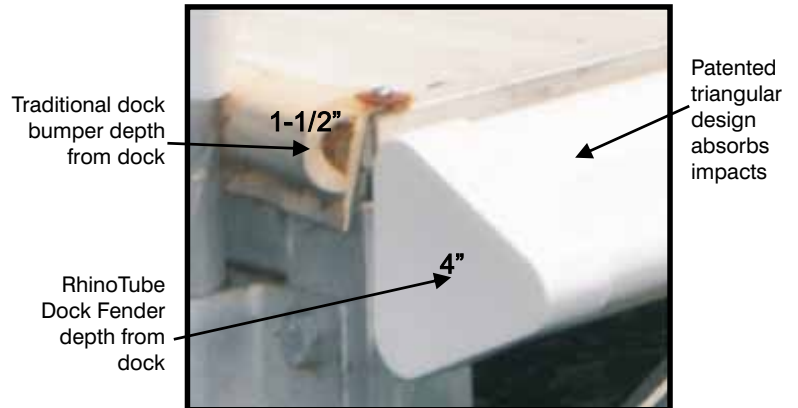
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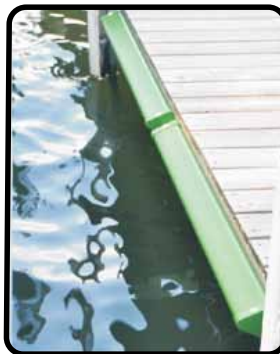


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Trails training opportunities

The National Trails Training Partnership is a nationwide partnership committed to improving skills for trail work

Federal agencies and national groups join in support of trails training

Support for the National Trails Training Partnership was reaffirmed this fall with a new agreement among land management agencies and trail groups.

Six Federal agencies and 24 national organizations dedicated to outdoor recreation and conservation have signed on to the new memorandum of understanding (MOU). The nonprofit groups include every major trail activity, both motorized and nonmotorized. Water trails, wilderness hiking, urban greenways, bicyclists, equestrians, snow sports, and off-highway vehicles are all aspects of trails that are supported by the MOU.

The federal agencies are:

- USDA Forest Service
- US Army Corps of Engineers
- Bureau of Land Management
- National Park Service
- US Fish and Wildlife Service
- Federal Highway Administration

It's worth reading the goal of the agreement since it so clearly states the efforts that Partnership supporters have been working towards for years:

"The purpose of this MOU is to develop and expand a framework of cooperation among the Parties at the national, regional, State, and local levels for planning and implementing mutually beneficial projects, activities, and programs for workforce development, training, and education associated with trails and related outdoor recreation and transportation activities.

"These projects, activities, and programs will make quality training more available to the nationwide trails community, as well as complement the respective missions of the Parties and serve the mutual interests of the Parties and the public.

"The Parties are committed to providing and promoting training and informational resources to provide high-quality educational and training opportunities to Federal employees, Tribal governments, State and local governmental agencies, members and volunteers of nonprofit organizations, trail contractors, and other trail partners."

The first agreements for nationwide trails training were signed in 2003 and 2004. The new agreement continues the NTTP for another five years.

Learn more about the National Trails Training Partnership at www.TrailsTraining.net. Contact us at nttp@AmericanTrails.org.

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On the calendar: trails training

The National Trails Training Partnership wants you to join the movement for better skills and better trails! Every year there are a wide variety of ways to get involved in education in the trails and greenways field.

Why is training so important? According to Steve Elkinton of the National Park Service, it's to ensure that America's trail opportunities remain available for people of all ages and abilities. "Well built and maintained trails are a long-term investment for a healthier America," said Steve, who has been an active NTTP supporter for over a decade.

Look for currently scheduled courses and conferences at TrailsTraining.net, sponsored by American Trails and the National Trails Training Partnership. Check the Online Calendar for hundreds of training opportunities during the year. And if you're sponsoring training, please let us know!

Many different kinds of training are held each year all across America. A key goal of NTTP is to help trail advocates know about them. These learning opportunities cover all types of trails, from primitive backcountry routes to urban greenways. Formats vary from one-day workshops to week-long trail schools, from basic trail work introductions to specialized technical skills. Online webinars are included along with field seminars.

Recent training topics have include GIS and GPS mapping, trail adoption, grant writing, volunteer management, weed control, land acquisition, trail design, maintenance, and corridor monitoring. Some courses are sponsored by state and federal agencies, others by private contractors, national organizations, and local groups.

Visit the online trails training calendar at www.TrailsTraining.net. Contact us with your scheduled training opportunities at ntp@AmericanTrails.org.

Trails training: 2012 highlights

For details of these and more training events, see www.TrailsTraining.net.

2012

January 3 - Online webinar
• Webinar: Fundraising for Byways from America's Byways Resource Center

February 1-3 - San Antonio, TX
• Texas Trails and Active Transportation Conference

February 2-4 - San Diego, CA
• New Partners for Smart Growth Conference

February 11-16 - Washington, DC
• Hike the Hill: Trails Advocacy Week

February 12-15 - Washington, DC
• The Corps Network's 2012 National Conference

March 9-11 - Columbiana, AL
• Alabama Hiking Trail Society Conference 2012

March 12-14 - San Diego, CA
• 9th Active Living Research Annual Conference

March 20-22 - Washington, DC
• National Bike Summit

April 16-19 - Baton Rouge, LA
• National Association of Recreation Resource Planners Conference

April 18-20 - Woodland Hills, CA
• California Trails & Greenways Conference

May 22-25 - Socorro, NM
• National Historic Trails Workshop

Look for currently scheduled courses and conferences at www.TrailsTraining.net, sponsored by American Trails and the National Trails Training Partnership.

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For classes, conferences, and training opportunities, visit the NTTP online calendar at www.TrailsTraining.net

San Jose trail count shows increases



Volunteer counting trail users on San Jose's Guadalupe River Trail

By Yves Zsutty, Trail Manager

City of San Jose Department of Parks, Recreation & Neighborhood Services

San Jose has conducted its 5th Annual Trail Count. The count and survey of trail users was initiated in 2007 to show the city administration that special event closures in the downtown area had a big impact on use and enjoyment of the city's trails.

Since that first count, San Jose has initiated a trail closure policy that preserves access to the greatest extent possible and has increased awareness about the value of trails for both recreation and commuting. The regular counting process also documents that trail usage has increased year after year—which helps to reinforce that trail development is a good investment.

This year's count documents a 5.7% increase in trail use along the Guadalupe River Trail at a station that has been in use since the first year. Trail Count has made San Jose more competitive for grant funding, helped improve the planning of future trails, and has supported

inclusion of trails in the City's General Plan update as a transportation element because over 50% of trail users are commuting to and from Silicon Valley industry. Most responders say that longer trails and gap closures could attract more visitors to the trails.

Primary data collection objectives of the count and survey were to:

1. Ascertain daily usage volume.
2. Determine trail user needs, demographics, and perceptions.
3. Confirm that trails support both recreational and commute uses.
4. Determine the share of daily commuters.

Trail Count is conducted annually with the support of community and corporate volunteers, City staff, and the Guadalupe River Park Conservancy, Silicon Valley Bicycle Coalition, and Five Wounds Trail Neighborhood/Communitiversity.

The count of trail users was done on Wednesdays, September 14 and 28. Counts at six stations occurred along three trail systems and a future trail alignment. Four stations were staffed for 12 hours (7:00 am to 7:00 pm) and the remaining stations during peak travel periods (7:00 to 9:00 am, and 4:00 to 7:00 pm).

Trail advocates in other communities can find many tips and detailed guidance in the 2008 and 2009 summary reports posted at www.sjparks.org/Trails/TrailCount.asp.



Park ranger offers a postcard to trail users asking them to complete an online survey

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pathways for play

A national model in Germantown

An innovative community uses play to get kids in nature and active on trails.

Nestled in a peaceful, family filled neighborhood in Germantown, Tennessee, Dogwood Park is a 6 acre nature-rich space with shady bowers, peaceful paths, an attractive creek bed, and the sound of bird song in the air.

It is also the home of a brand new Pathways for Play National Demonstration Site, the Delta at Dogwood Park. Located at 8970 Ashmere Road, the park is located

directly behind Dogwood Elementary, which will use the trail, and the complementary new playful path and playground, as an education space for students.

This project exemplifies the qualities of a National Demonstration Site because of the collaborative approach to unique, best practice design principles that utilize play to get kids and families physically active and back in nature.

Germantown is an example of the power of partnerships with clearly defined goals for planning, execution, and sustainability. They worked closely with PlayCore and their GameTime brand to create an exciting plan to restore and enhance the playground site at Dogwood Park.

"We're using last year's PlayCore nature project as a model to rethink play spaces and bring nature in and around the play structures." She added, "The new Delta playground is in a very peaceful and beautiful setting."

**— Pam Beasley
Germantown Parks and
Recreation Director**

The city incorporated PlayCore's Pathways for Play program best practice design principles, and a series of park grants to help design and fund the project. The city received a state Department of Environment and Conservation grant of \$150,000, and a \$50,000



grant from Boundless Playground Inc. for poured-in-place surfacing material. The Germantown Woman's Club also awarded the city a \$3,700 challenge grant for a woodland study area.

The city used Pathways for Play to plan the location of each play pocket, so that they created an exciting adventure trail to engage families, promote environmental education and physical activity, and attract children to the park.

The five nature themed play pockets along the path leading to the playground feature playful interactive exhibits that include a butterfly metamorphosis, spider habitat, leaves area, a pond life pocket which incorporates a frog, turtle, and cattail spinner, and a bird pocket, which features a rocking egg to simulate "hatching," and a huge bird nest that





families can climb in, with a working telescope nearby to birdwatch, encouraging imaginative play and environmental education.

Each play pocket incorporates access to downloadable activity guides including informative facts, activities, stories, and crafts for children to extend the trail experience as an ongoing learning event. As with all

Play Trails, each play pocket also features on-site signage that informs participants about the role in nature that each themed area represents.

To further increase play value, additional native plants were added to the landscape, and picnic tables and benches were placed under a grove of trees near the playground as a comfortable gathering place.

An all-out community effort was held to install equipment, plant native flora, and beautify the area. To encourage volunteerism, Dogwood Elementary principal Susan Pittman made an offer to her 587 students that they couldn't refuse.

"Whichever class gets the most parents to volunteer will get to be the first to play on the new playground!" Judging from the happy children and teachers recently observed on the trail, many classrooms, families, and citizens will reap the benefits of this natural, playful space for many years to come!

About Pathways for Play

PlayCore, together with the Natural Learning Institute, College of Design, NC State University, and American Trails, worked to develop a best practice program guide to promote children and families being active on pathways systems.

To learn more about the program, becoming a National Demonstration Site, or to request a copy of the guidebook, go to www.playcore.com/pathwaysforplay.





Porous asphalt for trails



Porous asphalt was used to surface Pheasant Branch Conservancy Trails in Middleton, Wisconsin

Wisconsin community sees benefits in a different mix of asphalt

By Stuart Macdonald,
AMERICAN TRAILS MAGAZINE EDITOR

While not a new material, “porous asphalt” is gaining interest among trail and greenway planners. Porous asphalt refers to a mix that adds a significant amount of air space, or voids, to the gravel and petroleum binders that make up asphalt paving. The material is promising because it combines the ability to drain away moisture with a firm surface for wheeled users. Porous asphalt may also save on maintenance costs by hastening snow melt and improving drainage. And finally, there is evidence that a porous asphalt overlay may be the right treatment for blacktop trails that are subject to cracking.

As the search for the perfect trail surface continues, many different materials have been used on rail trails, creek-side greenways, and park trail systems. The City of Middleton, Wisconsin is a good example. The city manages a typical community trail system along the Pheasant Branch Creek Corridor Trail, which connects two major arterial roadways on opposite ends of the city. Two school

properties adjoin the trail corridor, which is also used by bicycle commuters, joggers, dog walkers, senior citizen exercise groups, the high school cross country team, and families looking for a natural setting.

The challenge was to improve an existing 1.2-mile crushed rock trail along the creek bed. This heavily trafficked route suffered from washouts, severe erosion, flooding, steep grades, and blind corners, as well as three dangerous stream crossings which were impassable in winter months. Project goals centered on creating a year-round, fully accessible, safe, and environmentally friendly multi-use trail to better serve the entire community.

Construction for the improvement project was done in the summer of 2009. Portions of the trail were re-graded to improve accessibility. The width of the paved trail was designed to a 10' minimum with a 4' crushed limestone shoulder, where topography allowed, to accommodate those who prefer a natural running surface. Porous asphalt was then used to pave the entire length of the trail.

Penni Klein of Middleton's Public Lands Department championed the idea of using porous asphalt as the best solution for the trail. Blake Theisen, a landscape architect with SAA Design Group, Inc., was part of the design team that worked on the project. "You really can't tell the trail is over two years old," Theisen told us, "it looks brand new even after two Wisconsin winters."

Some of the benefits of using porous asphalt:

Recycled materials

The asphalt mixture includes recycled shingles, carpet fibers, and rubber, all from a local source. Rubber tires in particular are suitable for adding to porous asphalt. The materials are ground up as part of the emulsion which gives flexibility to the surface. In addition, any asphalt paving that may be removed can be ground up and recycled in the new mix.



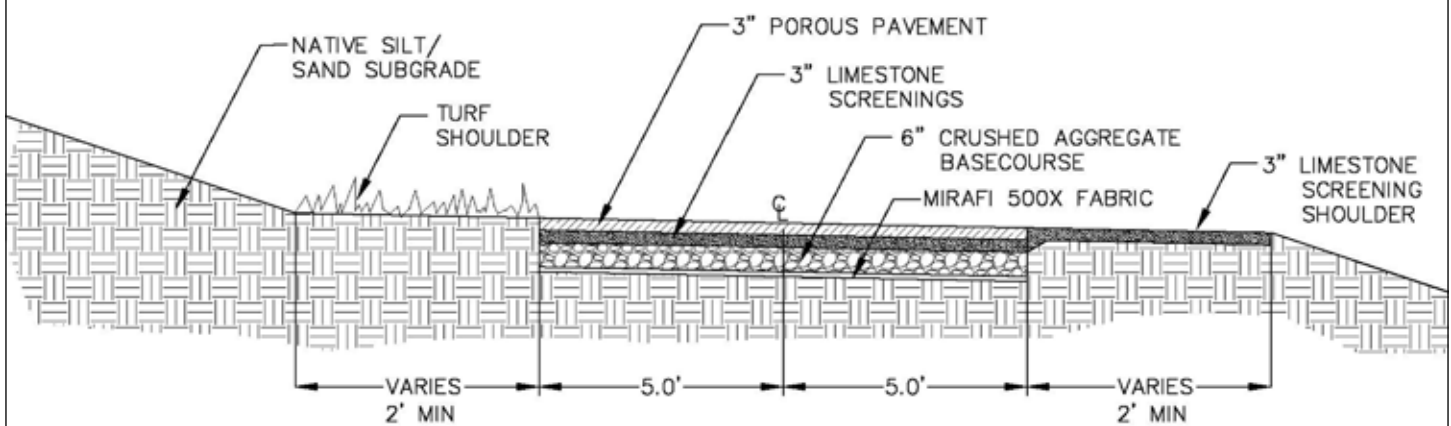
A test section shows how well snow has melted on the porous asphalt section (center) compared to the crushed rock trail (foreground) and regular asphalt (far left and rear)

Winter use

Maintaining a year-round usable trail surface is important to community trail systems. Snow removal, however, is a big expense where winters are cold and overcast. In Middleton, trail managers monitored three trail sections comparing existing asphalt and crushed rock trails with a section of porous asphalt. It was clear that ice and snow tended to linger on the traditional surfaces while melting away quickly on the porous asphalt surface. Apparently as some melting takes place during the day, the water re-freezes on the impervious asphalt. The porous material is able to absorb a great deal of water as it melts, gradually leaving the surface ice-free.

Continued on page 30

Trail cross section



Porous asphalt for trails continued

Environmental suitability

Preserving the existing wetland area was an essential aspect of the project. Many concerns were raised about possible leaching or pollution from the porous material. Several studies have looked at the water quality treatment that occurs at the geotextile soil interface and concluded that removal of most pollutants is very good. Porous asphalt also provides credits towards LEED Certification of construction projects.

Competitive cost

Production cost for porous asphalt for this project was \$10-\$15 more per ton than regular asphalt (AC, fiber, rubber, and polymer additive). However, the porous material spreads 10-12% farther than regular asphalt because of the large air voids. The conclusion was the cost difference is minimal.

Maintenance benefits

By reducing the need for winter plowing, labor, and equipment, Middleton's cost savings amount to \$3,500 per year compared to regular asphalt trails. Maintenance costs for the crushed rock trail are about \$5,000 per year compared to only \$300 per year for the porous pavement. The trail is cleaned a couple of times a year with sweepers or blowers to remove accumulations of leaves or dirt.

The City of Middleton has found another promising use for porous asphalt as an overlay for existing asphalt trails that have begun to deteriorate. While the old impermeable layer will not let much moisture through, the real benefit is the flexibility of the porous overlay. Even where unstable soils keep shifting the trail base, cracks do not seem to show through the top layer of porous asphalt.

User satisfaction

Trail visitors have been happy with the trails. Density tests show that the porous asphalt mixture is approximately 20% softer than standard asphalt or concrete, which may reduce stress on runners' joints. The trail also provides an accessible surface for strollers and wheelchairs, meeting the "firm and stable" criteria.

Specifications and installation

Porous asphalt ("Open Graded Asphalt Concrete") is created by eliminating the smaller, graduated sizes of crushed rock and using a uniform-sized aggregate. The particle size is typically 1/2" or 3/8" with a goal of 18% air voids. A slurry of recycled rubber and polymer binder replaces much of the petroleum used in standard asphalt mixes. Impervious asphalt and porous asphalt both use the same mixing and application equipment.



The Pheasant Branch Creek Corridor Trail right after completion in 2009



A photo two years later during a fund raiser run shows the smooth condition of the porous asphalt trail

Porous asphalt mixes were developed in the 1930s and 1940s by State DOTs. With the development of geotextiles the current design process has been used since the 1980s. The most common application is for large parking lots and alleys where urban runoff can be greatly reduced.

About the project partners:

Penni Klein, City of Middleton Public Lands Manager, worked to make the case for creative design and materials for the trail system; see www.ci.middleton.wi.us.

SAA Design Group provides place-based design solutions for a broad range of public, private, institutional, corporate, and civic clients; see www.saa-madison.com.

David R. Strassman of DRS LTD Asphalt Paving was the contractor for most of Middleton's porous asphalt trail system; see www.drspaving.com.



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www.AmericanTrails.org

Opportunities and contests

American Trails Website Contest

Deadline for entries is December 31, 2011

Our annual website contest highlights the creative ways that trail advocates, organizations, agencies, and communities are promoting trails on the Internet. We want to recognize websites that really make trails come alive, and provide effective information delivery, support volunteers, and engage the public.

Websites should clearly relate to trails and trail activities. You can nominate your own site or a favorite. We'll give awards for the best nominations in these categories:

- State agency or state trails program website
- Trails on federal lands

- Community trails system site
- Trail organization or club website
- Website developed by an individual
- National Recreation Trail website
- Presentation of plans and proposals
- Education and trails training site
- Graphics and site design
- Best use of photographs
- Art and trails
- Trail tour or virtual visit
- International trails
- Accessible trails
- Promotion of volunteerism
- Best site for kids and families
- Trail-related business or product
- Travel and tourism site for trails
- Promotion of trail courtesy

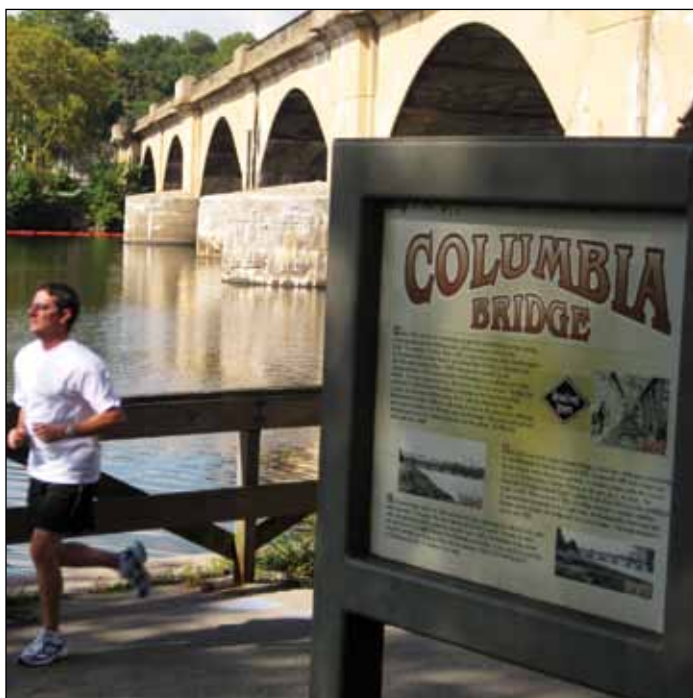
See all the details on the 2011 American Trails Website Contest at www.AmericanTrails.org/webcon.html.

Share your photos of good trail ideas

Have you taken a look at the Cool Trail Solutions area of the American Trails website? Just go to www.AmericanTrails.org and pick "Cool Trail Solutions" from the drop-down "Select a topic" menu.

You'll find over 40 galleries of photos on specific topics of trail and greenway development. We'd love to see images of the trail-related facilities on your trail, and share them with the trails community.

See how to submit your photos at www.AmericanTrails.org/resources/cool.



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- New Mexico State Parks Division
- Outside Las Vegas Foundation
- Papio-Missouri River Natural Resources District
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- Pennsylvania Dept. of Conserv. & Natural Resources
- Pinal County Parks, Rec, & Fairgrounds

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Jeju Olle Trail

Story and photos by Melina Taylor
American Trails Magazine Staff Writer

Jeu Island off the southern tip of South Korea was just named as one of the provisional winners of the New 7 Wonders of Nature contest, and it comes as no surprise considering the picturesque volcanic lava rock scenery, ocean cliff views, and beautiful groves of tangerine trees.

Recently designated as Korea's first UNESCO World Heritage Site, Jeju is home to the Jeju Olle Trail that follows the coastline almost all the way around the entire island. The trail takes the user to experience beaches,

cliffs, waterfalls, and caves that are inaccessible except through use of the trail.

Established in 2007 by the Jeju Olle Foundation, the Jeju Olle Trail now spans over 376 km (234 miles) of beautifully maintained and managed walking and hiking trails. The founder, Suh Myung Sook was inspired by her spiritual journey along the El Camino de Santiago Trail in Europe, and brought back to Korea the ancient rejuvenation tradition of taking a long journey to cleanse one's soul and find spiritual tranquility. "Olle" translates as a narrow pathway that connects the street to the front gate of one's house, and the Jeju Olle Foundation is expanding this interpretation to make the Jeju Olle Trail a gateway to the rest of the world.

Jeju has been mainly a Korean tourist destination, with



Route 11 – Photo by Kang Young Ho

popularity rising in the 1970s as a top honeymoon location for newlyweds, but thanks to the Jeju Olle Trail, Jeju is experiencing a surge in tourism. With the first trail route's opening in 2007, over 3,000 people made the trip to the island to hike the trail, and the numbers have only continued to rise. Estimates for 2010 have established tourist numbers around 800,000 with more people predicted to hike the trail system next year.

The mantra of the Jeju Olle Trail is to walk slowly, enjoying the natural surroundings in order to help calm your soul and to find inner peace. A majority of the trail paths are based on old footpath routes between and around neighboring villages, providing the user a connection to the foundation of the Jeju Island people. Ecotourism is one of the main focuses of the Jeju Olle Foundation, and because of this they try to use only natural products to



Route 1 – Descending from the lava cone

construct trail routes. Although some portions of the trail are on roads through villages, the Foundation tries to avoid asphalt and cement, and encourages all trails to be constructed by hands rather than heavy machinery. Not only does this help preserve the natural landscape of the island, it provides a better connection for the trail user to the land.

There are currently 23 different trail routes all connected (except for route 1-1 and 10-1, which are located on separate islands) ranging from 5 km to 22.9 km in length. All levels of hiking experience can find a route that is suited to their abilities, with routes ranging from a casual stroll on wooden planks on a level surface, to intensive climbs up the island's famous volcano cones. The system is designed for clockwise walking, so the transition from one route to the next is seamless.

Continued on page 36

2nd Annual World Trail Conference

The second World Trail Conference took place November 7-9, 2011 on Jeju Island, South Korea. Fourteen trail organizations attended to discuss the importance of trails and how to increase funding and trail user experience. Taking place over three days, issues concerning trail maintenance, repair, management, and fundraising were discussed and debated as well as the continuing development of the World Trail Network.

Keynote speakers, Lonely Planet founder Tony Wheeler and Korean travel writer Biya Han, invigorated the audience and reinforced the worldwide theme of "Walking this Planet." The conference closed with an inspiring message from American Trails' Executive Director Pam Gluck on the World Trail Network formation.

The conference was organized and hosted by Jeju Olle Foundation with help from tourism and economic development agencies. Trail representatives in attendance were:

- **Parks Victoria:** Great Ocean Walk etc. (Australia)
- **Bruce Trail Conservancy:** The Bruce Trail (Canada)
- **Romantic Road Tourist Association:** Romantic Road (Germany)
- **Kyushu Tourism Promotion Organization:** Kyushu Olle (Japan)
- **Organization for Promotion of Tourism in Shikoku:** Shikoku O-henro (Japan)
- **Tottori Walking Association** (Japan)
- **Jeju Olle Foundation:** Jeju Olle Trail (Korea)
- **Korean Trails Association** (Korea)
- **Lebanon Mountain Trail Association:** Lebanon Mountain Trail (Lebanon)
- **NZ Department of Conservation:** Milford Track (New Zealand)
- **Turgalicia:** St. James Way - Camino de Santiago (Spain)
- **Peddars Way & Norfolk Coast Path National Trail:** Peddars Way & Norfolk Coast Path (U.K.)
- **American Trails** (U.S.A.)
- **Appalachian Trail Conservancy:** Appalachian Trail (U.S.A.)

The World Trail Network

At the 2010 conference, the Jeju Olle Foundation planted the seeds to form the World Trail Network. The Network, which is organically evolving, will bring trail associations together from around the world to help provide support, training, and ideas, to encourage trails across the globe to become more environmentally friendly, sustainably developed, and user friendly.

"The World Trail Network has the potential to harness the combined wisdom of the participating organizations and beyond, and to support and encourage the collective dedication to trail initiatives around the world," said Gluck. Attendees at this year's World Trail Conference agreed to continue the process.

You can stay updated on the World Trail Network and the World Trail Conference at www.WorldTrail.org.

Jeju Olle Trail *continued*

All the paths are clearly marked with a variety of signage to help users stay on the path. Blue and orange arrows guide the walker (blue for the clockwise direction and orange for counter-clockwise), ribbons hang from tree branches, and painted arrows in blue also help lead the way. But, the most famous route marker is the Ganse pony.

The Ganse pony is the symbol of the trail and the Jeju Olle Foundation, and represents the small ponies that used to roam the island. The name comes from an old Jeju dialect meaning slow or lazybones, hence, the spirit of walking slow on the trail. These markers are prevalent at major stops along the trail routes and mark how many kilometers the user has walked of the specific route. Trail enthusiasts all show their support of the Jeju Olle Trail by hanging Ganse doll key chains from their hiking gear.

Trail users also show off their love of the trail (and their accomplishments) by taking part in the Passport Program. Each route has two or three unique stamps that can be placed in a passport booklet once that section of the trail is completed.

Hikers can collect the stamps to display the length of the trail they have accomplished. The Passport Program is a great way to capture the enthusiasm of children hiking along the trail with their parents; a goal that the Jeju Olle Trail and Foundation are working towards.



The Passport Pony with unique stamp

Not only is the trail a tourist destination, it is used by the native Jeju people on a daily basis, both for transportation and for economic benefit. Instead of visitors to the trail purchasing from big chains and corporations, the Jeju Olle Trail provides them with a plethora of small, local businesses to purchase food and goods through. There are currently over 250 locally-owned restaurants on or near trail routes, where a hiker can enjoy a traditional Korean lunch or dinner. Street stalls also line the trail, allowing users to buy a light snack, such as kiwis, dragon fruit, or tangerines (the island's main agricultural crop).

The Jeju people have fully embraced the Jeju Olle Trail by also providing housing along the routes for hikers traveling for the long-term. Many guesthouses, where hikers can rent a room for the night, and grandmother houses, where users can rent for longer extended periods of time, are frequent along the trail and make planning a long hiking expedition easier. The Jeju Olle Trail is a prime exam-



Route 10

ple of the positive economic benefits that a trail can have on a community.

Hospitality and generosity are attributes the Jeju people take pride in, and this makes for an enjoyable hiking experience. Many sections of the trail routes cross private land; including walking through farmer's fields of carrots, lettuce, and turnips, or an occasional cow or sheep pasture. The connection of the user to the land is enhanced by this aspect of scenery, and provides for a cultural experience as well. Grave markers of ancestors also line the trail surrounded by lava rock walls giving the hiker an insight into traditional Jeju life. When a relative passes away, they are buried in their favorite spot on the island, so it is not a surprise that the trail passes by so many of these markers!

Continued on page 38

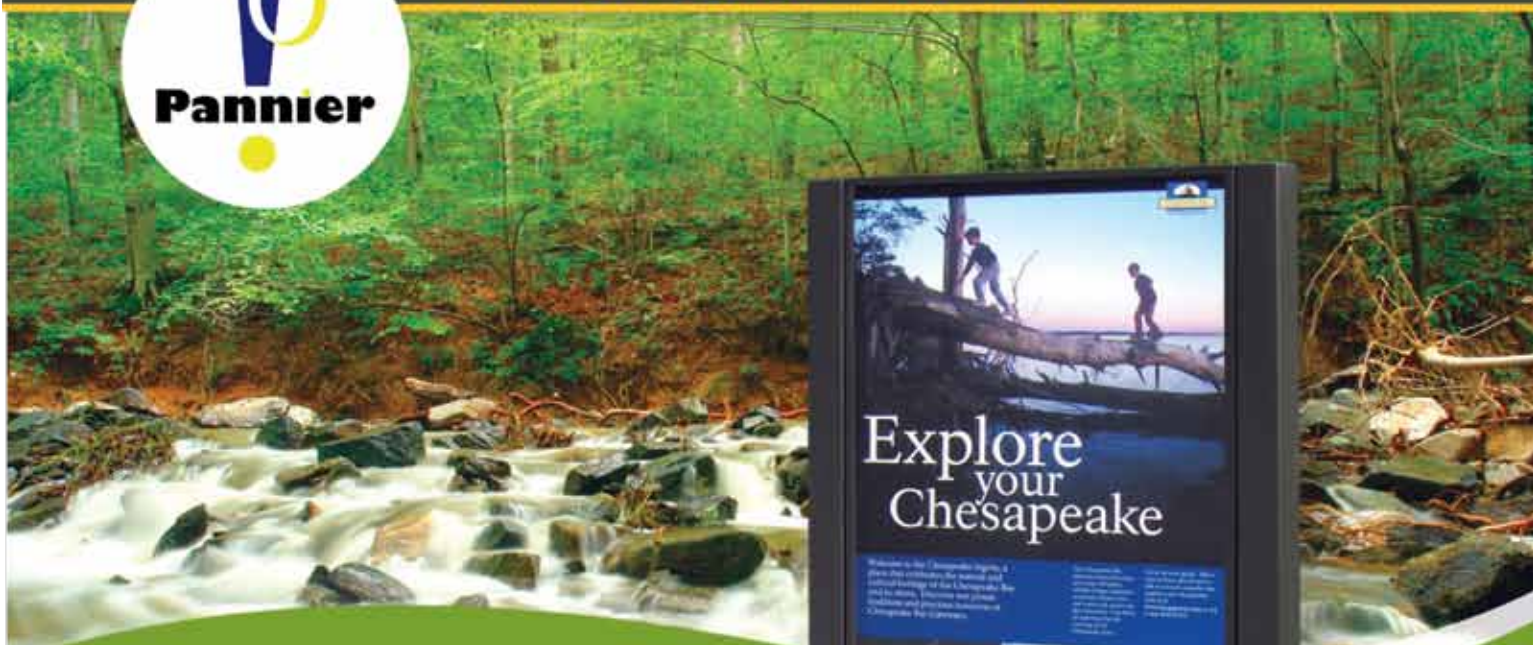
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The Jeju Olle Walking Festival

For the second year in a row, the island held the Jeju Olle Walking Festival. The theme this year, Discovering Love on the Trail, attracted over 10,000 participants. Spread over four days, and in conjunction with the World Trail Conference, the festival traversed trail routes six, seven, eight, and nine for over 51.6 km total. Attendees were able to walk the trail with their special loved one while sampling local Jeju food from neighboring villages and experiencing cultural events such as a traditional Korean wedding ceremony, the ritual ceremony of the women divers before they enter the sea, popular Korean opera songs being performed on top of a volcanic cone, and a traditional Jeju open market.

The Walking Festival also incorporates the principles of ecotourism and sustainability that the trail promotes. Part of the festival is known as the Clean Olle Campaign. Participants were encouraged to bring their own water bottles, cups, bowls, and chopsticks, or forks to cut down on waste. As an added incentive to help keep the trail clean, people who filled five 10 liter bags of trash collected along the trail received a special Jeju Olle Trail water bottle. In



Route 6

addition to these steps, the festival also provided a free shuttle bus transportation system for pre-registered participants.

The Walking Festival is one way that Jeju is promoting eco-friendly, sustainable tourism, and hopes to bring Jeju to the world through this event. In its second year, the festival is growing and expanding its reach not only in Korea, but around the world. Seven thousand people attended the first fes-

tival held last year, with 60 percent being from the mainland of Korea and only ten percent being from other countries (the rest from Jeju natives). This year they had a greater international representation with larger numbers from Japan, Taiwan, and countries in Europe, North America, and the Middle East.

To learn more about the Jeju Olle Trail & Foundation visit <http://221.139.0.180:8080/eng/>.

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