



December 2019

Proof Trails Make Us Healthier

Whether hiking, bicycling, riding on horseback, or participating in motorized recreation, nearly everyone uses trails for a similar goal – to spend time outdoors. This time outside, whether a short walk down a paved trail to work in an urban setting, or a hike to a point reachable to only a few Americans makes trail users happier people.

[Read more about mental health...](#)

[Read more about physical health...](#)

NEED THE PERFECT GIFT
FOR A TRAIL LOVER?

Support trails. Buy a mug.



Recreational Trails Program (RTP) Highlight

The project to complete the Catamount Trail, located in Oregon's Silver Falls State Park, was awarded \$145,925 in Recreational Trails Funds in the year 2016.

[Read more...](#)

Skills and Competencies Upon Which to Build the Trails Industry

Categories, lists, and definitions of skills used in trails and greenways work, along with links to classes and resources for training.

[Read more...](#)

Small Business Owners Along the
Continental Divide Trail (CDT) Say
Trails are Vital to the Economy

Enter the 2019 National Recreation
Trails (NRT) Photo Contest Before the
Dec.15 Deadline



Our annual contest provides awards in several categories and shows off entries and previous winners on the NRT website.

[Read more...](#)

The Continental Divide Trail Coalition surveyed 200 small business owners along the CDT and found that 86% say trails are vital to the economy of their communities.

[Read more...](#)

Photo Gallery: Trails Crossing on Active Railroad Lines



One of the most difficult trail facilities to accomplish is a crossing of an active rail line.

[Read more...](#)

Idaho's Billion Dollar Motorized Recreation Industry

Idaho's motorized recreation industry is BIG business, contributing nearly \$1 billion combined in equipment, fuel, food, lodging, and more.

[Read more...](#)

Trail News and Notes

Click on each article to read more

- [\(West Virginia\) New River Gorge Trail Alliance honored](#)
- [\(Pennsylvania\) Official logo for the Susquehanna River Water Trail released](#)
- [\(New York\) New York plans to further connect its vast trail system. What you need to know.](#)
- [\(Maine\) Maine Adaptive Sports and Recreation makes snow sports available to all](#)
- [\(Michigan\) DNR seeks candidates for snowmobile advisory workgroup](#)
- [\(National\) National Park Service to help plan 8 local areas in 5 states](#)
- [\(Oregon\) When wheelchairs failed him, he invented a new way to hike](#)
- [\(Arizona\) 'Don't risk it:' Grand Canyon officials share photo of hikers on steep, icy trail](#)
- [\(California\) Sacramento County partners with new company to manage Gibson Ranch equestrian facility](#)
- [\(National\) American Trails contributor Lora Goerlich celebrates "Trail Warriors" — park rangers, naturalists, maintenance workers, and staff](#)

January Webinar: From Trail Maps to Trail Apps – Connecting with Visitors via Mobile Devices

Our 2020 Advancing Trails Webinar Series kicks off on January 23. Most organizations actively communicate with their visitors through traditional channels such as newsletters, websites, and social media, but most are missing out on increasing visitor engagement and safety where most visitors already are, mobile devices! [Register today...](#)

FAQ: Is There a Universal Difficulty Rating System for OHV Trails?

Difficulty ratings are very subjective and would be different for each type of OHV. [Read more...](#)

11 Questions Answered About Trail Justice, Equity, Diversity, and Inclusion

Q&A from the American Trails webinar for JEDI with the purpose of creating a map that can help you identify priorities for your organization and areas where you need more support. [Read more...](#)

The Nature of Trail Aesthetics

Trailshaping is a system of understanding in which simple, everyday forces shape (generate) the big picture, details, and nuances of all trails and all trail types, as well as context-specific trail planning, design, construction, maintenance, and management. [Read more...](#)

American Trails Website Resources

Check out our [training calendar](#) for upcoming conferences and events.



Featured Trail Industry Manufacturer: Reliance Foundry Co. Ltd

Reliance Foundry is a leading supplier of architectural site furnishings that assist in trail delineation, access restriction, and pathway lighting. [Learn more about this company...](#)



**LOOKING FOR
TRAIL JOBS?
CLICK HERE**

TRAILSNext™ Talks

TRAILSNext™ Series Presented by American Trails

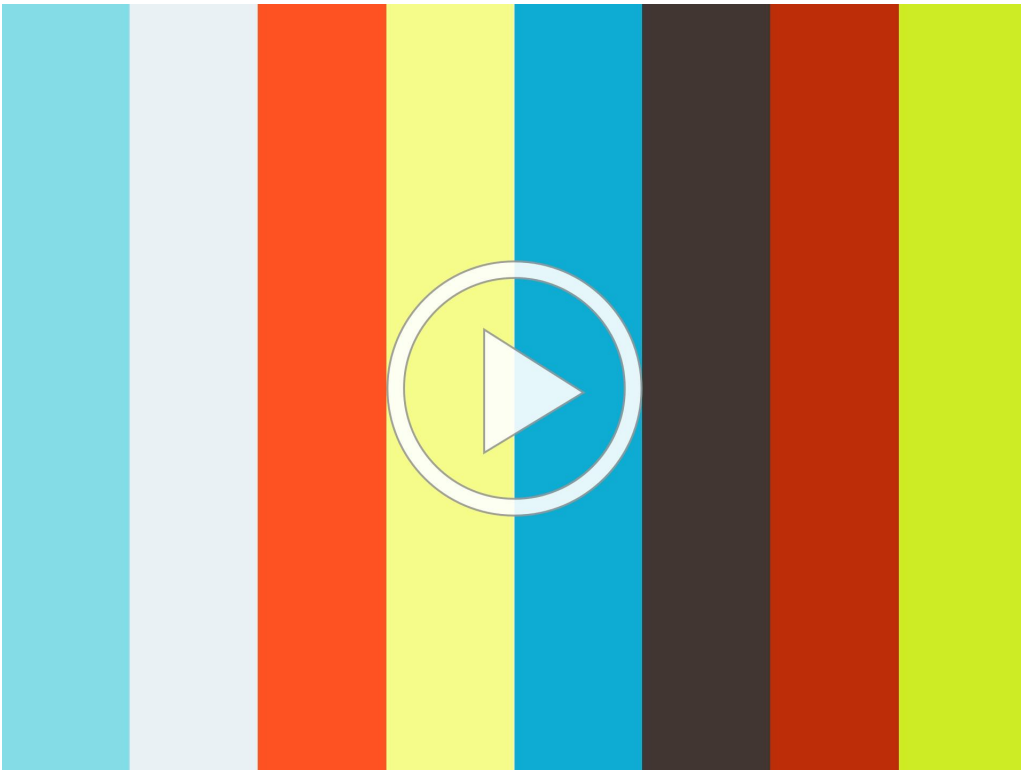
The TRAILSNext™ Series brings you cutting edge information from leading experts in the trails world on today's hottest trail topics. These high energy 18-minute presentations were recorded to be made available to folks who were

unable to attend this year's International Trails Symposium.

Each month we will be featuring one of these talks in our eNews, and you can purchase the entire series on our website at this [link](#).

This month we are sharing with you "The Great Ledge" by presenter Casey Holzworth.

In 2015, NY State Parks partnered with the Thatcher Climbing Coalition (TCC), a local rock climbing group, to develop trails to access rock climbing at Thatcher State Park. The unique challenge was that Thatcher Park sits atop the Helderberg Escarpment, a 50' to 200' high cliff that runs the length of the park.



Give a Gift that Matters

We all know someone who is impossible to find the perfect gift for, but luckily, we have the solution. Everyone needs trails, so give them a gift that helps create more and better trails. They will receive a certificate letting them know about your generous donation.

[Learn more...](#)

Special End of Year Advertising Offer

Join or renew your 2020 advertising with American Trails before the end of the year and choose between a FREE e-Newsletter ad or webinar sponsorship in 2020, or get an additional 10% discount off your 2020 advertising. [View the advertising options...](#)

Members Save 10% on Books and Merchandise in Online Store

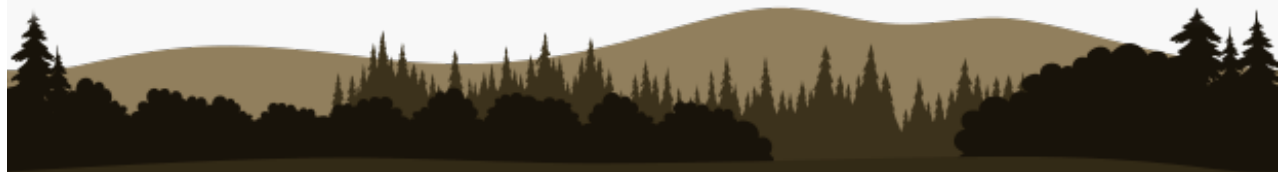
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