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YEARS

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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 29 for membership form.

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*On the cover: Wilmington Riverwalk in Wilmington, Delaware along the western bank of the Christina River; see [www.riverfrontwilm.com](http://www.riverfrontwilm.com)*

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# President's message inspires trail supporters

By Robert Searns  
**CHAIR, AMERICAN TRAILS**

America's outdoors are part of our national identity. "Too many of these places are disappearing," said Nancy Sutley, Chair of the White House Council on Environmental Quality. "They are the farms, ranches, and forests that we take great pride in and the neighborhood parks, trails, and fields where we spend memorable time with our families and friends... In launching this conversation, we strive to learn about the smart, creative community efforts underway throughout the country to conserve our outdoor spaces, and hear how we can support these efforts."

This was the charge that led the White House Conference on America's Great Outdoors hosted in Washington, DC on April 16th. The conference, led by Secretary of Interior Ken Salazar and Secretary of Agriculture Tom Vilsack, set out to address the "challenges, opportunities, and innovations surrounding modern-day land conservation and the importance of reconnecting Americans... to the Outdoors."

The daylong working session included participation by representatives and national leaders in recreation, conservation, education, farming and ranching, the outdoor outfitting and tourism industry, and other individuals and organizations from across the nation working for a better connection with the outdoors.

American Trails was invited to participate and I had the honor of attending. The event included panel presentations by leaders from both the public and private sector as well as elected officials from rural, wilderness, and urban ven-

ues. It also included break-out sessions where we were given to opportunity to share ideas in smaller groups.

During the morning session, President Obama arrived, gave a rousing (and witty at times) speech. In presenting his first major conservation address, the President recounted a similar gathering convened 100 years ago by President Theodore Roosevelt. He then signed a Memorandum establishing "A 21st Century Strategy for America's Great Outdoors."

The memorandum called for the formation of a concerted effort among federal, state, local, private, tribal interests, and others to reconnect Americans, especially children, to America's outdoors and for "science-based management practices to restore and protect America's lands and waters for future generations."

I took away four inspiring points made by President Obama and the other speakers:

- The importance of protecting and conserving our natural lands and ecological systems;
- Expanding urban areas imitative to reconnect people with the outdoors including greenways, parks, and trails;
- An initiative to promote fitness and health like those expressed by the First Lady's Let's Move! program;
- And, through local initiatives, preserve our nation's farms and ranches.

During the course of the presentations, I heard a number of moving quotes and talking points. Sally Jewell, the CEO of REI, offered a striking economic perspective that the outdoors recreation industry collectively totals over \$750 billion per year contributing to over 6.5 million jobs.

At American Trails, we believe the trails movement has an important role to play in this renewal of the land stewardship ethic. Trails and greenways, both in urban areas and in wild places offer the essential element of connectivity. Hiking a trail, paddling a river, or just taking a walk in the woods gives people a tangible sense of these values. In the spirit of Franklin D. Roosevelt's Youth Conservation Corps, expanding youth (and adult) engagement in trail projects, tree-plantings, wetland restorations, and other hands-on outdoor projects will also renew this ethic.

We encourage our readers and our membership to work actively in your respective areas of expertise and passion and in your communities to further these visions. Without that connectivity, we as a nation will more easily fall prey to losing our conservation ethic, I fear, with devastating consequences. Hopefully, the effort, initiated by President Obama on April 16th—calling, not just for federal action, but for public and private partnerships and broad participation at the state and local levels, will succeed.

**For more on Federal programs, legislation, and funding for trails visit [www.AmericanTrails.org](http://www.AmericanTrails.org).**

**Read more ideas on the America's Great Outdoors initiative and learn how you can join the conversation at <http://ideas.usda.gov/ago/ideas.nsf/>.**

**Keep up to date on funding and legislation supporting trails:  
[www.AmericanTrails.org/support.html](http://www.AmericanTrails.org/support.html)**



# Let's Move! campaign goal: End childhood obesity

**T**he Let's Move! campaign started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

Let's Move! will combat the epidemic of childhood obesity through a comprehensive approach that will engage every sector impacting the health of children and will provide schools, families, and communities simple tools to help kids be more active, eat better, and get healthy.

One main goal of the campaign is to increase opportunities for kids to be

physically active, both in and out of school and create new opportunities for families to be moving together.

- **Active Families:** Building in a few minutes of activity periodically during the day keeps energy flowing.
- **Active Schools:** A variety of opportunities are available for schools to add more physical activity into the school day including: additional physical education classes, before and after school programs, recess, and opening school facilities for student and family recreation in the late afternoon and evening.
- **Active Communities:** Mayors and community leaders can promote physical fitness by working to increase safe routes for kids to walk and ride to school, parks, playgrounds, community centers, and sports and fitness programs.

**For more information on the Let's Move Initiative visit [www.letsmove.gov](http://www.letsmove.gov).**

## Let's Move Outside! promotes trails and public lands

**S**peaking at Nevada's Red Rock Canyon National Conservation Area in June, the First Lady announced the Let's Move Outside! initiative to promote outdoor physical activity for children and families.

She joined some 20 children from nearby schools to "highlight the many different opportunities for children and families to get physical exercise while also enjoying our nation's most treasured public lands, conservation areas, and national parks."

"There is no better place for America's children to get moving than in the parks, trails, and waters near them," said Rhea Suh, Assistant Secretary with the U.S. Interior Department. Primary federal partners in this initiative are the National Park Service, Fish and Wildlife Service, Bureau of Land Management, and the U.S. Forest Service.



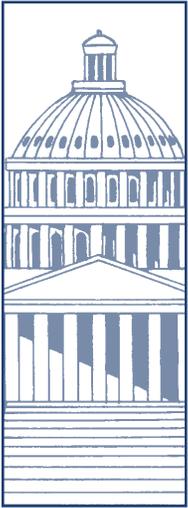
*On the Rivanna National Recreation Trail in Virginia*

## National meeting on Health and the Great Outdoors: Aug. 31 in Chicago

The Administration has clearly expressed its strong interest in the Health and the Great Outdoors issue. A Listening Session on Health and the Great Outdoors is now scheduled for August 31 in Chicago. Check the American Trails Online Calendar for time and location.

The listening session will have significant participation by outdoor recreation and healthcare interests, including physicians and public health agencies, and will showcase: existing pilots and demonstration programs which seek to increase the amount of healthy, active use of parks and other public spaces; systems in place and in development to increase awareness of attractive places for outdoor physical activities; systems in place and in development to provide the medical community with information regarding patient use of prescribed places and provide patients with incentives for outdoor activities; and strategies for use of funds from doctors, hospitals, health insurance providers, and others to build and operate infrastructure supporting healthy outdoor fun.

# SUPPORTING TRAILS in CONGRESS



*American Trails and other nationwide organizations have been urging key members of Congress and Administration officials to recognize the importance of funding for trails and related facilities. The Coalition for Recreational Trails is the umbrella group for these efforts. See our Web page for more about funding Recreational Trails and other vital Federal transportation programs: [www.americantrails.org/rtp](http://www.americantrails.org/rtp)*

## ■ Organizations join in support of the Recreational Trails Program

At last count, 348 trail and outdoor recreation organizations joined an effort to show the importance of the Recreational Trails Program. The campaign is being coordinated by the Coalition for Recreational Trails, a federation of national and regional trail-related organizations. American Trails has been active with CRT in enlisting more supporters.

In mid-July the group sent a letter to Ray LaHood, U.S. Secretary of Transportation, urging his agency “to support the reauthorization of the RTP as a discrete program in the upcoming multi-year surface transportation legislation and to support funding for this important program in the amount of \$690 million (over a six-year period).”

**To sign on as a member of the Recreational Trails Program Council of Advisors and learn more about how your organization can help, download the sign-on form at [www.AmericanTrails.org/rtp](http://www.AmericanTrails.org/rtp)**

## ■ Full funding proposed for Land and Water Conservation Fund

The Land and Water Conservation Authorization and Funding Act of 2009 (S. 2747) would ensure that the Land and Water Conservation Fund (LWCF) would receive full funding at its congressionally authorized level of \$900 million without further appropriation. Over the long history of LWCF many trails as well as parks and open space projects have been funded through the states.

LWCF is financed by revenues from offshore oil and gas royalties with the aim of funding land protection and outdoor recreation. Most of the money designated for the fund in recent years was given to other federal programs. The new bill was introduced by Senate Energy and Natural Resources Committee Chairman Jeff Bingaman, (D-NM) and Senate Finance Committee Chairman Max Baucus (D-MT).

**Learn more about the Land and Water Conservation Fund at [www.AmericanTrails.org/support](http://www.AmericanTrails.org/support)**

## ■ Sustainable Communities Regional Planning Grants to help parks and trails

The “Sustainable Communities Planning Grant Program” is a possible opportunity for parks and recreation managers. The grant program aims to integrate housing, land use, economic and workforce development, transportation, and infrastructure investments. Issues to be addressed by metropolitan agencies include: (1) economic competitiveness and revitalization; (2) social equity, inclusion, and access to opportunity; (3) energy use and climate change; and (4) public health and environmental impact.

**Applications for this year’s program must be sent by August 23, 2010. Application details are at [www07.grants.gov/search/search.do?&mode=VIEW&oppld=55456](http://www07.grants.gov/search/search.do?&mode=VIEW&oppld=55456)**

## ■ Healthy CHOICES Act to emphasize physical activity for health

The Healthy CHOICES Act (H.R. 5209) was introduced by Rep. Ron Kind (D-WI). “Fighting the obesity epidemic requires a broad-based approach to both exercise and healthy foods,” said co-sponsor Rep. Earl Blumenauer (D-OR). “By investing in better walking and biking routes, kids and adults can get exercise while commuting to school and work.”

Provisions of the Healthy CHOICES Act include:

- Increasing access to the tools and education to make healthy choices about nutrition.
- Increasing access to nutritional information and healthy, affordable foods in rural and low-income urban areas.
- Improving access to and opportunity for physical activity for adults and children.
- Providing more opportunities for outdoor physical activities, including as a means of transportation.

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**American Trails keeps you informed: watch for new developments at [www.AmericanTrails.org/support.html](http://www.AmericanTrails.org/support.html)**



# Universal Trail Assessment Process aids trail improvement

By *Jeremy Vlcan and Mona Painter*

**T**hanks to Georgia Recreational Trails Program funding and help from sponsors, Cornelia City Park now has a trail designed for both accessibility and sustainability.

The City of Cornelia used the Universal Trail Assessment Process (UTAP) to assist in planning improvements to Cornelia Park Trail, a primitive trail that had been built as an Eagle Scout project in the 1980s. The assessment identified current and potential sources of environmental impact, maintenance needs, and improvements needed to prevent erosion and ensure sustainability.

A major project component of the project was for the trail to be accessible to those with disabilities. UTAP was used to measure existing grades, slopes, surfaces, and other trail characteristics, making it easier to design a plan to meet project goals.

The City of Cornelia submitted successful grant applications for Georgia Recreational Trails Program funding in 2008 and 2009. This program awards funding based on a points system. Forty points are added for projects that

conduct a systematic study of existing trail facilities to assess their environmental impact and maintenance needs, and make environmental improvements to existing trail facilities.

Additional consideration is given to projects that assess existing trails to determine the level of accessibility for people who have disabilities, to develop programs to provide trail access information, and for their environmental impact and current or future maintenance needs. These assessments must be performed according to a standardized method of measuring and reporting objective conditions, and UTAP meets this criteria.

The trail was paved and portions were rerouted. Land disturbance was kept to a minimum by use of switchbacks to achieve desired grade rather than disturbing native trees and vegetation with heavy grading work. Boardwalks were added in the steepest parts of the trail to allow easier access and to alleviate erosion problems associated with trails situated in hilly terrain.

Soil erosion, sedimentation control measures, and Best Management Practices were included in construction plans to minimize environmental impacts. Site furnishings (benches, information center) are made of recycled material. Trees were worked

around rather than removed. The trailhead, which was part of the 2008 project, includes accessible restrooms, a drinking fountain, an information center, and parking for bikes and vehicles.

After completing rehabilitation of the trail, a UTAP assessment was repeated. Comparisons were made between the old and improved trail by looking at the automatic trail summaries produced from the inventory process that shows trail distances, typical grade and cross slope, tread width, obstructions, and surface type.

UTAP has the potential to provide an excellent marketability of trails throughout Georgia and enables hikers to make informed decisions about which trails suit their interest and physical abilities. Mona states, "A novice hiker that started with a trail that proved too difficult may not attempt hiking again, but if he/she can access information online prior to setting out they are more likely to have a good experience."

**For more on this project contact Mona Painter at (706) 499-1241 or [mpainter@corneliageorgia.org](mailto:mpainter@corneliageorgia.org). The Universal Trails Assessment Process was developed by Beneficial Designs. UTAP training is coordinated by American Trails. For details visit [www.AmericanTrails.org/nhttp/UTAPnhttp.html](http://www.AmericanTrails.org/nhttp/UTAPnhttp.html).**



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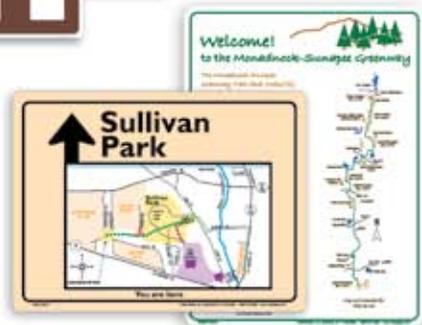
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**Chattanooga, TN - November 14 – 17, 2010**

Recognizing that budgets are tight, the American Trails Board has once again decided to keep the registration rates the same as the last two Symposiums (and lower in some categories), and will not be raising the rates this year. Remember, American Trails members receive a substantial discount on the registration package. Not an American Trails member yet? Now is the perfect time to join! Join now (see page 29) or at the time you register.

### **Register by August 31 to get early discount rate**

Register online now for the 20th American Trails National Symposium in beautiful downtown Chattanooga, Tennessee, November 14-17, 2010. The main events and Exhibit Hall for this year's Symposium will be held at the Chattanooga Convention Center .

There will also be some workshops prior to and following the conference (see page 10 for a sampling of those workshops). Join us for cutting edge sessions, invaluable workshops, hands-on field trips, great recreational opportunities, stunning exhibits, and the best networking around for the national trails community! Mobile and Featured Workshops can fill up so you are encouraged to register early!

### **American Trails National Symposium Theme**

This Symposium's theme, *Trails: The Green Way for America*, evokes the benefit of trails to America's economy and environment. As we evolve toward a green economy, trails are the way for outdoor recreation and alternative transportation.

Trails provide access and connections to many of the nation's most incredible green spaces: parks, forests, and wildlands. Trails are a critical component of green infrastructure within communities, tying homes to businesses, schools, and workplaces, and empowering clean human-powered mobility. Trails support the new American dream which is built upon environmental and economic efficiency. Trails are, very simply, the green way for America.

## Don't miss Exhibitor & Sponsor opportunities!

Reserve your space and submit your exhibitor contract, with payment in full, as soon as possible to take advantage of these great incentives:

- Save 5% if you send in contract by October 15
- Exhibitors get to choose their booth location in the order their contract is received
- Your web link goes on our sponsor Web page immediately

The 20th American Trails National Symposium is the premier opportunity to display your state-of-the-art products and services, provide demonstrations, show off your projects and programs, and talk with the decision makers in your target market. Learn more about the Symposium or download an exhibitor contract now! Go to [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010) and click on Be a Sponsor link.

## Sponsor an event or item

All sponsors at the \$2,500 level and above will receive a customized benefit(s) to sponsor an event or Symposium item. Such items include opening and closing keynote luncheons, happy trails hours, and much more! We expect to sell out, so get in early for the best recognition opportunities! Thanks to those who have already committed their generous sponsorships!

View all the sponsorship opportunities and their benefits or download a sponsor contract now. Go to the website at [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010) and click on Be a Sponsor link.

Contact Candace Mitchell, Exhibitor Coordinator, at [candace@americantrails.org](mailto:candace@americantrails.org) or (530) 547-2060 for more information.

## Calling all volunteers!

If you can help a little or a lot, fill out our online volunteer form at [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010) and click on Volunteer Opportunities or contact [symposium@americantrails.org](mailto:symposium@americantrails.org) or (530) 547-2060.



## Symposium hotels and accommodations

The 20th American Trails National Symposium has three host hotels. The **Chattanooga Marriott Hotel** is conveniently connected to the Convention Center and the **Staybridge Suites** hotel is located right next door. The other host hotel, the **Chattanooga Choo-Choo**, is within walking distance and there is a free electric shuttle that runs continuously through the day/evening.

Rates range from \$87 (current government per diem rate) to \$107 per night plus tax (17.25%), depending on hotel. We encourage you to make reservations early, as there are a limited number of rooms at the group block rates.

Mention the group name "National Trails Symposium" to get these rates. The designated cut-off date for all the hotels at their rates is October 23, 2010. Go to [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010) and click on Site Accommodations for additional information.

## Is your organization celebrating an anniversary?

We love to celebrate important milestones for trail organizations and events at the American Trails National Symposiums! Email us at [symposium@americantrails.org](mailto:symposium@americantrails.org) and let us know by September 12 and we will recognize your anniversary in the 20th National Trails Awards Celebration Banquet written program, as well as on the American Trails website.

## Stay up to date with the 20th American Trails National Symposium

For the most up-to-date information on the 2010 American Trails National Symposium, please visit [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010). Check the website often as we update it frequently.

**To learn more about Chattanooga visit:**

- [www.OutdoorChattanooga.com](http://www.OutdoorChattanooga.com)
- [www.DiscoverScenicCity.com](http://www.DiscoverScenicCity.com)
- [www.TennesseeAnytime.org/travel](http://www.TennesseeAnytime.org/travel)



**American Trails National Symposium: more information and register online at [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010)**

## Submit your projects for our Creative Crossings Photo Gallery!

During the Symposium, trail project managers will have an opportunity to share the beauty of your trail crossings or bridges in the *Creative Crossings Photo Gallery*.

Recent years have seen the construction of some strikingly beautiful and innovative trail bridge designs. American Trails would like to showcase those bridges and other trail crossings through a photo gallery to be displayed in the Exhibit Hall and on the American Trails website.

**Submission Instructions:** Submit your print quality photos (300+ dpi resolution; 10 MB or larger for large format printing) in either EPS or TIF format, along with the name and location of the bridge, photo credit (if needed), and a short description of the trail crossing. Upload your items by September 30 to the American Trails FTP site at [www.atfiles.org/ftp](http://www.atfiles.org/ftp). Please send an email to [symposium@americantrails.org](mailto:symposium@americantrails.org) when you have uploaded your items with the subject line: Creative Crossings Photo Gallery, and in the email tell us the number of photos uploaded and the file names. If you prefer to send a CD, you can send it to American Trails, Creative Crossings Photo Gallery, PO Box 491797, Redding, CA 96049-1797.



## Come early! Stay late! Pre and post conference workshops

Join us for some great Featured (onsite) and Mobile (offsite) Workshops offered before and after the main American Trails National Symposium. Learn more and register online for these and other workshops at [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010). Here is a sampling of the workshops being offered:

### FEATURED WORKSHOPS

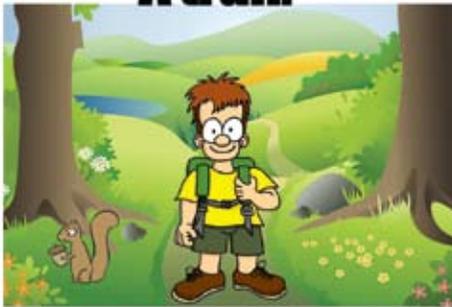
- The Art & Science of Trails
- Expand Your Trail Crew Leader Skills
- Become a Tread Lightly! Tread Trainer
- Understanding Accessibility & Building Better Trails
- Creating a Trail Maintenance Management Program
- ArcGIS Basics Workshop (Beginner)
- Horse Trails Caucus
- Fundraising for Your Mission
- National Trails Training Partnership (NTTP) Meeting

### MOBILE WORKSHOPS

- Universal Trail Assessment Process (UTAP) and High Efficiency Trail Assessment Process (HETAP) Coordinator Workshop
- Trail Tools Equipment Expo
- American Trails Adaptive Paddling Workshop
- Rock Work Course
- And more!

Learn more about training opportunities and programs at the 2010 American Trails National Symposium at [www.AmericanTrails.org/2010](http://www.AmericanTrails.org/2010).

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# 20th American Trails National Symposium

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- Association of Pedestrian and Bicycle Professionals
- Back Country Horsemen of America
- Beneficial Designs, Inc.
- Cumberland Trail Conference
- Equine Land Conservation Resource
- Iowa State Snowmobile Association
- National Center on Accessibility
- National Off-Highway Vehicle Conservation Council
- North American Trail Ride Conference

- North Chickamauga Creek Conservancy
- Pennsylvania Equine Council
- Professional Trailbuilders Association
- Rails-to-Trails Conservancy
- Southern Appalachian Back Country Horsemen

**Eastern Bluebird ~ \$400**

- American Quarter Horse Association's STEP Program (Stewards for Trails, Education, & Partnerships)
- Quad Cities Convention & Visitors Bureau

**Summer Tanager ~ \$100**

- Amethyst BioMat
- Pam & Jeff Gluck
- Hancock Resources LLC

**Carolina Wren ~ \$25**

- Bud & Annie Melton
- Candace Mitchell
- Trailsnet.com

## NATIONAL RECREATION TRAILS

# New trails designated for 2010

**T**he National Recreation Trails (NRT) program is authorized in the National Trails System Act, along with the National Scenic and Historic Trails. Trails may be designated by the Secretaries of Interior or Agriculture to recognize exemplary trails of local and regional significance in response to an application from the trail's managing agency or organization.

Every kind of trail activity is represented in the listing of designated National Recreation Trails. Besides hiking and bicycling, the system includes water trails, motorized routes, snow tracks, greenways, and equestrian paths. The NRT program showcases the diversity of trails across America, from our cities and suburbs to the deserts, waterways, and high mountains. See details of these and a thousand other trails on the NRT website at [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails).

*For 2010, Secretary of the Interior Ken Salazar announced the designation of 31 trails in 15 states as National Recreation Trails:*

### ALABAMA

#### • Limestone County Canoe and Kayak Trail

The 21.9 miles along scenic Elk River have views of forests, towering bluffs, and rolling meadows with five easy in-and-out points between Elkmont and Joe Wheeler State Park.

#### • Doc Hilt Trails

The private OHV area and camping facility, just north of Lineville, AL, has 15 miles of continuous trails on the eastern edge of Talladega National Forest.

#### • Eastern Shore Trail

This 36-mile multi-use trail along the eastern shore of Mobile Bay in Baldwin County traverses waterfront, historic, wilderness, and small town areas.

#### • Minooka Park

Located in central Alabama, the 25 miles of trails include routes for ATVs and trail motorcycles, as well as trails for bicyclists, horseback riders, and hikers.

#### • Richard Martin Trail

The 10.2 mile, rails-to-trails bicycle, equestrian, and pedestrian trail in Limestone County, accesses outstanding natural, cultural, and historic resources.

#### • Smith Lake Park Walking/Bike Trails

The 150-acre Smith Lake Park is managed by Cullman County with 3.5 miles of walking and biking trails as well as camping and lake activities.

#### • Sportsman Lake Trails

Located in downtown Cullman, the shady five miles of trails provide opportunities for walkers, bike riders, in-line skaters, mountain bikers, and participants in bike and cross country events to enjoy the park and its 28-acre lake.

#### • Stony Lonesome OHV Park Trail System

The park offers 150 miles of trails for hiking, mountain bikes, dirt bikes, ATVs, and horseback riding on 1,500 acres in Cullman County.

#### • Veterans Park Trail

The 4.8-mile Veterans Park Trail in the City of Hoover connects schools, a community college, parks, and playgrounds, as well as fields, wetlands, and forests.

### DELAWARE

#### • James F. Hall Trail

The popular 1.7-mile cross-town pedestrian and bicycle trail in downtown Newark traverses three city parks, two streams, and a pristine wetland area. It links neighborhoods, University of Delaware student housing, and Delaware Technology Park.

### FLORIDA

#### • Blackwater Heritage State Trail

The 8.1-mile trail offers a trip through a quaint North Florida town and out into the countryside where there are creek crossings on wooden bridges.



*On the Eastern Shore Trail in Alabama*

- **Nature Coast State Trail**

Traversing the Suwannee River Valley, the 31.7-mile trail preserves abandoned rail lines. The trail connects the communities of Cross City, Trenton, Fanning Springs, and Chiefland. Among the trail's highlights is an historic railroad trestle crossing the Suwannee River.

- **Tallahassee-St. Marks Historic Railroad State Trail**

The rail trail runs 16 miles from Florida's capital city to the coastal town of St. Marks and is a destination along "Big Bend Scenic Byway." The paved trail provides an excellent workout for bicyclists, walkers, and skaters. The trail also offers opportunities for horseback riding on the adjacent unpaved trail.

## IDAHO

- **Weiser River Trail**

The 85-mile long rail-trail between Weiser and New Meadows. It passes through desert canyons, evergreen forests, alpine meadows, and small towns on historic trestles.

## ILLINOIS

- **Kaskaskia River Confluence Trail**

The highlight of the 0.4-mile trail is access to the shoreline at the confluence of the Kaskaskia and Mississippi Rivers. The trail traverses a high quality bottomland forested area.



## IOWA

- **Des Moines River Water Trail** (North and South Sections)

These sections of the 19-mile water trail offer scenery, history, and nature in the Des Moines area. Informational kiosks at each access point provide maps and safety messages. The corridor is a major migratory flyway and provides tremendous bird and wildlife viewing opportunities during all seasons.

## KANSAS

- **Gary L. Haller Trail**

Located in Mill Creek Streamway Park the scenic, multi-use trail runs 17.5-miles through Olathe, Lenexa, and Shawnee. One of the first major trail

facilities completed in the Kansas City metropolitan area, it has become a model for other communities in the region and as well as a major recreation attraction.

## MISSISSIPPI

- **Spyglass Hill Trail**

The 17-mile multi-purpose trail located at Enid Lake offers camping, wildlife watching, equestrian riding, and scenic views. Visitors can step back into history and taste a sample of therapeutic water from the old Ford's Well.

## MISSOURI

- **Black River Hike & Bike Trail**

The Black River Hike and Bike Trail is a 3.25-mile paved and gravel trail that winds through the bottomland hardwoods and pines along the Black River below Clearwater Dam. The 10-foot wide trail offers a great diversity of scenery for biking, jogging, or strolling.

- **South Creek Greenway**

The 8-mile paved linear park running through the middle of Springfield is set in a natural landscape that has been carefully preserved. Innovative design features include native prairie restoration areas, a footbridge made of lumber (recycled tire lumber), and a 900-foot long highway overpass.



*Blackwater Heritage State Trail, Florida (photo by John Moran)*

# NEW NATIONAL RECREATION TRAILS FOR 2010



*The River Mountains Loop Trail in the Las Vegas Valley*

## MONTANA

### • Drinking Horse Mountain Trail

A unique covered bridge serves as a striking gateway for this 2.2 mile trail near Bozeman, climbing 700 feet from Bridger Creek to the top of Drinking Horse Mountain. The figure-eight loop trail offers scenic vistas of the Gallatin Valley, Bridger Canyon, and surrounding mountains.

## NEVADA

### • River Mountains Loop Trail

The 35-mile paved trail connects Lake Mead National Recreation Area, Hoover Dam, Boulder City, and Henderson in the Las Vegas Valley. The trail's success is due to collaboration and community involvement among an active coalition of public agencies, community groups, businesses and individuals.

## NORTH CAROLINA

### • Highlands Plateau Greenway

Located in Highlands, North Carolina, the highest incorporated town east of the Mississippi, the 5-mile network of walking trails connects natural areas and historic sites. Straddling the Eastern Continental Divide in a temperate rain-forest, the area boasts the highest floral and faunal diversity in North America.

## PENNSYLVANIA

### • Cumberland Valley Rail Trail

The Trail follows the old Cumberland Valley Railroad corridor for 9.5 miles, from Shippensburg to Newville, through the rolling, picturesque farmlands of south-central Pennsylvania. A grassy bridle path parallels the bicycle and pedestrian path along the entire length.



*Riding the Doc Hilt Trails System*

### • Mason-Dixon Trail

This 30-mile section of the 193-mile Mason-Dixon Trail is a hiking trail that follows the lower Susquehanna River from Wrightsville to the Norman Wood Bridge. There are beautiful views, deep ravines with waterfalls, and big climbs and descents to where streams have carved out canyons in the river hills.

### • Three Rivers Heritage Trail

The Three Rivers Heritage Trail is an urban rail-trail paralleling the riverbanks in the Pittsburgh area for about 21 miles, often on both sides of the rivers. It offers spectacular views of the city. Recent surveys indicate diverse use of the trail for recreation and commuting purposes. The trail is part of the Great Allegheny Passage, the Erie to Pittsburgh Trail, and the Pittsburgh to Erie Mainline Canal and Greenway.

### • Three Rivers Water Trail

The paddling route follows the Three Rivers in the Pittsburgh area for 75 miles along the 90 riverfront municipalities of Allegheny County. The trail extends to Sewickley on the Ohio River, Harrison on the Allegheny River, and Elizabeth on the Monongahela River, and is part of the statewide water trail system, connecting to the Youghiogheny and Kiski-Conemaugh River water trails.

**TEXAS**

• **Knob Hills Trail**

Located on the west end of Grapevine Lake, near the City of Flower Mound, the 5.4-mile natural surface trail traverses the prairies and bottomland on the north bank of Denton Creek. Hikers and bicyclists share the trail with equestrians for part of its length.

• **Lacy Point Nature Trail**

The 19-mile multi-use trail on the west shore of Waco Lake offers access to horse riders, cyclists, bank fishermen, and hikers on the busy I-35 corridor between Fort Worth and Georgetown. Much of the trail is in the bottomland hardwood area with its year-round springs, old-growth Eastern Red Cedar, and much-needed shade in summer.

**WASHINGTON**

• **Spokane River Centennial Trail**

The trail follows the beautiful, historic Spokane River for 37 miles from Idaho state line to Nine Mile Falls, WA. Over two million people each year walk, run, bike, in-line skate, enjoy nature, observe wildlife, picnic on the river's edge, launch canoes, or just sit and contemplate the rhythmic flow of the river.

***If you enjoy photography, look up designated NRTs in your area or the next time you travel. We're sponsoring a new photo contest this year with a deadline for entries of December 15, 2010. Learn more about the National Recreation Trails Program and see more photos at [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails).***



*Spokane River Centennial Trail in Washington state*

**2010 National Recreation Trail designations**  
**Details at [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails)**

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## COALITION FOR RECREATIONAL TRAILS

# Award winning trails announced

**T**he Coalition for Recreational Trails (CRT) has announced the winners of its "Annual Achievement Awards" in recognition of outstanding use of Recreational Trails Program (RTP) funds. Award winners were recognized at a special ceremony in Washington, D.C. on June 8, 2010 during the annual celebration for Great Outdoors Week.

Seven trail projects and two State programs have been chosen by the Coalition for Recreational Trails as recipients of its tenth Annual Awards. The trail projects and programs honored for 2010 are listed below by category of award.

#### *Maintenance and Rehabilitation:*

- **Rampart Range OHV Development - Phase Three**

#### *Construction and Design:*

- **Agassiz Recreational Trail**

#### *Education and Communication:*

- **Coalition of Recreational Trail Users Educational Trailer**

#### *Multiple-Use Management and Corridor Sharing:*

- **Debsconeag Lakes Wilderness Area**

#### *Environment and Wildlife Compatibility:*

- **Leave No Trace Program - Backcountry Horsemen of Washington**

#### *Accessibility Enhancement:*

- **Laurel Fork Trail, Holly River State Park**

#### *Use of Youth Conservation/Service Corps:*

- **Hyde Park Heritage Greenway Trail**

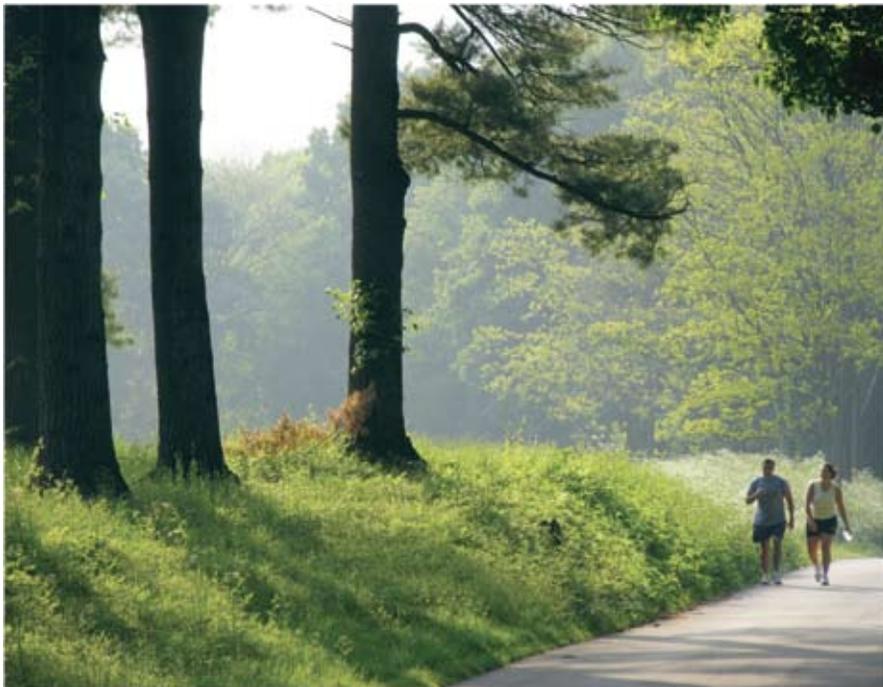
#### *Outstanding State Trail Program:*

- **Vermont**

#### *Outstanding State Recreational Trails Advisory Committee:*

- **Tennessee**

**Nomination forms for next CRT awards will be available early in 2011. Projects must have been completed after 1998, and have been funded through the Recreational Trails Program. See details on the awards at [www.AmericanTrails.org/rtp/crtawards.html](http://www.AmericanTrails.org/rtp/crtawards.html).**



*Hyde Park Heritage Greenway Trail in New York*



*Debsconeag Lakes Wilderness Area in Maine*

# Educational Trailer wins CRT Award

The Coalition of Recreational Trail Users (CRTU) was recognized with the Education and Communication Award from the Coalition for Recreational Trails. Minnesota's motorized recreational trail user communities has formed an effective partnership of snowmobilers, four-wheelers, and ATV and trail motorcycle riders.

Recognizing the need to educate the public on safe and responsible motorized recreation, CRTU developed a plan for an education and outreach trailer to be stocked with information on rules, regulations, safety, and the state associations, as well as maps and youth safety training CDs.

Using RTP and other funds, the trailer was purchased and outfitted and began its journey. In 2008, the trailer traveled over 3,000 miles, made 15 appearances at locations with over 101,000 attendees. In 2009, the trailer



again traveled over 3,000 miles and made 14 appearances at locations with over 226,000 attendees, including a day at the Minnesota State Fair.

**For more information contact Tom Umphress, Coalition of Recreational Trail Users, 8051 W 195th St., Jordan, MN 55352. Phone: (612) 975-8618**

# TN wins Trails Committee Award

Tennessee was recognized for its Outstanding State Recreational Trails Advisory Committee. The award is one of several presented this year for use of Recreational Trails Program (RTP) funds.

The Council on Greenways and Trails is Tennessee's RTP state advisory committee. With representatives from all trail user groups, the 15-member Council is overseen by Bob Richards, Tennessee Greenways and Trails Coordinator.

Tennessee Department of Environment and Conservation's Recreation Educational Services Division administers RTP grants, which are distributed biannually. The Council works in partnership with the Division, evaluating the grant-application process at the end of each cycle and recommending changes and improvements.

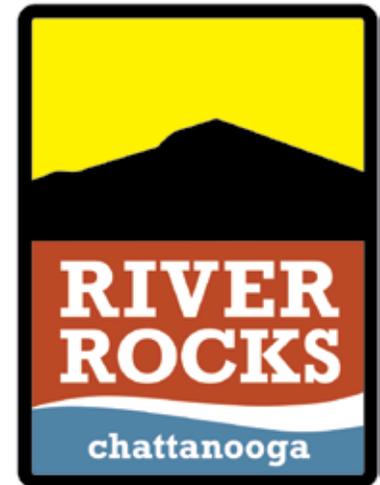
One Council recommendation accepted by the Division for the last two grant cycles allows nonprofit organizations to apply for RTP funds for projects on public lands as long as a written agreement was in place between the nonprofit and the public agency.

This initiative has helped fund projects on federal lands and provide for other partnerships. The Council has initiated three statewide Greenways and Trails conferences and was very involved in developing the state Greenways and Trails Plan. Since the inception of the Plan in 2008, Tennessee now has greenways or trails in 85 of its 95 counties.

The foremost initiative the Council has undertaken is marketing and branding of the Tennessee Greenways and Trails Program with a logo, website, and marketing piece for billboards. And three catchy 30-second PSA's were developed for both TV and radio.

The RTP education funds allocated for this project were matched with over \$250,000 of donated services, specifically donated billboard space. The Tennessee Department of Health was so impressed with the Council's marketing program that it approved a \$25,000 obesity grant from the Centers for Disease Control to purchase air time for the radio PSA's to help increase physical activity outdoors.

**Visit the TN Greenways and Trails program at [www.connectwithtn.com](http://www.connectwithtn.com).**



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40+ events... Chattanooga – an outdoor haven! For information about RiverRocks, including the many other activities offered during the festival, visit [www.RiverRocksChattanooga.com](http://www.RiverRocksChattanooga.com).

# Website will add to Florida's trail tourism resources

By Herb Hiller

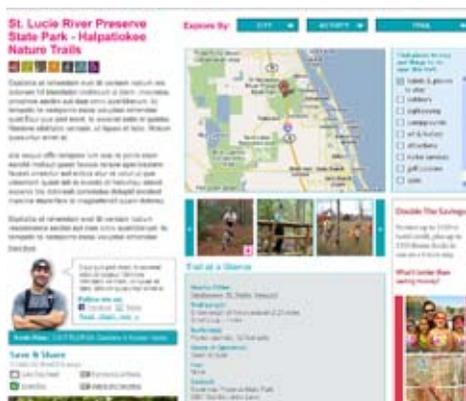
Photos by John Moran

A pair of nation-leading Florida institutions will launch a new state trails-tourism website this fall. People worldwide will be able to book Florida trail vacations complete with places to stay and eat, optionally also using outfitters and tour operators.

Florida's Office of Greenways and Trails (OGT) has supplied the data for more than 3,500 miles of cycling, hiking, paddling and equestrian trails. Visit Florida is developing the website.

In 2005, OGT and Visit Florida began collaborating on a series of trail brochures. Each in the series detailed some two-dozen top-ranked cycling, hiking, paddling, or equestrian trails. The brochures have remained popular to the point that OGT reports its online version of the cycling trails brochure averages 50,000 monthly downloads. It was that result that helped spur the East Coast Greenway Alliance to propose the current trails-tourism website.

Trail vacationers will be able to gain access to the new website by a URL that, once chosen, will be announced through consumer advertising. Visitors will also be able to click on [www.visit-florida.com](http://www.visit-florida.com) and follow the prompts or click on display ads that Visit Florida



**The new Visit Florida site will have data for more than 3,500 miles of cycling, hiking, paddling, and equestrian trails**

will post to the site, then find trails by name, type, or location. In addition to places to stay and eat, the site will link to culture and history sites, to spas, law enforcement agencies, trail blogs, and more.

The site will be the primary resource in promoting and marketing trail-based tourism, says Visit Florida New Product Development Director Tiffany McCaskill. "It will be the one-stop-shop for everything trails related in Florida."

Visit Florida will evaluate how the site performs by numbers of site visits and by how engaged visitors appear to be. "We'll measure success by how many pages those visitors view. Is it one page

and then they leave—or 'bounce'? We'll want a low bounce rate," says Visit Florida Internet Manager Jill Stewart. "And what signals do we get about intent to travel? Do they click through to learn about accommodations and other businesses? Do they click through to the deep link to the OGT site to read more about a trail? These would show deep interest."

OGT Assistant Director Jim M. Wood points out that although the OGT site itself has long supplied trail details, "The new site brings together trails and tourism in a way that hasn't happened before. Now people can learn about all kinds of services near a given trail that lets them book entire trail vacations. The new site raises the visibility of trail towns for visitors while at the same time we'll be pushing the threshold of what trails mean to communities."

Wood adds that as word about the site gets around Florida, he's getting emails from trail managers to make sure their trails are included. "Visit Florida has set no limits to the number of trails the new site can include, so we'll keep adding to the list," he says.

And, together with Visit Florida, keep adding to Florida trails leadership.

**Watch for news about the new trails tourism website at [www.visitflorida.com](http://www.visitflorida.com).**





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## PEOPLE IN THE NEWS

# Remembering Alaska's Austin Helmers

Longtime Alaska resident, Austin Helmers, 93, passed away March 5, 2010, at the Palmer Veteran's and Pioneer's Home surrounded by family. Austin was a research forester for the U.S. Forest Service, and a lifelong outdoorsman and public trails advocate for both Idaho and the Matanuska Valley.

Austin was born August 30, 1916, in Doon, Lyon Co., Iowa. He was raised in Idaho and Montana, where he learned all the operations of logging and the forest from his father. He was an undefeated log roller who took on all challengers and an avid hiker who climbed to many a ridge top.

Austin and Geneva Maxine Wortman were married in 1940, while both were still in college. In the early 1940s, they moved between Missoula and the Forest Service Station at Deception Creek, near Coeur D'Alene, ID, and finally to the Experimental Forest Station near Priest River, Idaho. While at Priest River Experiment Station, they became involved in square dancing, which would continue throughout their lives.



**Austin Helmers, Alaskan trails advocate and Forest Service veteran**

Austin was an alumnus of the University of Idaho at Moscow. During his college years, he worked with the Civilian Conservation Corps to fight the spread of White Pine Blister Rust. His Forest Service research career included working with the U.S. Army Corps of Engineers, performing soil and snow trafficability tests of military vehicles.

Austin's second career was his passion for hiking and making sure public trails rights of way were not lost. He was instrumental in establishing the Pioneer Ridge Trail, the public route up Pioneer Peak which was dedicated to him in 2004. He also mapped and secured the Matanuska Peak Trail, the Morgan Horse Trail on Lazy Mountain, and the Crevasse Moraine trail system.

The first Mat-Su public trails plan to serve many users was put together due to his field research. Austin observed the Alaskans' greatest freedom was on public lands and rights of way, and his greatest concern was fencing and the loss of easements would be the ultimate lockout to the people. To him, access to the mountaintops was nearer to God and peace, his family said. He climbed frequently until he was 90 years old, often with a hatchet, saw, and trail markers.

Austin was instrumental in forming the Mat-Su Trails Council. He was appointed to the Governor's Trails and Recreational Access Board for Alaskans in 1996. He was presented numerous awards in recognition of his volunteer efforts on the local, state and national level. Austin was a wonderful role model and taught his family the importance of good work ethic, respect for nature, and pride for country, his family said.

**Read more about Austin Helmers and more heroes of the trails at [www.AmericanTrails.org/resources/memorial](http://www.AmericanTrails.org/resources/memorial).**

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## PEOPLE IN THE NEWS

# The Cumberland Trail is on the air



Bob Fulcher entertains volunteers on the Cumberland Trail

For more than 10 years, people from all over the world tune in to *The Cumberland Trail*, a half-hour radio program hosted by Bob Fulcher, manager of the Cumberland Trail State Park (a National Recreation Trail), featuring the musicians who live within shouting distance of our trail. His aim is to represent the grassroots music of the 11-county corridor. The radio show offers the rarest recordings from the region, often never-before issued or broadcast.

*The Cumberland Trail* is the only state or national park in America using weekly musical documentaries to present and preserve its heritage. The radio program has served as an invaluable tool to keep the regional community up to date on volunteer work projects, as work continues on the Cumberland Trail State Park.

Bob Fulcher has worked as a park naturalist and ranger for over 25 years, a great portion of that time in the Cumberlands. He has recorded and presented musicians from the Cumberland Mountains for the Library of Congress, the Smithsonian, and other institutions.

For great and rare old-time, bluegrass, gospel, rockabilly, balladry, vintage country, western swing, blues, folk, and more, from the backyard of the trail, tune in *The Cumberland Trail* Sunday nights at 8:30 p.m. Eastern Time.

**TO TUNE IN:** Go to [www.WDVX.com](http://www.WDVX.com) to find the live webcast. You may have to download the suggested software to access the program. To learn more about the National Recreation Trails Program visit [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails).

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# New Resources at AmericanTrails.org

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## State of Tennessee compiles guide to trail building

**P***athways to Trail Building* is a concise guide to key elements of planning and building a variety of trail types. It is intended to provide professional administrators, crew leaders, and interested citizens with a starting point for trail projects. The goal is "to assure well-planned and well-built trails with minimal impact to our natural resources and little maintenance for years to come."

Major topics included in the Guide are:

- Selecting a new trail route
- Trail design
- Trail layout
- Design criteria
- Construction and equipment
- Trail safety
- Trailheads and support facilities
- Trail marking and signs

The Guide was prepared and edited by Bob Richards, Tennessee Greenways and Trails Coordinator. Funding was provided by the Recreational Trails Program.

**Read a summary of "Pathways to Trail Building" with a link to download the 40-page book in pdf format at [www.AmericanTrails.org/resources/newest.html](http://www.AmericanTrails.org/resources/newest.html).**

## Universal Design: Apply the Principles in Park Settings

**P**ushing park planning and design beyond minimum accessibility guidelines toward universal design is a comprehensive approach that considers the unique needs and abilities of all visitors. An original three-hour satellite program provides examples of universal design in many different applications including exhibits, indoor environments, and outdoor park settings. Discussion also includes costs

benefit, sustainability, and usability among diverse populations. The program was originally presented by the National Park Service and the National Center on Accessibility.

**For a link to videos from "Universal Design: Apply the Principles in Park Settings" see the Accessibility category at [www.AmericanTrails.org/resources/newest.html](http://www.AmericanTrails.org/resources/newest.html).**



## New photo gallery: power lines along trails

**T**rails are often built in utility corridors of all kinds, from underground pipelines to electric power lines overhead. There may be hundreds of trails across the country that follow power line corridors. Over the years some articles have raised concerns about electro magnetic fields (EMF) emanating from power lines. However, research seems to find that trails along electric lines are safe.

**See photos of many power line trails and other "Cool Trail Solutions" at [www.AmericanTrails.org/resources/cool](http://www.AmericanTrails.org/resources/cool).**

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## New ADA rule addresses “power driven mobility devices”

On July 26, 2010, the U.S. Department of Justice (DOJ) posted a final rule under the Americans with Disabilities Act (ADA). This rule includes a slightly revised definition of a wheelchair and a new category, “other power-driven mobility devices (OPDMD)” for people who have mobility related disabilities. The definition for an OPDMD deals with motorized devices such as Segways that do not qualify as wheelchairs.

The DOJ now categorizes mobility devices for individuals with mobility related disabilities as either a wheelchair or as an OPDMD. DOJ defines a wheelchair as “a manually-operated or power-driven device designed primarily for use by an individual with a mobility disability for the main purpose of indoor or of both indoor and outdoor locomotion.”

DOJ explains that “the devices that fall within the definition of a “wheelchair” are those that are used for locomotion on only indoor or on indoor and outdoor pedestrian paths or

routes and not those devices that are intended exclusively for traversing undefined, unprepared, or unimproved paths or routes.”

The DOJ decided that the Segway “Personal Transporter” device is not a wheelchair because it was not designed primarily for use by individuals with disabilities, nor used primarily by persons with disabilities. Currently “electronic personal assistance mobility devices (EPAMDs)” including the Segway, were designed for recreational users and not primarily for use by individuals with mobility disabilities.

On National Forest System lands wherever foot travel is allowed, any wheelchair or other mobility device is allowed if the device was designed solely for use by a mobility-impaired person for locomotion and it is suitable for use in an indoor pedestrian area (36 CFR 212.1 and FSM 2353.05). These devices are not OPDMDs, neither do they meet the 36 CFR 212.1 definition of a motor vehicle.

**See the complete discussion of the new ADA rule and all the background on power mobility devices at [www.AmericanTrails.org/resources/accessible](http://www.AmericanTrails.org/resources/accessible).**

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## New Patron Member



### Human Powered Trails, Inc. mobilizes volunteer efforts

**H**uman Powered Trails, Inc. is a nonprofit organization whose mission is: "To develop and maintain first class sustainable and environmentally correct, human-powered, shared use trails." They are based out of La Crosse, WI and have a large committed volunteer force.

The many volunteers are professionally trained to build sustainable trails for hiking, biking, skiing, snowshoeing, bird-watching, trail running, and any other activity that is "Human Powered" based. Last year alone they had approximately 200 volunteers that donated over 5000 hours of volunteer time. HPT works in harmony with local and state run agencies/officials to further develop environmentally friendly trail systems.

For more information visit their website at [www.HumanPoweredTrails.com](http://www.HumanPoweredTrails.com) or send an email to [info@humanpoweredtrails.com](mailto:info@humanpoweredtrails.com).

### Jenny Rigby joins Board of American Trails

**J**enny Rigby is the newest American Trails board member. She is the founder of Acorn Naturalists and the Director of Acorn Group.

Jenny's training and experience have earned her a reputation for creating effective, dynamic educational and interpretive experiences. Her projects are nationally recognized, earning awards for Exhibit Design, Print and Media Design, and Interpretive Media Design.

Jenny has served as an advisor on several national curriculum projects, directed a curriculum project for California Department of Education, and served as project manager of the California Plan for Environmental Education.

Her background includes teaching in various institutions, including zoos and aquaria; interpretive writing, exhibit, and graphic design; and program evaluation, research, and training. She holds a bachelor's degree in social ecology, master's degree in education, and two California teaching credentials. She is certified by NAI as a Certified Interpretive Planner.

When Jenny isn't writing about the outdoors, she's likely hiking in it with her family. Learn more about Jenny Rigby at Acorn Naturalists: [www.acornnaturalists.com](http://www.acornnaturalists.com) and the Acorn Group: [www.acorngroup.com](http://www.acorngroup.com).



# American Trails Member Organizations

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## AFFILIATES

# White Mountains Trail System

By Nick Lund, President, TRACKS

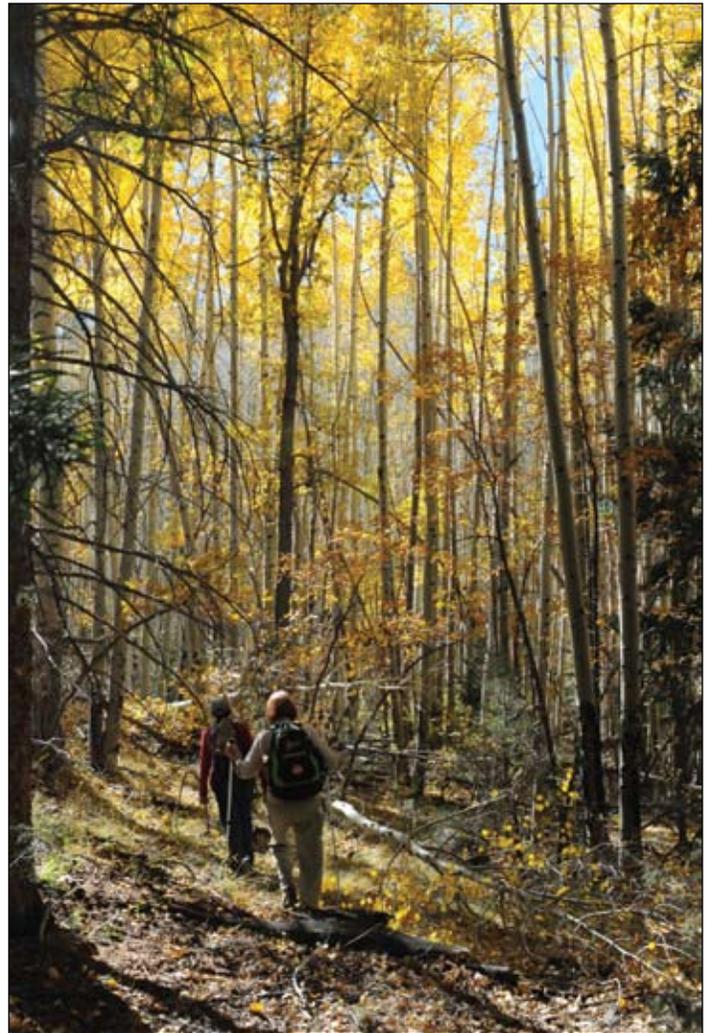
Located in the Lakeside Ranger District of the Apache and Sitgreaves National Forests, the White Mountains Trail System (WMTS) consists of over 200 miles of trails for non-motorized users (hikers, mountain bikers, and equestrians). Major loop trails are joined together by connector trails to create an extensive trail system that provides users with opportunities for short-to-long outings. Trails in the system range from moderate to difficult, with elevations ranging from 6200 to 8300 feet. Shorter loop trails are about 3-4 miles long and longer loop trails are about 14 miles in length.

Each WMTS trail is marked with blue diamonds: solid blue for a loop trail; a yellow dot indicates a short route back to the trailhead; green dot indicates a connector to another loop trail; and red dot indicates a vista point. Trailheads are easily accessed by well-maintained U.S. Forest Service roads.



*Riding on the White Mountains Trail System*

One of the largest, contiguous stands of ponderosa pines in the United States, the Apache and Sitgreaves NF are home to many varieties of wildlife, including elk, deer, javalina, mountain lion, turkey, eagles, osprey, and bear. The WMTS offers not only many excellent vista points (on a clear day, one can see the San Francisco Peaks... over 100 miles away... from the Panorama trail) and routes through pristine forests,



but also great opportunities to experience wildlife in their native habitats. Users also hike the WMTS to view flora, enjoy birdwatching, and foray for edible wild mushrooms. Local communities strongly support the WMTS and realize significant economic benefits from regional users and visitors to the trail system.

WMTS maps are available from the Lakeside Ranger District office, 2022 W. White Mountain Blvd., Lakeside, AZ 85929 or may be printed free from [www.tracks-pinetop-lakeside.org](http://www.tracks-pinetop-lakeside.org). TRACKS is a group of over 300 volunteers who work with the U.S. Forest Service to plan, build, and maintain the WMTS. The TRACKS website includes an activities page indicating group hikes, mountain bike rides, cross country ski outings, and other outdoor events. Membership in TRACKS is free and non-members are welcome to join group activities.

TRACKS members also volunteer at or participate in events including two triathlons put on annually in Show Low by TriSports and the annual Epic Rides Tour of the White Mountains mountain bike challenge, in which riders choose rides on the WMTS of 10, 15, 35, or 60 miles. In 2009, over 625 riders from all over the southwest participated in the TWM and enjoyed great rides and beautiful weather.

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## FEATURED NATIONAL RECREATION TRAIL

# Drinking Horse Mountain Trail

**T**he Drinking Horse Mountain Trail was designated as a National Recreation Trail this year. The loop trail climbs 700 feet from Bridger Creek through diverse vegetation and terrain, to the summit of Drinking Horse Mountain. A covered bridge serves as a beautiful gateway for the trail and rewards the hiker with spectacular views of the Gallatin Valley, Bridger Canyon, and surrounding mountain ranges

The dream of building the Drinking Horse Mountain Trail began in 2001 when the White family generously donated a 40-acre parcel of land including the top of the mountain to the U.S. Fish and Wildlife Service. The Gallatin Valley Land Trust, a local nonprofit, partnered with the U.S. Forest Service and the USFWS to create the trail.

Over the course of eight years, the land trust spearheaded efforts to design, permit, fund, and construct the trail, including a unique bridge crossing Bridger Creek below the mountain. The trail was opened to the public in 2008 and the bridge was completed in 2009, thanks to the tremendous support and generosity of many local businesses, private donors, and volunteers from the Bozeman area who contributed over \$220,000 of cash and in-kind donations.

Open to the public for only a little over a year, the trail is quickly becoming one of the most popular trails in the Gallatin Valley thanks to its location within a

5 minute drive of downtown Bozeman, its easy access and the high quality experience it provides in a conveniently moderate distance.

From willows and cottonwoods along Bridger Creek, to rocky outcrops, evergreen forest, and wildflower decorated hillsides, the Drinking Horse Mountain Trail offers great variety in a 2.2 mile figure-eight loop. The variety of vegetation provides a great opportunity for wildlife viewing, bird watching, and the study of nature. The figure-eight trail design has a steep route for those who desire more intense aerobic exercise and an easier path for those who seek a leisurely stroll.

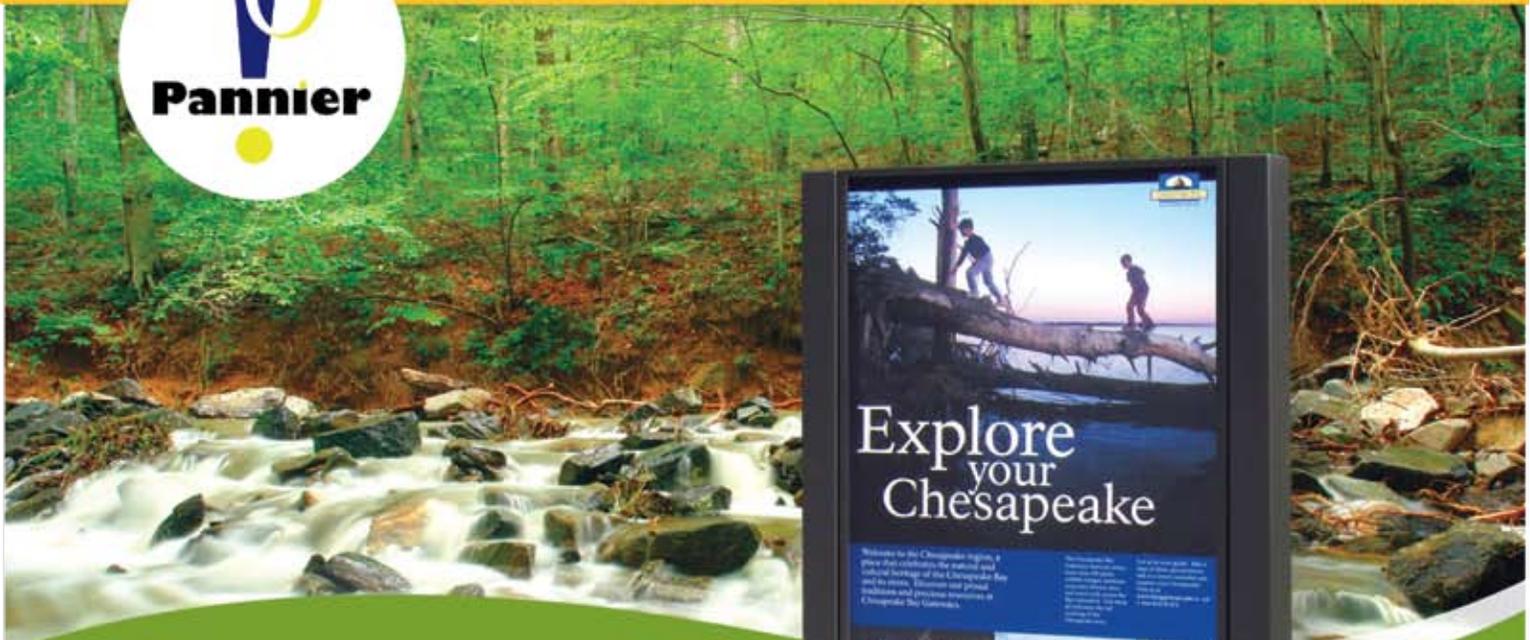
**Read about 30 more National Recreation Trails designated in 2010 at [www.AmericanTrails.org/nationalrecreationtrails](http://www.AmericanTrails.org/nationalrecreationtrails).**



*The Kevin Mundy Memorial Bridge, built with funds and labor from volunteers*



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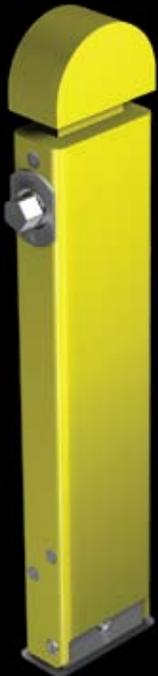
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