

KIDS MAKE THE BEST TRAIL STEWARDS!



WHY TRAILS MATTER

Trails help keep us happy and healthy. No one wants to stay inside all the time, so we need places to go outside and explore! On trails you can get all your energy out, see cool plants, trees, and wildlife, and spend time with family and friends. It's important we keep trails nice so everyone can enjoy them for years to come.



WHAT CAN YOU SEE ON A TRAIL?



**Small animals
like rabbits and
squirrels**



**Different kinds of
plants, trees,
and flowers**



**All different
kinds of birds**



**Interesting
insects and
spiders**

What Kind of Trail Users are There?

Hiking



Cycling



Equestrian



Motorized



Snow



Water



TRAIL SHARING

Many trails are called "shared-use" which means more than one kind of trail user shares the same trail. It is very important on these trails that everyone knows what's called the "right of way." This simply means who gets to go first when two different types of trail users meet on a trail.



It's important to know who you yield to when you're on a trail. To yield means to let someone else go first. This sign shows who yields to who when on the trail.

HORSES - yield to no one

HIKERS - yield to horses

CYCLISTS - yield to horses and hikers

MOTORIZED USERS - yield to hikers, cyclists, and horses

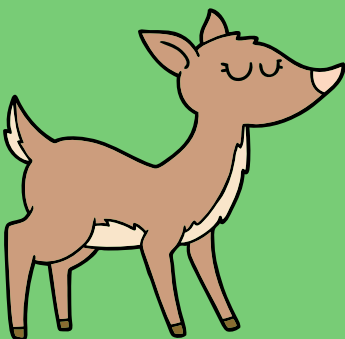
LEAVE NO TRACE



"Leave no trace" means to leave the trail exactly how you found it, so everyone can enjoy it just like you!



- **Don't litter!** Make sure to take your trash with you and dispose of it properly.
- **Stay on the trail.** Trail professionals created the safest best path for you to explore, and it is important to not wander off.
- **Take nothing but pictures.** This means even if you find a really cool rock, flower, or plant you have to leave it on the trail. You can come back to visit it!



- **Leave wildlife alone.** Wildlife can be dangerous to approach, so never try to touch or pet wildlife.

Kids Can Volunteer on Trails!

Many trails have volunteer days where people of all ages can go to the trail and help keep it safe and clean! Tell your grown ups to look up local trails online to find these events.



Trails rely on volunteers to help with many different tasks. This could include pulling out plants that shouldn't be there, carrying supplies and helping to build new features, creating trail art that trail users can enjoy, and cleaning up trash that has collected along the trail. It's important when volunteering to listen very carefully to the rules and make sure you ask a grown up before you touch anything you're not sure about, especially when picking up trash.





TRAIL STEWARD WORKSHEET

YOUR NAME:

YOUR FAVORITE TRAIL:

WHY IS IT IMPORTANT TO TAKE CARE OF TRAILS?

DRAW A CLEAN TRAIL

WHAT ARE 3 WAYS YOU CAN BE A GOOD TRAIL STEWARD?

Trail Quiz

Who yields to horses on the trail?

- A) Hikers
- B) Cyclists
- C) Motorized users
- D) All of the above

If you find a cool rock on the trail, you should leave it where it is: True or False

What does "leave no trace" mean?

- A) It's okay to pick flowers on the trail
- B) You can wander off the trail if you want
- C) Leave the trail exactly how you found it
- D) All of the above

If you see trash on the trail you don't recognize, tell a grown up about it instead of picking it up: True or False

TRAIL STEWARD CERTIFICATE



Name: _____

Is officially designated an
"Expert Trail Steward"
by the American Trails team!





American Trails
www.americantrails.org
Email: trailhead@americantrails.org



Help American Trails create more content like this.
Text "Im4Trails" to 44-321 to donate \$5.