



National Trails Day®

What is National Trails Day®?

American Hiking Society's signature trail awareness program, National Trails Day® (NTD), inspires the public and trail enthusiasts nationwide to discover, learn about and celebrate trails while participating in educational exhibits, trail dedications, gear demonstrations, instructional workshops and trail work projects. It also provides an opportunity to thank volunteers, public agencies and outdoor-minded businesses for their support in developing and maintaining trails. Trail clubs, retailers, federal agencies, municipal parks, land trusts, businesses and others come together the first Saturday of each June on National Trails Day to celebrate foot trails, recognize volunteers and maintain local trails.

Why we celebrate trails and National Trails Day®

America's 200,000 miles of trails provide access to the natural world for recreation, inspiration and education. Trails provide opportunities to breathe fresh air, get hearts pumping, escape from daily stresses and maintain overall health. NTD represents years of hard work, dedication and countless volunteer hours contributed by nonprofit groups and community organizations across America. According to the Outdoor Industry Association's annual Outdoor Recreation Participation Study for the United States 2006, 76.6 million Americans hike, 13.5 million backpack and 40.4 million trail run.

The Growing Success of National Trails Day®

Since the creation of NTD in 1993, the program has inspired and engaged thousands of individuals, trail clubs, businesses and government agencies worldwide. Events have taken place in all 50 states, the District of Columbia, Puerto Rico, Canada, Guam, United Kingdom, Nova Scotia and the U.S. Virgin Islands. With more than 1,600 registered events in 2009, NTD has become a permanent fixture on thousands of calendars. Media coverage for NTD 2009 reached nearly 150 million readers and listeners worldwide, and NTD 2009 volunteers contributed nearly 180,000 volunteer labor hours to our nation's trails, worth an estimated \$3.6 million.

Join us on the trail in 2010!

Search www.AmericanHiking.org to find an event in your area or become a National Trails Day host. For additional details on how to get involved with NTD, contact Heather Sable, Trail Programs Manager, at (800) 972-8608 x208 or HSable@AmericanHiking.org.

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