



The national voice for
America's hikers

Ten Ways to Save the Trails

1. **Take a hike:** Get outside, hike our nation's trails and observe the condition of trails and the surrounding natural areas. Find out about hiking trails around the country, at www.AmericanHiking.org/hiking_resources.
2. **Volunteer Locally:** Trails require a lot of maintenance so begin by protecting the trails in your region and contact your local trails group. Search for trail clubs in your area at, www.AmericanHiking.org.
3. **Adopt Leave No Trace Ethics:** Increasing numbers of recreational enthusiasts have raised awareness of trails so it is critical to build awareness, appreciation, and respect for our public recreation lands. To learn more about Leave No Trace, read American Hiking Society's fact sheet at www.AmericanHiking.org/hikingresources.
4. **Become a Trails Activist:** Learn about the most current policy information affecting trails, join American Hiking Society's legislative email list, and write your member of congress at www.AmericanHiking.org/policy.
5. **Celebrate National Trails Day®:** American Hiking Society's National Trails Day®, held the first Saturday of every June, is America's largest celebration of trails and the outdoors. With more than 1000 events hosted by trail and community groups, public agencies, and businesses, there is something for everyone. www.AmericanHiking.org/nationaltrailsday.
6. **Take a Volunteer Vacation:** On an American Hiking Society Volunteer Vacation, you visit stunning outdoor locations to construct or rebuild trails. In the process, you make new friends and realize that Volunteer Vacations are more fun than work! www.AmericanHiking.org/volunteervacations.
7. **Support Trails Economically:** Make informed consumer choices. Support the numerous manufacturing companies and stores that are linked with environmental recreation and preservation groups.
8. **Encourage the Next Generation to Hit the Trail:** Take a child hiking, explore the wonders of nature, and pass on the importance caring for our foot trails and our nation's wonderful recreation areas. The more children hike today, the better the prospects for our trails in the future.
9. **Join American Hiking Society:** Trails do not just happen. They are the result of hike-minded people, clubs, and businesses who pledge their support. Become an American Hiking Society member or partner and join the only national effort to protect the hiking experience.

Fact Sheet