

Hike the Parks

~Rulebook~

Hello! Welcome to Hike the Parks, a U.S. National Parks game with authentic hikes and cool facts.

Roll the dice to visit Park Sites, learn cool facts at the Visitor's Center, go on hikes, and take pictures!

Brief Summary:

1. The winner is the first player (teams are recommended to shorten play time) to reach 200 Joy. Change the target Joy amount as needed. 100 Joy is recommended for a shorter game.
2. Joy is earned by going on hikes, taking pictures while on hikes, and earning badges along the way.
3. Players roll two die to travel to different U.S. states. For example, if a 2 & 3 is rolled, a player can move across a maximum of 5 state borders to visit a park for that turn. If a player only crosses 3 of the 5 allowed borders for that turn, the remaining 2 CANNOT be carried over to another turn.
4. A player gains one Energy and one Water for each state border crossed on their turn. For example, traveling from Washington to Alaska gains two Energy and two Water.
5. Optional Rule: After crossing at least one border, a player must draw one On the Road card for that turn. If the player remains in the same state, they do not need to pick up an On the Road card.
6. After visiting a new state or deciding to stay in the same state, a player may visit one Park Site (or stay in the same Park Site) and "visit its Visitors Center" by drawing a Visitor's Center Trivia card to learn about a random National Park Site.
 - a. Correctly answered Junior Ranger cards win 2 Water and Energy each, and Park Scientist cards earn 5 Water and Energy each.
 - b. Park Scientist cards are intentionally difficult so that players may learn something new in order to win the Park Scholar badge.
7. Upon visiting a park, a player can go on one or more hikes within the Park Site, but once they have gone on a hike, they cannot leave the Park Site until their next turn.
 - a. Energy and Water is needed to go on a hike. Going on a hike brings you Joy!
 - b. If a player doesn't have enough Energy and Water to go on a hike in that Park Site, or all hikes in that Park Site have been completed by other players, they may visit a maximum of one other Park Site within the same state.
 - c. While a player is on a hike, they can choose to take a picture, trading 1 Energy for 5 Joy.
 - d. Only one player can go on each hike. Because no matter who wins, the group goal is to collectively learn as much about the parks as you can!
8. Once a player reaches 150 Joy (or 50 Joy for the 100 Joy target), all players take turns reciting a fact they learned, needing 3 facts each to get the Park Scholar badge and an additional 20 Joy. All players can win the Park Scholar badge. Players collectively decide if a fact is specific enough to count. Valid facts do not have to be from the game, but can be other facts learned from other players in conversation during the game.

Simple and Alternate Rules:

Simple Rule: To simplify the game, ignore the On the Road cards, Badges, and Photos. But we recommend keeping the Park Scholar Badge as an incentive to learn from the trivia.

Alternate Rule: There is no single winner. Instead, the group tries to reach a decided-upon collective Joy amount within a certain number of turns per person.

Simple Rule: To shorten the game, make the winning target 100 Joy and the Park Scholar target 50 Joy.

Resource Locations:

To take a photo: Use your phone or another device to search for images of the trail!

Hike the Parks on Tabletopia: <https://tabletopia.com/workshop/games/hike-the-parks>

If you like this game and want to support the Parks and environmental education, consider donating to or spreading the word about the following organizations! Small monthly donations can sometimes help organizations more than one-time large amounts, as organizations often rely on # of donators to qualify for significant grants.

Outdoor Afro: <https://outdoorafro.networkforgood.com/projects/6896-healthy-people-communities-and-places>

National Park Service: <https://www.nps.gov/getinvolved/donate.htm>

Every Kid Outdoors: <https://everykidoutdoors.gov/educators.htm>

Latino Outdoors: <https://latinooutdoors.org/>

National Park Service Academy: <https://www.thesca.org/npsa>

Explore Fund: <https://www.thenorthface.com/about-us/outdoor-exploration/explore-fund.html>

Starting the Game:

1. Each player chooses a color figure to move around the map (found next to the title “Hike the Parks”, which correspond to the resource trackers along the bottom of the board.
2. Using their color figure, all players start in the state they live in or in the same state, either one state that no one has been to, or a random one chosen by the group.
3. In addition to the Tabletopia gameboard, players will need to have this rulebook handy to look up hikes and a browser available to image-search hike names to “take a photo”.
4. Each player starts with 10 Energy and 10 Water, and are responsible for tracking their resources.
5. The player who goes first is the last person to go a hike in a National Park Site (Park, Monument, Historic Site, Seashore, etc.)
6. The first player starts their turn by rolling the die and deciding to travel or stay in the same state.

Taking a Turn:

1. Roll the two die. The resulting sum is the maximum number of state borders that can be crossed.
 - a. To represent distance:
 - i. Alaska is 2 state borders from Washington.
 - ii. Hawaii is 2 state borders from California.
 - iii. American Samoa is 3 state borders from California, 1 from Hawaii and Guam.
 - iv. Guam is 3 state borders from California, 1 from Hawaii and American Samoa.
 - v. The Virgin Islands are 2 state borders from Florida.
2. A player may either choose to view parks within the state they are in, or travel to a different state. Players cannot leave and return to the same state on the same turn.
3. Once the player has traveled to a new state and decided to check out its Park Sites, the player immediately gains one energy and one water for each state border crossed. If they stay in the same state, they do not gain any Water or Energy for crossed borders.
4. If at least one border was crossed during the turn, a player picks up and reads one On the Road card (a chance card) and adjusts their resources accordingly.
5. Players can only view the Park Sites of a state once they travel to its state and decide to visit it. Once a player has looked at the Park Sites within a state by using the Park Sites Guide in the rulebook (ctrl+f and search for the state), they cannot take back the dice rolls they have used to cross state borders.
6. Unlike real-life, visiting a park is free. Yay! Once a player has decided to visit a park, they must go to the Visitor's Center to learn about the nature, landmarks, culture, or history of a random Park Site by answering a trivia question.
 - a. The last player to take a turn should act as the Park Ranger by drawing a Visitor's Center Trivia card and reading it aloud for the current player.
 - b. Correctly answered Junior Ranger cards earn 2 Water and Energy each, and Park Scientist cards earn 5 Water and Energy each.
 - c. If the current player is wrong, the next player to take a turn has a chance to "steal" by answering the question, and so on until all the remaining players (except for the acting "Park Ranger") have guessed the answer. The Park Ranger should then reveal the answer.
 - d. Park Scientist cards are intentionally difficult so that players may learn something new in order to win the Park Scholar badge.
 - e. Visitor Center Trivia is found from NPS websites, affiliated websites, and websites of other federal agencies that manage public lands.
7. After visiting the Visitor's Center, a player can view the available hikes in a Park Site by using the Hike Guide (ctrl+f and search for the Park Site).
 - a. Every Park Site has at least one hike (or sometimes, an activity), but only some Park Sites are open at the moment due to COVID-19 (look for bolded names in the Park Site Guide). Hike info comes predominantly from the NPS and All Trails.
8. While visiting a Park Site, a player may go on as many hikes as they like in order to earn Joy, as long as they have enough Water and Energy to do so.

- a. If a player doesn't have enough Energy and Water to go on a hike in that Park Site, they may visit a maximum of one other Park Site within the same state.
9. If a player goes on a hike, they may take a photo by using one Energy and gain five Joy in return. Use your phone or another device to image-search the hike name and "take a photo"!
10. Longer hikes require more energy and water but have a higher payoff. Hikes that last longer than a day cause a player to lose one or more turns. Make sure the Joy payoff is worth it!
11. An example turn:
 - a. Starting in California with a roll of 5, you could cross 3 state borders to Texas and draw an On the Road card on the way, losing 1 Water, Energy, and Joy each for being stuck behind an RV. For the 3 borders crossed, you earn 3 Water and 3 Energy. You then view the Park Sites within Texas using the Park Site Guide and choose to visit Big Bend National Park. At the Visitor's Center you correctly answer a Junior Ranger trivia question and earn 2 Water and 2 Energy. You then use the Hike Guide to hike to Emory Peak, using 11 Energy and 13 Water and earning 54 Joy. While on the hike, you decide to take a picture, using 1 Energy and earning 5 Joy.

Earning and Using Energy, Water, and Joy:

1. Each player uses the 3 Resource Trackers along the bottom of the board to keep track of how much **Energy**, **Water**, and **Joy** they have.
 - a. It is possible to have negative amounts of each resource.
2. **Joy** is earned by going on hikes, taking pictures while on hikes, having good encounters while On the Road, and optionally earning badges along the way.
 - a. Hikes are worth different amounts of **Joy**, but pictures taken during hikes are worth 5 **Joy** and require one **Energy** to be taken.
3. **Energy** and **Water** are needed to go on hikes and take pictures, with more of each needed for longer hikes.
 - a. For every border crossed, a player earns 1 **Water** and 1 **Energy**.
 - b. **Energy** and **Water** are also won from Visitor's Center Trivia and On the Road cards.
4. Each On the Road card can be good or bad or somewhere in between, and causes different balance changes in **Joy**, **Water**, and **Energy**.
5. There are two difficulties of Trivia cards: Junior Ranger (JR) and Park Scientist (PS).
 - a. JR cards earn 2 **Water** and 2 **Energy**.
 - b. PS cards earn 5 **Water** and 5 **Energy**.
 - c. The last player to take a turn acts as the "Park Ranger" and reads the question.
 - d. Don't get discouraged by the difficulty of Trivia cards! You need to learn something new in order to win the Park Scholar Badge.

- e. If the current player is wrong, the next player to take a turn has a chance to “steal” by answering the question, and so on until all the remaining players (except for the acting “Park Ranger”) have guessed the answer. The Park Ranger should then reveal the answer.
6. Badges add a fixed level of **Joy** to a player’s **Joy** total while worn by the player, and players can wear multiple Badges! Bling Bling.
- a. A popular method of play is only using the Park Scholar Badge. Feel free to come up with your own badges!
 - b. Once you reach 200 Joy (possibly in combination with Badges) you win!

Badge: Go on the Longest Hike

Joy Earned: 15

Details: Only one player can wear this Badge at a time. Badge is earned by the first player to go on a hike. Park activities that do not have a specific distance do not count towards this badge.

Badge: Go on the Shortest Hike

Joy Earned: 10

Details: Only one player can wear this Badge at a time. Badge is earned by the first player to go on a hike. Park activities that do not have a specific distance do not count towards this badge.

Badge: Park Scholar

Joy Earned: 20

Details: One someone reaches 150 Joy, everyone has the chance to recite 3 new facts learned from memory. No taking notes. This is the only Badge that everyone can earn!

Park Site Guide

Select National Monuments, Lakeshores, National Monuments, Recreational Areas, and other types of Park sites are included, with the majority being those with hikes and managed by the National Park Service, as opposed to the 6 other agencies that manage National Park Sites (such as the Bureau of Land Management). If a Park Site can be accessed in more than one state, it appears once for each state.

Few National Battlefields are included. National Memorials are rarely included. National Heritage Areas and National Historic Landmarks (NHLs) are not included. NHLs are historic places that hold national significance. The Secretary of the Interior designates these places as exceptional because of their abilities to illustrate U.S. heritage. Today, there are almost 2,600 NHLs in the United States.

If a smaller state does not have a National Park, a State Park is usually included to expand the hike options. Territories are usually excluded unless they have a Park Site with designated trails. As there are many Park Sites in existence, the Hike Guide is in gradual construction. Eventually, each National Park will have 3 available hikes and 3 Visitor’s Center Trivia, and all other Park Sites will have at least one hike each and one Visitor’s Center Trivia each. Only the Park Sites in **bold** in the list below currently have available hikes in the game and only those Park Sites will be found in the Hike Guide.

For a further overview of America’s Public Lands and who manages them, see the section after the list of Park sites.

<u>Park Site</u>	<u>Type</u>	<u>State</u>
National Park of American Samoa	National Park	American Samoa
Birmingham Civil Rights	National Monument	Alabama
Freedom Riders	National Monument	Alabama
Horseshoe Bend	National Military Park	Alabama
Little River Canyon	National Preserve	Alabama
Russell Cave	National Monument	Alabama
Selma to Montgomery	National Historic Trail	Alabama
Trail of Tears	National Historic Trail	Alabama
Tuskegee Airmen	National Historic Site	Alabama
Aleutian Islands World War II	National Historic Area	Alaska
Aniakchak	National Monument and Preserve	Alaska
Bering Land Bridge	National Preserve	Alaska
Iñupiat	Heritage Center	Alaska
Klondike Gold Rush	National Historical Park	Alaska
Sitka	National Historical Park	Alaska
Noatak	National Preserve	Alaska
Yukon - Charley Rivers	National Preserve	Alaska
Denali	National Park and Preserve	Alaska
Gates Of The Arctic	National Park and Preserve	Alaska
Glacier Bay	National Park and Preserve	Alaska
Katmai	National Park	Alaska
Kenai Fjords	National Park and Preserve	Alaska
Kobuk Valley	National Park	Alaska
Canyon de Chelly	National Monument	Arizona
Casa Grande Ruins	National Monument	Arizona
Chiricahua	National Monument	Arizona
Coronado	National Memorial	Arizona
Glen Canyon	National Recreation Area	Arizona
Lake Mead	National Recreation Area	Arizona

Montezuma Castle	National Monument	Arizona
Navajo	National Monument	Arizona
Organ Pipe Cactus	National Monument	Arizona
Parashant	National Monument	Arizona
Sunset Crater Volcano	National Monument	Arizona
Tonto	National Monument	Arizona
Tumacácori	National Historical Park	Arizona
Tuzigoot	National Monument	Arizona
Walnut Canyon	National Monument	Arizona
Wupatki	National Monument	Arizona
Grand Canyon	National Park	Arizona
Petrified Forest	National Park	Arizona
Saguaro	National Park	Arizona
Buffalo	National River	Arkansas
Hot Springs	National Park	Arkansas
Little Rock Central High School	National Historic Site	Arkansas
Trail of Tears	National Historic Trail	Arkansas
Cabrillo	National Monument	California
Castle Mountains	National Monument	California
César E. Chávez	National Monument	California
Channel Islands	National Park	California
Death Valley	National Park	California
Devils Postpile	National Monument	California
Golden Gate	National Recreation Area	California
John Muir	National Historic Site	California
Joshua Tree	National Park	California
Lassen Volcanic	National Park	California
Lava Beds	National Monument	California
Manzanar	National Historic Site	California
Mojave	National Preserve	California

Muir Woods	National Monument	California
Pinnacles	National Park	California
Point Reyes	National Seashore	California
Pony Express	National Historic Trail	California
Redwood	National Park	California
Santa Monica Mountains	National Recreation Area	California
Sequoia and Kings Canyon	National Park	California
Tule Lake	National Monument	California
Yosemite	National Park	California
Black Canyon Of The Gunnison	National Park	Colorado
Colorado	National Monument	Colorado
Dinosaur	National Monument	Colorado
Florissant Fossil Beds	National Monument	Colorado
Great Sand Dunes	National Park and Preserve	Colorado
Hovenweep	National Monument	Colorado
Mesa Verde	National Park	Colorado
Rocky Mountain	National Park	Colorado
Sand Creek Massacre	National Historic Site	Colorado
Yucca House	National Monument	Colorado
Mount Riga	State Park	Connecticut
Weir Farm	National Historic Site	Connecticut
First State	National Historical Park	Delaware
Cape Henlopen	State Park	Delaware
Big Cypress	National Preserve	Florida
Biscayne	National Park	Florida
Canaveral	National Seashore	Florida
Dry Tortugas	National Park	Florida
Everglades	National Park	Florida
Fort Matanzas	National Monument	Florida
Gulf Islands	National Seashore	Florida

Timucuan	Ecological & Historical Preserve	Florida
Chattahoochee River	National Recreation Area	Georgia
Chattahoochee	National Forest	Georgia
Cumberland Island	National Seashore	Georgia
Fort Pulaski	National Monument	Georgia
Kennesaw Mountain	National Battlefield Park	Georgia
Ocmulgee Mounds	National Historical Park	Georgia
Trail of Tears	National Historical Trail	Georgia
War In The Pacific	National Historical Park	Guam
Haleakalā	National Park	Hawaii
Hawai'i Volcanoes	National Park	Hawaii
Kalaupapa	National Historical Park	Hawaii
Kaloko-Honokōhau	National Historical Park	Hawaii
Pu`ukoholā Heiau	National Historical Site	Hawaii
Pu`uhonua o Hōnaunau	National Historical Park	Hawaii
City Of Rocks	National Reserve	Idaho
Craters Of The Moon	National Monument & Preserve	Idaho
Minidoka	National Historical Site	Idaho
Nez Perce	National Historical Park	Idaho
Yellowstone	National Park	Idaho
Matthiessen	State Park	Illinois
Indiana Dunes	National Park	Indiana
Effigy Mounds	National Monument	Iowa
Brown v. Board of Education	National Historic Site	Kansas
Tallgrass Prairie	National Preserve	Kansas
Big South Fork	National River and Recreation Area	Kentucky
Camp Nelson	National Monument	Kentucky
Cumberland Gap	National Historical Park	Kentucky
Mammoth Cave	National Park	Kentucky
Trail of Tears	National Historic Trail	Kentucky

Jean Lafitte	National Historical Park and Preserve	Louisiana
New Orleans Jazz	National Historical Park	Louisiana
Poverty Point	National Monument	Louisiana
Vicksburg	National Military Park	Louisiana
Acadia	National Park	Maine
Katahdin Woods and Waters	National Monument	Maine
Roosevelt Campobello	International Park	Maine
Saint Croix Island	International Historic Site	Maine
Assateague Island	National Seashore	Maryland
Chesapeake & Ohio Canal	National Historical Park	Maryland
Clara Barton	National Historic Site	Maryland
Hampton	National Historic Site	Maryland
Harpers Ferry	National Historical Park	Maryland
Harriet Tubman Underground Railroad	National Historical Park	Maryland
Blackstone River Valley	National Historical Park	Massachusetts
Boston Harbor Islands	National Recreation Area	Massachusetts
Cape Cod	National Seashore	Massachusetts
Minute Man	National Historical Park	Massachusetts
Saugus Iron Works	National Historic Site	Massachusetts
Isle Royale	National Park	Michigan
Keweenaw	National Historical Park	Michigan
Pictured Rocks	National Lakeshore	Michigan
River Raisin	National Battlefield Park	Michigan
Sleeping Bear Dunes	National Lakeshore	Michigan
Grand Portage	National Monument	Minnesota
Mississippi	National River and Recreation Area	Minnesota
Pipestone	National Monument	Minnesota
Voyageurs	National Park	Minnesota
Gulf Islands	National Seashore	Mississippi
Vicksburg	National Military Park	Mississippi

Natchez	National Historical Park	Mississippi
Gateway Arch	National Park	Missouri
George Washington Carver	National Monument	Missouri
Ozark	National Scenic Riverways	Missouri
Trail of Tears	National Historic Trail	Missouri
Bighorn Canyon	National Recreation Area	Montana
Glacier	National Park	Montana
Nez Perce	National Historical Park	Montana
Yellowstone	National Park	Montana
Agate Fossil Beds	National Monument	Nebraska
Homestead	National Monument of America	Nebraska
Missouri	National Recreational River	Nebraska
Scotts Bluff	National Monument	Nebraska
Death Valley	National Park	Nevada
Great Basin	National Park	Nevada
Lake Mead	National Recreation Area	Nevada
Tule Springs Fossil Beds	National Monument	Nevada
Franconia Notch	State Park	New Hampshire
Saint-Gaudens	National Historical Park	New Hampshire
Delaware Water Gap	National Recreation Area	New Jersey
Gateway	National Recreation Area	New Jersey
New Jersey Pinelands	National Reserve	New Jersey
Paterson Great Falls	National Historical Park	New Jersey
Aztec Ruins	National Monument	New Mexico
Bandelier	National Monument	New Mexico
Capulin Volcano	National Monument	New Mexico
Carlsbad Caverns	National Park	New Mexico
Chaco Culture	National Historical Park	New Mexico
El Malpais	National Monument	New Mexico
El Morro	National Monument	New Mexico

Gila Cliff Dwellings	National Monument	New Mexico
Pecos	National Historical Park	New Mexico
Petroglyph	National Monument	New Mexico
Salinas Pueblo Missions	National Monument	New Mexico
Valles Caldera	National Preserve	New Mexico
White Sands	National Park	New Mexico
African Burial Ground	National Monument	New York
Fire Island	National Seashore	New York
Gateway	National Recreation Area	New York
Saratoga	National Historical Park	New York
Stonewall	National Monument	New York
Women's Rights	National Historical Park	New York
Cape Hatteras	National Seashore	North Carolina
Cape Lookout	National Seashore	North Carolina
Carl Sandburg Home	National Historic Site	North Carolina
Fort Raleigh	National Historic Site	North Carolina
Great Smoky Mountains	National Park	North Carolina
Trail of Tears	National Historic Trail	North Carolina
Knife River Indian Villages	National Historic Site	North Dakota
Theodore Roosevelt	National Park	North Dakota
Charles Young Buffalo Soldiers	National Monument	Ohio
Cuyahoga Valley	National Park	Ohio
Hopewell Culture	National Historical Park	Ohio
Chickasaw	National Recreation Area	Oklahoma
Trail of Tears	National Historic Trail	Oklahoma
Washita Battlefield	National Historic Site	Oklahoma
Crater Lake	National Park	Oregon
John Day Fossil Beds	National Monument	Oregon
Lewis and Clark	National Historical Park	Oregon
Nez Perce	National Historical Park	Oregon

Oregon Caves	National Monument and Preserve	Oregon
Delaware Water Gap	National Recreation Area	Pennsylvania
First State	National Historical Park	Pennsylvania
Hopewell Furnace	National Historic Site	Pennsylvania
Independence	National Historical Park	Pennsylvania
Blackstone River Valley	National Historical Park	Rhode Island
Colt	State Park	Rhode Island
Congaree	National Park	South Carolina
Kings Mountain	National Military Park	South Carolina
Ninety Six	National Historic Site	South Carolina
Badlands	National Park	South Dakota
Jewel Cave	National Monument	South Dakota
Missouri	National Recreational River	South Dakota
Mount Rushmore	National Memorial	South Dakota
Wind Cave	National Park	South Dakota
Big South Fork	National River and Recreation Area	Tennessee
Cumberland Gap	National Historical Park	Tennessee
Great Smoky Mountains	National Park	Tennessee
Obed	Wild & Scenic River	Tennessee
Trail of Tears	National Historic Trail	Tennessee
Alibates Flint Quarries	National Monument	Texas
Amistad	National Recreation Area	Texas
Big Bend	National Park	Texas
Big Thicket	National Preserve	Texas
Chamizal	National Memorial	Texas
Guadalupe Mountains	National Park	Texas
Lake Meredith	National Recreation Area	Texas
Padre Island	National Seashore	Texas
Palo Alto Battlefield	National Historical Park	Texas
Arches	National Park	Utah

Bryce Canyon	National Park	Utah
Canyonlands	National Park	Utah
Capitol Reef	National Park	Utah
Cedar Breaks	National Monument	Utah
Dinosaur	National Monument	Utah
Glen Canyon	National Recreation Area	Utah
Golden Spike	National Historical Park	Utah
Hovenweep	National Monument	Utah
Natural Bridges	National Monument	Utah
Rainbow Bridge	National Monument	Utah
Timpanogos Cave	National Monument	Utah
Ashley	National Forest	Utah
Zion	National Park	Utah
Marsh - Billings - Rockefeller	National Historical Park	Vermont
Smugglers Notch	State Park	Vermont
Buck Island Reef	National Monument	Virgin Islands
Virgin Islands	National Park	Virgin Islands
Virgin Islands Coral Reef	National Monument	Virgin Islands
Appomattox Court House	National Historical Park	Virginia
Assateague Island	National Seashore	Virginia
Colonial	National Historical Park	Virginia
Cumberland Gap	National Historical Park	Virginia
Cedar Creek and Belle Grove	National Historical Park	Virginia
Harpers Ferry	National Historical Park	Virginia
Shenandoah	National Park	Virginia
Billy Frank Jr. Nisqually	National Wildlife Refuge	Washington
Ebey's Landing	National Historical Reserve	Washington
Lake Roosevelt	National Recreation Area	Washington
Lewis and Clark	National Historical Park	Washington
Minidoka	National Historic Site	Washington

Mount Rainier	National Park	Washington
Nez Perce	National Historical Park	Washington
North Cascades	National Park	Washington
Olympic	National Park	Washington
Wing Luke Museum	Affiliated Area	Washington
Bluestone	National Scenic River	West Virginia
Chesapeake & Ohio Canal	National Historical Park	West Virginia
Gauley River	National Recreation Area	West Virginia
Harpers Ferry	National Historical Park	West Virginia
New River Gorge	National River	West Virginia
Virginia	National River	West Virginia
Apostle Islands	National Lakeshore	Wisconsin
Ice Age	National Scenic Trail	Wisconsin
Bighorn Canyon	National Recreation Area	Wyoming
Devils Tower	National Monument	Wyoming
Fossil Butte	National Monument	Wyoming
Grand Teton	National Park	Wyoming
Yellowstone	National Park	Wyoming

Hike Guide

Once you visit a Park Site, you can view the available hikes. Only one player can go on each hike per game—to maximize the exploration covered by the group. Multi-state Park Sites only appear ONCE in the Hike Guide; once you have chosen your Park Site to visit, ctrl+f to search for the name of the Park Site, NOT the State, to find available hikes.

You must have enough Water and Energy to go on a hike. Going on a hike earns you Joy. During the hike, you may take a picture for 1 Energy, earning 5 Joy.

Sometimes the trail descriptions will help you answer Visitor's Center Trivia, so read about your adventure aloud to the group!

National Park of American Samoa National Park, AS

Mount 'Alava Adventure Trail

Distance: 5.6 mi Time: 5 hr Elevation Range: 1,000 ft

Energy Required: 6 **Water Required:** 6 **Joy Gained:** 27 **Turns Lost:** 0

Description: This challenging loop trail takes you along ridgelines with views of the north and central parts of the national park and island. Hike up and down “ladders” or steps with ropes for balance. There are a total of 56 ladders and 783 steps!

Birmingham Civil Rights National Monument, AL

Historic Church Tour

Distance: 0.75 mi Time: 1 hr Elevation Range: N/A

Energy Required: 3 **Water Required:** 1 **Joy Gained:** 8 **Turns Lost:** 0

Description: Come take a journey at 16th Street Baptist Church and learn how it has survived and overcome racism, discrimination, destruction, a bombing, bullying, threats, and death. See first hand accounts of people who were present when the church was bombed including the fifth girl who was in the ladies restroom when the bomb killed her sister and friends.

Little River Canyon National Preserve, AL

Eberhart Trail

Distance: 0.75 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: Venture into the canyon and down to the river and popular summer swimming holes. Watch for ruins of Canyonland Park & Zoo, which offered a chairlift down into the canyon along this trail and benches in the woods near the river. When the river is low, hikers can connect with the Powell Trail by hiking down-river

Aniakchak National Monument and Preserve, AK

Explore the Caldera

Distance: N/A Time: N/A Elevation Range: N/A

Energy Required: 4 **Water Required:** 4 **Joy Gained:** 19 **Turns Lost:** 0

Description: There are no formal trails. Use animal trails to explore the ash and cinder fields of the caldera floor! Aniakchak's 1931 eruption left a barren landscape with little or no vegetation, but plant communities now have made impressive comebacks.

Raft the Aniakchak River

Distance: 27 mi Time: 3-4 days Elevation Range: N/A

Energy Required: 20 **Water Required:** 12 **Joy Gained:** 75 **Turns Lost:** 1

Description: The weather on Aniakchak is severe; life-threatening conditions can develop rapidly. Extremely violent winds in the caldera, particularly near 'The Gates,' can shred tents and prevent air rescue.

Denali National Park and Preserve, AK

Savage River Loop Trail

Distance: 1.7 mi Time: 1 hr Elevation Range: Negligible. The trail rises and falls a bit, but there are no major uphill sections.

Energy Required: 2 **Water Required:** 3 **Joy Gained:** 13 **Turns Lost:** 0

Description: "This loop travels along either side of Savage River as it carves a canyon between Mount Margaret, to the west, and Healy Ridge, to the east. The trail goes nearly 1 mile before crossing the river with a bridge, and returning to the same parking area. The trail stays near the river most of the time, with only a few areas where it rises a few dozen feet higher than the river level.

Hiking off-trail in this area is generally permitted, but hikers should be careful of wildlife encounters and falls. The sides of the canyon are not sheer, but they can be steep, with uncertain footing, and people have been injured or died in falls when hiking off-trail here.

The area is very windy, so dress accordingly. The weather can also be quite different than the park entrance, so prepare for rain and hope for a sunny day!"

Mount Healy Overlook Trail

Distance: 5.4 mi Time: 3-4 hr Elevation Range: 1,700 ft

Energy Required: 5 **Water Required:** 8 **Joy Gained:** 31 **Turns Lost:** 0

Description: "This is one of the steepest trails in Denali. The trailhead is located off the Taiga Trail, not far from the Denali Visitor Center.

The trail rises steadily through spruce forest at first. Around the half-way point, it reaches some benches with a nice overlook back the way you came. After the benches, the climb becomes steeper and switchbacks are encountered as you break above tree-line. Please do not cut the switchbacks - this causes erosion problems, and the footing is less safe.

The official end of the trail is not the peak of Mount Healy, but it is an open spot with great views to the south. It is almost always windy here, so be prepared. Hiking the ridges of Mount Healy beyond the trail is permitted, but can be dangerous. People have died in falls on Mount Healy, so be cautious if you intend to hike toward the true summit, which is approximately 1,500' higher on the mountain and another 1.5 miles or so past the overlook (i.e., where the official trail ends)."

Horseshoe Lake Trail

Distance: 2 mi Time: 2 hr Elevation Range: 250 ft

Energy Required: 2 **Water Required:** 2 **Joy Gained:** 9 **Turns Lost:** 0

Description: From the trailhead, you'll hike up a short, steep hill (~25 elevation gain) and, after a few hundred yards, you'll reach a bench overlooking the lake. After this bench, the trail drops very steeply, about 250', down to the level of the lake. The trail then branches in two directions, forming a loop

around the lake. Viewing platforms overlook the south end of the lake. Near the mid-way point, on the east side of the loop, you can hike a short spur to overlook a beaver dam. The north end of the loop brings you out of the forest and alongside the Nenana River; across the river, and outside of the park, is one of the main tourism centers, called "the Canyon" or "Glitter Gulch." The west part of the loop is particularly scenic, as it hugs the shore of the lake along a very steep slope.

Iñupiat Heritage Center, AK

Attend a monthly workshop, which can teach anything from skin sewing for booties to butchering a caribou.

Distance: 0.75 mi Time: N/A Elevation Range: N/A

Energy Required: 3 Water Required: 2 Joy Gained: 10 Turns Lost: 0

Description: The Iñupiat Heritage Center (IHC) brings people together to promote and perpetuate Iñupiat history, language and culture. The Heritage Center promotes tourism and supports Iñupiat artists by providing a place in which to work on and showcase arts and crafts. It also serves to support the whaling traditions of the Iñupiat by making available the Traditional Room for construction or repair of traditional whaling boats and other subsistence tools.

Kenai Fjords National Park and Preserve, AK

Harding Icefield Trail

Distance: 8.2 mi Time: 6-8 hr Elevation Range: 1,000 ft/mi

Energy Required: 8 Water Required: 12 Joy Gained: 47 Turns Lost: 0

Description: Starting on the valley floor, the trail winds through cottonwood and alder forests, passes through heather filled meadows and ultimately climbs well above tree line to a breath-taking view of the Icefield. The top of the trail is a window to past ice ages - a horizon of ice and snow that stretches as far as the eye can see, broken only by an occasional nunatak, or lonely peak. Be prepared! Check on trail conditions before starting out - the upper portion of the trail is often covered with snow through early July and there may be avalanche danger.

Chiricahua National Monument, AZ

The Big Loop

Distance: 9.5 mi Time: N/A Elevation Range: 1,000 ft

Energy Required: 10 Water Required: 13 Joy Gained: 50 Turns Lost: 0

Description: For folks wanting to do everything, this route consists of the Echo Canyon, Upper Rhyolite Canyon, Sarah Deming, Heart of Rocks, Big Balanced Rock, Inspiration Point, Mushroom Rock and Ed Riggs trails. Up and down across the canyons, the Big Loop combines the best of the wilderness scenery. Be sure to take snacks and drink plenty of water on this all day hike.

Grand Canyon National Park, AZ

South Kaibab Trail to Bright Angel Campground (North Rim to River and Back)

Distance: 14 mi Time: 4-8 Elevation Range: 4780 ft

Energy Required: 14 **Water Required:** 14 **Joy Gained:** 63 **Turns Lost:** 0

Description: From the rim to the river - a loss of nearly 4,500 feet - you'll see more than a billion years of Earth's history up close, and pass through a number of different life zones along the way. You'll see and experience things you can't anywhere else in the world. It's not any easy route, but the effort is more than rewarding. You can optionally take the Bright Angel Trail 9.5 miles to the South Rim.

Saguaro National Park, AZ

Freeman Homestead Trail

Distance: 1 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: Wander down this path to the site of an old homestead foundation, a grove of large saguaros and a cool desert wash. Great Horned Owls can often be seen in the cliff above this wash. Interpretive signs concerning the history and plant life along the way will take you deeper into the meaning of this "home in the desert". These signs also feature special exploration activities for youngsters.

Hot Springs National Park, AR

Hot Springs Mountain Trail

Distance: 1.7 mi Time: N/A Elevation Range: 952-994 ft

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 6 **Turns Lost:** 0

Description: Hot Springs Mountain Trail is an easy stroll around the top of the mountain with several scenic overlooks.

Touch the springs at Hot Water Cascade

Distance: N/A Time: 5 min. Elevation Range: 952-994 ft

Energy Required: 0 **Water Required:** 1 **Joy Gained:** 2 **Turns Lost:** 0

Description: Hot Water Cascade - Located at Arlington Lawn, this is the largest visible spring in the Park. Hot water emanates from the hill side near the Grand Promenade and flows under the path, down a steep cliff into two pools. Even though the water comes out of the ground at 147 degrees F, it is cool enough to touch by the time it reaches the pools.

Cabrillo National Monument, CA

Bayside Trail

Distance: 2.5 mi Time: 1-2 hr Elevation Range: 340 ft

Energy Required: 3 **Water Required:** 2 **Joy Gained:** 10 **Turns Lost:** 0

Description: This trail is 2.5 miles (round-trip) with great views of the ocean, Ballast Point (where Cabrillo landed), downtown, Coronado Island, Tijuana, sandstone cliffs, ships, plant life, and, if the season is right, snow on the tops of the mountains. This trail is also a historical site; a searchlight shelter and power plant built in 1919 and used during World Wars I and II still stand.

Channel Islands National Park, CA

Elephant Seal Overlook - Santa Barbara Island

Distance: 2.5 mi Time: N/A Elevation Range: N/A

Energy Required: 3 **Water Required:** 2 **Joy Gained:** 10 **Turns Lost:** 0

Description: View elephant seals from overlook.

Potato Harbor - Santa Cruz Island

Distance: 5 mi Time: N/A Elevation Range: N/A

Energy Required: 5 **Water Required:** 4 **Joy Gained:** 21 **Turns Lost:** 0

Description: A longer hike than the Cavern Point hike on Santa Cruz Island, but also with spectacular coastal views. No beach access.

Nidever Canyon Trail - San Miguel Island

Distance: 2 mi Time: N/A Elevation Range: 500 ft

Energy Required: 2 **Water Required:** 2 **Joy Gained:** 7 **Turns Lost:** 0

Description: On your own you may explore the Cuyler Harbor beach, Nidever Canyon, Cabrillo monument, and the Lester ranch site. Visitors are required to stay on the designated island trail system. No off trail hiking is permitted. The island was a bombing range and there are possible unexploded ordnance.

Death Valley National Park, CA & NV

Badwater Salt Flat

Distance: 1 mi Time: N/A Elevation Range: Flat

Energy Required: 1 **Water Required:** 3 **Joy Gained:** 8 **Turns Lost:** 0

Description: The lowest point in North America is a beautiful salt flat covering over 200 square miles (322km) of the valley. ADA accessible ramp leads down to boardwalk.

Mesquite Flat Sand Dunes

Distance: 2 mi Time: 1.5 hr Elevation Range: 185 ft

Energy Required: 2 **Water Required:** 4 **Joy Gained:** 14 **Turns Lost:** 0

Description: No formal trail. Of the seven sets of dunes in Death Valley, these are the most famous and accessible.

Complete Circuit

Distance: 7.8 mi Time: 4.5 hr Elevation Range: N/A

Energy Required: 8 **Water Required:** 12 **Joy Gained:** 47 **Turns Lost:** 0

Description: Don't miss a thing by completing this classic trip up Golden Canyon to the red fluted walls of Red Cathedral. Next, wind your way through the maze of colorful badlands up to iconic Zabriskie Point, an ideal place for a lunch break where you can enjoy the most popular viewpoint in the park. Finally, make your way down to Gower Gulch where it's all downhill between towering back to the valley.

Golden Gate National Recreation Area, CA

Audio Tour of Inside the Cellhouse

Distance: N/A Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 3 **Turns Lost:** 0

Description: The audio tour is included when you purchase your ferry ticket, and covers the inside of the cellhouse (at the top of the island) during the penitentiary era (1934-1963). To obtain refunds for the audio tour should you not wish to or not be able to utilize it, ask for a supervisor in the cellhouse.

Point Bonita Lighthouse Trail

Distance: 0.5 Time: 1 hr Elevation Range: -75 ft

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: A secret jewel of the Bay Area, the Point Bonita Lighthouse, built in 1855, was the third lighthouse built on the West Coast and helped shepherd ships through the treacherous Golden Gate straits. Today, the lighthouse is still active and is maintained by the U.S. Coast Guard. Discover Point Bonita's wild landscape, geology and fascinating history by hiking the partially steep half mile trail to the Point Bonita Lighthouse!

Joshua Tree National Park, CA

Fortynine Palms Oasis

Distance: 3 mi Time: 2-3 hr Elevation Range: 300 ft

Energy Required: 3 **Water Required:** 5 **Joy Gained:** 19 **Turns Lost:** 0

Description: Out and back. There is a 300 foot elevation gain in both directions, as you hike up and over a ridge dotted with barrel cactus. Beyond the ridge, descend to a fan palm oasis in a rocky canyon. Avoid this trail when it's hot out.

Barker Dam

Distance: 1.1 mi Time: 1 hr Elevation Range: 50 ft

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: Loop. Explore cultural history and view a water tank built by early cattle ranchers. Watch for bighorn sheep.

Boy Scout Trail

Distance: 8 mi Time: 6 hr Elevation Range: 1190 ft

Energy Required: 8 **Water Required:** 12 **Joy Gained:** 47 **Turns Lost:** 0

Description: One way. Go deep into the Wonderland of Rocks. Stay on trail to avoid getting lost among the boulders. Most hikers prefer to start at the south trailhead, inside the West Entrance, and finish at Indian Cove. Vehicle shuttle strongly recommended for hikers interested in doing the full trail length.

Lassen Volcanic National Park, CA

Bumpass Hell

Distance: 3 mi Time: 2 hr Elevation Range: 8000 ft

Energy Required: 3 **Water Required:** 2 **Joy Gained:** 10 **Turns Lost:** 0

Description: Bumpass Hell is the largest hydrothermal area in the park and marks the principal area of upflow of steam and discharge from the Lassen hydrothermal system. The temperature of high-velocity steam jetting from Big Boiler, the largest fumarole in the park, has been measured as high as 322°F (161°C), making it one of the hottest fumaroles in the world. The steam heated waters are typically acidic and are not safe, even for bathing.

Lassen Peak

Distance: 5 mi Time: 3-5 hr Elevation Range: 8,500-10,457 ft

Energy Required: 5 **Water Required:** 6 **Joy Gained:** 27 **Turns Lost:** 0

Description: The summit provides one of the most spectacular views of the Devastated Area, a view from the top looking down. This view is the best vantage point to contemplate the power of the 1914-17 eruptions. The lingering rotten-egg smell of hydrogen sulfide near the summit reminds visitors that Lassen is still considered an active, but dormant, volcano.

Cinder Cone

Distance: 4 mi Time: 3 hr Elevation Range: 6,061 - 6,907 ft

Energy Required: 4 **Water Required:** 5 **Joy Gained:** 21 **Turns Lost:** 0

Description: The sandy trail climbs gently at first, bordered by woodlands on the right and Cinder Cone's lava flow known as the Fantastic Lava Beds on the left. The trail steepens as Cinder Cone comes into view. Look to your left (south) here for the first views of the colorful Painted Dunes. Be sure to take a break in the shade of the surrounding Jeffrey Pines before following the trail to the left (south) and beginning the heart-pumping climb to the top of the cone. As the trail slowly circles around to the south side of the cone, Lassen Peak comes into view.

Pinnacles National Park, CA

High Peaks to Bear Gulch Loop

Distance: 6.7 mi Time: 4-5 hr Elevation Range: 1,425 ft

Energy Required: 7 **Water Required:** 6 **Joy Gained:** 30 **Turns Lost:** 0

Description: Climb into the High Peaks and descend along the ridge through meadows of grasses and, in the Spring, wildflowers. Return to the Bear Gulch Day Use Area under the shade of sycamore, buckeye, and Oak trees along the Bench and Bear Gulch trails.

High Peaks to Balconies Cave Loop

Distance: 8.4 mi Time: 4-5 hr Elevation Range: 1,540 ft

Energy Required: 8 Water Required: 10 Joy Gained: 42 Turns Lost: 0

Description: Begin by climbing into the High Peaks, and the rest of the loop is downhill or flat. Return along the Old Pinnacles and Balconies trails, going over or through the cave. Flashlight required in the cave.

Jawbone Trail

Distance: 2.4 mi Time: 30 min. - 1 hr Elevation Range: 70 ft

Energy Required: 2 Water Required: 3 Joy Gained: 12 Turns Lost: 0

Description: The Jawbone Trail is a narrow, dirt trail that descends from Prewett Point to the overflow Chaparral parking area on the west side of Pinnacles National Park. This is one of the newer trails in the park, opened in the spring of 2017, and provides access to the Jawbone and Chaparral parking areas from the West Visitor Contact Station. The trail descends steeply through the Chaparral environment common in Pinnacles National Park. Views of North Chalone Peak, the High Peaks, and the Balconies Cliffs spread out before you as you make your way down the trail. As you descend, you'll notice Spanish moss hanging on the trees alongside the trail.

Redwood National Park, CA

James Irvine Trail to Fern Canyon Loop

Distance: 12 mi Time: 4-8 hr Elevation Range: N/A

Energy Required: 12 Water Required: 12 Joy Gained: 52 Turns Lost: 0

Description: A favorite and convenient series of trails for those ready and able to spend the whole day hiking. Hikers will follow creeks, see different kinds of forests and be rewarded by finding the Pacific Ocean. The first section of the 4.5 mile James Irvine Trail will be in old-growth redwood forests before entering the spruce forests of the coast. On the western (coastal) end of the James Irvine trail it connects briefly with the Friendship Ridge Trail, and then onto the Fern Canyon Loop Trail. This will lead hikers through the dripping walls and stream cobbles of Fern Canyon and finally onto Gold Bluffs Beach.

Simpson-Reed Trail

Distance: 1 mi Time: 30 min - 1 hr Elevation Range: N/A

Energy Required: 1 Water Required: 1 Joy Gained: 4 Turns Lost: 0

Description: If you are driving on HWY199 between Crescent City and Hiouchi, this easy and level walk is a good option for those short on time or energy - and if you have a smaller vehicle. There is no parking for RV's or vehicles with trailers. Located in Jediah Smith Redwoods State Park, this trail takes you around redwood groves, creeks, nurse logs, ferns, hemlocks, huckleberries and a wide variety of other forest features and creatures. Interpretive wayside panels on the trail provide information on the natural and cultural history of the area.

Tall Trees Grove

Distance: 4 mi Time: N/A Elevation Range: 1,600 ft

Energy Required: 4 **Water Required:** 4 **Joy Gained:** 18 **Turns Lost:** 0

Description: This four-mile (6.5km) round trip backcountry hike with 1,600 feet (487 m) elevation change is frequently written about in blogs, international publications, and by travel writers. As a result it gets a lot of attention - but this hike is not for the faint of heart - or for people short on time. The Tall Trees Trail is a moderately strenuous hike that descends 800-feet down to the alluvial floodplain of Redwood Creek. The grove has plenty of water, good soil, and protection from winter winds and as a result has many redwood trees that exceed 350 feet (106 meters) in height.

The grove was featured in a famous 1963 National Geographic Magazine article that helped propel a public push for the creation of Redwood National Park. The tallest tree in the world is not located in the Tall Trees Grove. After the discovery by the National Geographic survey team, the tree known as the Libby Tree, or ""Tall Tree"", held the title until 1994 when the top died back, dropping it down to the 34th tallest tree on the planet."

Santa Monica Mountains National Recreation Area, CA

Backbone Trail

Distance: 67 mi Time: 8 days Elevation Range: 25 – 3,111 ft

Energy Required: 21 **Water Required:** 21 **Joy Gained:** 80 **Turns Lost:** 1

Description: The Backbone Trail crosses the best-protected stretch of coastal Mediterranean habitat in the world and offers an amazing diversity of trail experiences. You'll experience deep wooded canyons, rocky outcrop spires, ocean vistas that include the Channel Islands, and sweeping inland views to the San Gabriel Mountains and downtown LA.

Sequoia and Kings Canyon National Park, CA

Moro Rock

Distance: 0.4 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: As you enter Sequoia National Park, Moro Rock looms overhead, thousands of feet above the highway. This large granite dome is a spectacular geologic feature that can be enjoyed from above or below. A concrete and stone stairway leads over 350 steps to the top of Moro Rock. Even just a short distance from the parking area and above the forests's canopy, the Great Western Divide's peaks become visible. As you climb, views open up from the foothills and San Joaquin Valley to the west, to deep into wilderness to the east. Handrails along the way make the climb relatively safe, though you should keep a close eye on small children because of steep dropoffs along the entire route. The hike can be strenuous; taking your time as you climb can help you adjust to the thinner air at higher elevations.

Middle Fork Trail

Distance: 6 mi Time: N/A Elevation Range: N/A

Energy Required: 6 **Water Required:** 4 **Joy Gained:** 23 **Turns Lost:** 0

Description: Leading through chaparral to highcountry, the first mile offers views of Moro Rock and Castle Rocks. Highlights: Panther Creek Falls, fishing in the Middle Fork of the Kaweah River for

those who don't mind bush-whacking, wildflowers in the spring, views up the river drainage to the Great Western Divide, access to Redwood Meadow (one of the most remote sequoia groves in the park).

General Grant Tree Trail

Distance: 0.3 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 3 **Turns Lost:** 0

Description: One of the world's largest living trees. President Coolidge proclaimed it the Nation's Christmas tree in 1926. Visit the historic Gamlin Cabin and the Fallen Monarch along this 1/3 mile (.5 km) paved trail. Start at the General Grant Tree Parking area, 1 mile (1.6 km) northwest of the Kings Canyon Visitor Center.

Yosemite National Park, CA

Mist Trail to Vernal Falls and Nevada Falls

Distance: 7 mi Time: 5 hr Elevation Range: 1,900 ft

Energy Required: 7 **Water Required:** 10 **Joy Gained:** 39 **Turns Lost:** 0

Description: This is Yosemite's signature hike. While many of Yosemite's trails are popular due to having a single spectacular destination, the Mist Trail has fabulous views scattered all along it, beginning at the bridge overlook, progressing to two unforgettable waterfalls that fall a combined total of more than 900 feet.

Sentinel Dome and Taft Point (moderate)

Distance: 2.2 mi Time: 2 hr Elevation Range: N/A

Energy Required: 2 **Water Required:** 3 **Joy Gained:** 13 **Turns Lost:** 0

Description: Two hikes from the trailhead. Turn left to head toward Taft Point and The Fissures. Your walk is easy at first, through forest and wildflower-filled meadows (in July). Watch your step around The Fissures and at Taft Point, where you'll enjoy magnificent views of Yosemite Valley. Alternatively, at the trailhead turn right to head toward Sentinel Dome. Once near the dome, the trail meets an old road. Follow the road to the northeast side of the dome, where the incline is less imposing. Scramble up the side of the dome and, at the top, enjoy a breathtaking 360-degree panorama. Never climb domes during a thunderstorm."

Cathedral Lakes

Distance: 7 mi Time: N/A Elevation Range: 1,000 ft

Energy Required: 7 **Water Required:** 7 **Joy Gained:** 35 **Turns Lost:** 0

Description: Cathedral Lakes are nestled at the foot of Cathedral Peak. The trail through this area is the famous John Muir Trail, which sees high traffic all season. The area is popular with rock climbers. Hikers will enjoy views of Cathedral Peak and Echo Peak and access to Long Meadow, Sunrise High Sierra Camp, and Sunrise Lakes.

Hovenweep National Monument, CO & UT

Upper Trailhead to Cutthroat Castle (Out-and-Back)

Distance: 1.3 mi Time: 1 hr Elevation Range: N/A

Energy Required: 1 Water Required: 2 Joy Gained: 6 Turns Lost: 0

Description: From the upper trailhead, the trail to Cutthroat Castle winds through a hip-height slot in boulders, then opens up to regular primitive trail. The trail descends through open country, down part of a sandy wash, and along a slickrock edge, where it ends among the structures at Cutthroat Castle. Most of the trail provides sweeping views of neighboring Canyons of the Ancients National Monument. At the site, the trail winds around and through a cluster of structures (but not into them), giving you the chance to see Cutthroat Castle from many angles. Cutthroat Castle is also accessible from a Lower Trailhead.

Mesa Verde National Park, CO

Petroglyph Point Trail

Distance: 2.4 mi Time: N/A Elevation Range: N/A

Energy Required: 2 Water Required: 3 Joy Gained: 11 Turns Lost: 0

Description: This adventurous trail provides excellent views of Spruce and Navajo Canyons and takes you past a large petroglyph panel located 1.4 miles (2.3 km) from the trailhead. The trail is narrow, rugged, and rocky, with several steep drop-offs along the canyon wall on the way to the petroglyph panel. After the panel, you'll scramble up a large stone staircase using hands and feet to climb to the top, then enjoy an easy return through forest to complete the loop. The trailhead is located near the Chapin Mesa Archeological Museum. Please contact a ranger for times the gate above the trailhead is open. Trail guide available. Registration at the trailhead or museum is required.

Mount Riga State Park, CT

Mount Frissell, Round Mountain, and Brace Mountain

Distance: 5.2 mi Time: 3.5 – 4 hr Elevation Range: 617 ft

Energy Required: 5 Water Required: 5 Joy Gained: 25 Turns Lost: 0

Description: From the AMC parking lot, walk north along the road past the state line marker and turn left onto an old gravel and stone road. In a very short distance, you will see a trail that turns left from this old road. The trail is well-marked with frequent red blazes the whole way. The trail ascends steeply up round mountain where there are views to be had in every direction. From here you can see Mt. Frissell, which is a bit taller. You descend slightly and then climb steeply up Mt. Frissell. Keep your eyes open for the cairn with a State Line marker. This is the highest point in Connecticut. Continue west to the Tri-state borders and to the South Taconic Crest Trail, where taking a left will lead you to the summit of Brace Mountain.

Weir Farm National Historic Site, CT

Painting Sites Self-Guided Tour

Distance: 1+ mi Time: N/A Elevation Range: N/A

Energy Required: 1 Water Required: 1 Joy Gained: 5 Turns Lost: 0

Description: Take a walk and glimpse a masterpiece. Then take a deep breath and create one yourself. Three generations of American artists called Weir Farm National Historic Site home. The National Park Service continues the tradition of artistic inspiration at Weir Farm National Historic Site by encouraging visitors to make their own art here, too. To date, the paintings sites of over 250 works of art have been identified throughout Weir Farm National Historic Site. When you visit these painting sites, you will view the same scenes that inspired the Weirs, Youngs, and Andrews, as well as artists today. You will also begin to understand why they composed their works as they did, and to appreciate each brushstroke of color on their canvases. When you return home you may see your own familiar world through new artist's eyes. The self-guided tour includes a mile loop around Weir Pond.

First State National Historical Park, DE & PA

Creekside and Brandywine Valley Trail Loop

Distance: 5.5 mi Time: N/A Elevation Range: 20 ft

Energy Required: 6 Water Required: 3 Joy Gained: 18 Turns Lost: 0

Description: This loops starts out from the Rockland Road Trail head. Creekside Trail starts here and runs the entire length of Brandywine Creek State Park along the Brandywine River. The trail is an easy 2.6 miles long and continues into First State National Historical Park where it meets up with the Brandywine Trail. The southern end of the trail is single track that weaves through the forest along the river. The trail exits at Thompson's Bridge where you cross the road and continue on a much more defined trail. The trail crosses into First State National Historical Park onto a dirt road. To the left is the Brandywine River and to the right is a field of soybeans. The crops go back to the 1600's when the land was deeded to William Penn. Brandywine Valley Trail in the park is a wide easy trail about 2.9 miles long, most of which is a carriage road. It is part of the Northern Delaware Greenway that extends for 10.4 miles. Hike past the soy bean field in First State National Historic Park. At the end of the field there is a carriage road that leads back to Thompson's Bridge. The carriage road becomes paved for a short distance then back to dirt and exits back at Rockland Road trail head.

Cape Henlopen State Park, DE

Gordons Pond

Distance: 3.2 mi Time: N/A Elevation Range: N/A

Energy Required: 3 Water Required: 1 Joy Gained: 8 Turns Lost: 0

Description: From the Gordons Pond parking lot, the trail follows the edge of Gordons Pond for approximately 0.75 miles over a level packed crushed stone surface to a scenic overlook. The overlook provides a scenic vista and is popular among nature enthusiasts for bird watching. From the overlook, the trail takes users for another 1.2 miles around the pond, then transitions into an elevated boardwalk for 0.4 miles. Along the boardwalk are two additional scenic overlooks, allowing for views of the salt marsh and beach. The trail transitions back to packed crushed stone and continues through an upland pine forest for 0.3 miles before reaching the Herring Point parking area.

Everglades National Park, FL

Anhinga Trail

Distance: 1.5 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 5 **Turns Lost:** 0

Description: Anhinga Trail is a 1.5 mile heavily trafficked loop trail located near Homestead, Florida that features beautiful wild flowers and is good for all skill levels. The trail is primarily used for hiking, walking, nature trips, and birding and is accessible year-round.

Chattahoochee National Forest, GA

Dukes Creek Trail

Distance: 2 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 3 **Joy Gained:** 10 **Turns Lost:** 0

Description: The Dukes Creek Trail hikes a moderate 2 miles out and back through a beautiful, mountain stream-filled forest in Georgia just north of Helen. The trail descends alongside a shallow, mossy stream, hiking to several large, cascading waterfalls that tumble at the convergence of Davis Creek and Dukes Creek. At the falls, several large wooden viewing platforms offer stunning views of the main attraction overhead: the exceptionally dramatic, multi-tiered, 150-foot-tall drop of Dukes Creek Falls.

Fort Pulaski National Monument, GA

Lighthouse Trail

Distance: 1.7 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 6 **Turns Lost:** 0

Description: The Lighthouse Trail is an out and back trail measuring 1.7 mile and takes about 45 minutes to walk. Begin at the Visitor Center and walk along the north side of the fort. Follow the signs for the trail and cross the historic dike. From the trail head there are lovely views of the marsh along the north channel. Follow the trail as it winds along the east side of the island. There are benches along the way to use. Make sure to keep your eyes open for cabbage palms, red cedars, and even the small spiny back spider. Towards the end of the trail you will cross a small bridge. From here there is a great view of the lighthouse on one side and the damaged walls of Fort Pulaski on the other.

Kennesaw Mountain National Battlefield Park, GA

Pigeon Hill

Distance: 5.4 mi Time: 2 hr Elevation Range: N/A

Energy Required: 5 **Water Required:** 4 **Joy Gained:** 18 **Turns Lost:** 0

Description: Start at the Visitor's Center and get a nice view from the top of Pigeon Hill. No one is sure how Pigeon Hill got its name, only that it is where Sherman's two major attacks were repulsed.

War In The Pacific National Historical Park, GU

Asan Ridge Trail

Distance: 0.25 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: The Chamoru have been using local plants on Guam for food (nengkanno'), medicine (âmot), and other traditional practices for approximately 3,500 years. Along the Asan Ridge Trail, located in the Asan Beach Unit, are a number of culturally significant plants. Experience the Asan Ridge Trail in depth, discovering the unique plants in this limestone forest or taking in the breathtaking view of the Asan Invasion Beach from the top of Asan Ridge.

Haleakalā National Park, HI

Keonehe'ehe'e (Sliding Sands)

Distance: 11 mi Time: N/A Elevation Range: 2,500 ft

Energy Required: 11 **Water Required:** 12 **Joy Gained:** 50 **Turns Lost:** 0

Description: A popular 11-mile all-day hike begins at Keonehe'ehe'e Trailhead, crosses the valley floor, and ends at Halemau'u (7,990 ft elevation). The park cannot offer hiker shuttles, so consider using the "hiker pick-up" near here. Points of interest: The "crater floor" is 3.9 miles down one way. The elevation change is almost 2,500 ft. "Pele's Paint Pot" (about 5.7 miles in) is roughly the halfway point of this hike, near the north side of Halāli'i cinder cone. Kawilinau (also about 5.7 miles in) was formerly called the "bottomless pit." The volcanic pit is 65 feet deep. View both of these areas after reaching the crater floor and heading north towards Halemau'u.

Halemau'u Trail

Distance: 2.2 mi Time: N/A Elevation Range: 100 ft

Energy Required: 2 **Water Required:** 2 **Joy Gained:** 8 **Turns Lost:** 0

Description: Hike 1.1 miles (1.8 km) on a rocky path to a crater viewpoint. A popular destination on this hike is a natural land bridge commonly referred to as "Rainbow Bridge." This area is about 0.25 miles from the first crater viewpoint. Hiking past this will take you down switchbacks carved into the crater walls. It is a little over 2 miles one way to reach the crater floor from the trailhead.

Pu'ukoholā Heiau National Historical Site, HI

Loop Trail

Distance: 0.9 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 2 **Turns Lost:** 0

Description: Puukohola Heiau National Historical Site Trail is a 0.9 mile heavily trafficked loop trail located near Kamuela, Hawaii, Hawaii that offers scenic views, a path by the Pu'ukohola Heiau, and is good for all skill levels. The trail is primarily used for walking and is accessible year-round.

City Of Rocks National Reserve, ID

Creekside Towers Trail

Distance: 1.2 mi Time: 1.5 hr Elevation Range: 5,970 ft

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 5 **Turns Lost:** 0

Description: This is a very scenic and very fun short trail. The trail can be added to other trails to be made longer. There is a fair amount of elevation gain but it is very manageable and could be done by

kids. There are lots of different formations to see on this trail and it is a perfect place to watch people climb the anteater and morning glory spire formations. Look for lots of hidden small arches and honeycomb rocks. The trail follows a creek that in the spring also contains a small waterfall worth seeing. The trail takes you down through lots of trees so its a good place to escape the sun in summer.

Nez Perce National Historical Park, ID, MT, OR, & WA

White Bird Battlefield Trail, ID

Distance: 1.5 mi Time: N/A Elevation Range: 460 ft

Energy Required: 2 **Water Required:** 3 **Joy Gained:** 10 **Turns Lost:** 0

Description: Walk on the site of the first clash of the Nez Perce War of 1877. The battlefield can be very hot in the summer months. Please bring plenty of water. There are no facilities. White Bird Battlefield is one of thirty-eight sites that make up Nez Perce National Historical Park. White Bird Battlefield is also a part of the Nez Perce National Historical Trail. The trail follows the route the non-treaty Nez Perce and their allies took during the 1877 conflict.

Yellowstone National Park, ID, MT, & WY

Fairy Falls Trail

Distance: 6.7 mi Time: N/A Elevation Range: N/A

Energy Required: 7 **Water Required:** 5 **Joy Gained:** 28 **Turns Lost:** 0

Description: Fairy Falls, 200 feet (61 m) high, is one of Yellowstone's most spectacular waterfalls. From the trailhead, walk 1.6 miles (2.6 km) through a young lodgepole pine forest and past a hot spring to the falls. You can continue 0.6 miles (0.97 km) to Spray and Imperial geysers, which adds 1.2 miles (1.9 km) to the hike.

Howard Eaton Trail to Lonestar Geysers

Distance: 6.3 mi Time: 3-5 hrs Elevation Range: N/A

Energy Required: 6 **Water Required:** 3 **Joy Gained:** 22 **Turns Lost:** 0

Description: Lonestar Geysers waits for hikers at the end of this out-and-back trail that begins near Old Faithful.

Indiana Dunes National Park, IN

Mount Baldy Trails

Distance: 0.75 mi Time: 1 hr Elevation Range: N/A

Energy Required: 1 **Water Required:** 2 **Joy Gained:** 5 **Turns Lost:** 0

Description: The Beach Trail hike (unrestricted access) is short hike with a steep climb down loose sand to the beach. Be sure to plan accordingly as the only way out is up the steep trail. Do not bring large cooler and other beach items as the climb up from the beach is difficult.

Matthiessen State Park, IL

Dells Canyon and Bluff Trail

Distance: 2 mi Time: N/A Elevation Range: 206 ft

Energy Required: 2 Water Required: 1 Joy Gained: 6 Turns Lost: 0

Description: Dells Canyon and Bluff Trail is a 2 mile heavily trafficked loop trail located near Oglesby, Illinois that features a lake and waterfalls, and is rated as moderate. The trail is primarily used for hiking, nature trips, and bird watching and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.

Effigy Mounds National Monument, IA

Fire Point Trail

Distance: 2 mi Time: N/A Elevation Range: N/A

Energy Required: 2 Water Required: 1 Joy Gained: 7 Turns Lost: 0

Description: American Indian ceremonial mounds can be found in many different locations across the United States; however, only in northeastern Iowa, along the high bluffs and lowlands of the Upper Mississippi River Valley, have so many of these mounds been found in the shape of animal effigies. The mounds are accessible from the hiking trails in the Monument. Fire Point Trail is a two mile round-trip hike where visitors can view over 20 mounds, including all four types: conical, linear, compound, and an effigy.

Brown v. Board of Education National Historic Site, KS

Landon Nature Trail Distance: 2 mi Time: N/A Elevation Range: N/A

Energy Required: 2 Water Required: 1 Joy Gained: 6 Turns Lost: 0

Description: Take or walk or ride your bike on the trail. The site's parking lot is located at the trailhead of the Landon Trail, the only trail in America which connects and crosses both historic national trails -- the Santa Fe Trail and the Oregon Trail. The Landon Nature Trail is a wonderful place to walk the dog and pursue a healthy lifestyle for the whole family. The 38-mile Landon Trail is a particularly scenic recreational trail stretching from the popular Shunga Trail in Topeka to the Clinton Wildlife Area, Pomona Lake and on to the 117-mile Flint Hills Trail near Quenemo. The trail will be the only recreational trail in America to link the Oregon National Historic Trail with the Santa Fe National Historic Trail. In the North, this remarkable trail follows picturesque Camp Creek with its clear, rushing water and wooded oak-hickory covered hills which provide a shady tree canopy for trail users. It should also be noted that the nature trail passes by two wetlands teeming with waterfowl, native tallgrass prairie blooming with wildflowers and two lovely waterfalls.

Mammoth Cave National Park, KY

Frozen Niagara Tour

Distance: 0.25 mi Time: 1.25 hr Elevation Range: N/A

Energy Required: 2 Water Required: 1 Joy Gained: 7 Turns Lost: 0

Description: The naturally decorated Frozen Niagara section remains one of the most famous at Mammoth Cave, and serves as the last stop for a variety of cave tours. While many tours require long hikes and numerous stairs to reach this point, this short tour offers a chance to visit this area with only 12

stairs. This tour is ideal for anyone with difficulty walking long distances or negotiating stairs. This tour includes a 10 minute bus ride to and from the Frozen Niagara Entrance.

Jean Lafitte National Historical Park and Preserve, LA

The Bayou Coquille Trail

Distance: 0.5 mi Time: N/A Elevation Range: 3 ft

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 3 **Turns Lost:** 0

Description: The Bayou Coquille Trail starts in hardwood forest then follows along a bayou. From this point, the habitat changes to a cypress-tupelo swamp and then becomes a freshwater marsh at the end of the trail.

New Orleans Jazz National Historical Park, LA

Canal Street Jazz History Self-guided Walking Tour

Distance: 0.7 mi Time: 1.25 hr Elevation Range: N/A

Energy Required: 1 **Water Required:** 2 **Joy Gained:** 6 **Turns Lost:** 0

Description: This historic site tour is one of five tours and is a program of the New Orleans Jazz Commission, a 17 member National Park Service public commission appointed by the Secretary of the Interior. Canal Street is reputedly the widest main street in the US. It gets its width and name from a proposed, but never constructed, canal that was to extend from the turning basin of the Carondelet Canal and follow a path around the Vieux Carre on a right-of-way that now includes Canal and Basin Streets. It eventually became the physical and symbolic divider between the old Creole 1st Municipality (Vieux Carre) and the new American 2nd Municipality (Faubourg Ste. Marie), now the business district. The large median—even larger then—was called the neutral ground, a name that is now used for medians throughout the city. This area was a grassy promenade and later a right-of-way for street railways, with as many as five tracks at their peak. The street use went from residential to commercial in the middle nineteenth century. The commercial usage has gone through many phases and continues to change.

Poverty Point National Monument, LA

Poverty Point World Heritage Site Trail

Distance: 2.6 mi Time: N/A Elevation Range: N/A

Energy Required: 3 **Water Required:** 2 **Joy Gained:** 10 **Turns Lost:** 0

Description: Poverty Point's 2.6 mi hiking trail will take you through the oldest attraction in Louisiana. You'll meander through the mounds, learning everything about this incredible piece of history. It's a great trail for families with kids of all ages, just remember to wear a hat or sunscreen, because there is almost no shade along the trail.

Acadia National Park, ME

Cadillac Mountain South Ridge Trail

Distance: 7.1 mi Time: N/A Elevation Range: 1,530 ft

Energy Required: 7 **Water Required:** 7 **Joy Gained:** 32 **Turns Lost:** 0

Description: Continuing on the South Ridge Trail, the forest becomes more open. The trail briefly descends to a small pond called The Featherbed, where there is a wooden bench for taking a break and enjoying the pond. From here there is a steep and rugged section as it ascends the exposed granite. Most of the remainder of the hike is a moderate ascent above treeline along the ridge, with excellent views of the ocean and outlying islands. The trail becomes rugged again as it descends, crossing an old road, and then ascends to the summit. From the summit there is a gravel access road to the summit parking area. The hike returns to ME Route 3 via the same route.

Jordan Cliffs Trail

Distance: 5 mi Time: 3-4 hr Elevation Range: N/A

Energy Required: 5 **Water Required:** 6 **Joy Gained:** 27 **Turns Lost:** 0

Description: The Jordan Cliffs Loop offers a challenging hike across the steep slope, iron rungs included, and a strenuous climb up Sargent Mountain. Hikers are rewarded with panoramic views from two mountain summits and a picturesque pond nestled between the mountains. It is not recommended for small children, for people with a fear of heights, or for anyone in wet weather. Terrain: Forested path, granite stairs and slopes, iron rungs, sheer cliffs, rocky trails

Assateague Island National Seashore, MD & VA

Life of the Forest Trail

Distance: 0.4 mi Time: 20 min Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 3 **Turns Lost:** 0

Description: People and wild horses walk the Life of the Forest Trail. There are two trail entrances heading into the woods. The trail was once a loop, but much of it was destroyed by Hurricane Sandy in 2012, so the National Park Service built a new out-and-back trail. When it was a loop you went in one side and came out the other. No more. The new trail starts at the trailhead on the left. If you attempt to take the trailhead on the right, a short ways down it looks like a hurricane came through and you will turn back. While the trail goes through a forest and is named the Life of the Forest Trail, there is no longer any emphasis on the forest. In fact, shortly after the start you will find yourself on a boardwalk and looking at the salt marsh and Sinepuxtent Bay. A number of viewing platforms are built into the new boardwalk. If you see a horse that is “down” there is usually no need to worry! Horses have the ability to sleep in three different positions: standing, sternal recumbence, and lateral recumbence. All of these are postures that are healthy for the horse and should cause no need for concern among visitors.

Life of the Marsh Trail

Distance: 0.4 mi Time: 20 min Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 2 **Turns Lost:** 0

Description: "The Life of the Marsh trail is located off of Bayside Drive, the first road on the right that you come to after entering Assateague Island National Seashore. The trail offers views of a salt marsh and Sinepuxtent Bay. It was totally destroyed by Hurricane Sandy in 2012 and has since been rebuilt, with a newly constructed boardwalk taking visitors out and over the salt marsh. There are no longer numbered markers along the trail that correspond to stops on a trail guide, despite a new sign

stating that trail guides are on sale at the Assateague Island Visitor Center. However, information panels are located at various places along the trail.

This is a great spot to view and photograph wildlife, particularly birds. You may even find them on the boardwalk with the rest of the hikers."

Boston Harbor Islands, MA

Deer Island Loop

Distance: 2.7 mi Time: N/A Elevation Range: N/A

Energy Required: 3 Water Required: 1 Joy Gained: 8 Turns Lost: 0

Description: The Deer Island Reservation is a great place to walk by the ocean in Boston Harbor, with good trails and nice views of the city. They also have good informational signs on how the Deer Island waste treatment plant works, and consequently part of the trail has a poor smell. Nicely run and clean facility surrounded by a small park and plantings. There is a good amount of free parking and a great place to see the sunset.

Minute Man National Historical Park, MA

Old North Bridge Walk

Distance: 2.2 mi Time: N/A Elevation Range: N/A

Energy Required: 2 Water Required: 1 Joy Gained: 6 Turns Lost: 0

Description: Take a walk through history to the first shots of the Revolutionary War that gave birth to this country. Take a walk/ride from downtown Concord to where the first shots of the Revolutionary War were fired at British Soldiers. You'll find several famous monuments, beautiful scenery and a lot of historical information on this journey. Bring a camera and the family along.

Saugus Iron Works National Historic Site, MA

Saugus Iron Works Nature Trail

Distance: 0.25 mi Time: N/A Elevation Range: N/A

Energy Required: 1 Water Required: 0 Joy Gained: 4 Turns Lost: 0

Description: Explore the wilder side of our park along our nature trail. The trail starts near the blacksmith shop and follows the eastern bank of the Saugus River for around 1/4 of a mile. While on the nature trail, keep an eye out for different species of trees and other plants. The nature trail is also a nice place for birding, especially in the spring and fall. You can help monitor the wildlife in the park by telling rangers at the Visitor Center what species you have seen.

Isle Royale National Park, MI

Tobin Harbor Trail

Distance: 5.9 mi Time: N/A Elevation Range: N/A

Energy Required: 6 Water Required: 4 Joy Gained: 22 Turns Lost: 0

Description: The Tobin Harbor trail is a scenic trail along the shoreline of Tobin Harbor. The float planes that arrive at Rock Harbor land here, so keep an eye out for incoming planes. It's a generally easy trail with some gradual climbs along the shoreline but connects the Rock Harbor area with the Mount Franklin Trail.

Sleeping Bear Dunes National Lakeshore, MI

Pyramid Point

Distance: 3.3 mi Time: N/A Elevation Range: N/A

Energy Required: 3 **Water Required:** 3 **Joy Gained:** 13 **Turns Lost:** 0

Description: Trail leads to a lookout at the top of Pyramid Point. To protect the bluff from erosion and for your safety, do not descend the bluff. Note that the last portion of the trail Basch Road. Watch for traffic. Vegetation includes beech-maple forest, fields and pine plantation.

Pipestone National Monument, MN

Circle Trail

Distance: 0.75 mi Time: 1.5 hr Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: The Circle Trail is a 3/4-mile long paved path. It cuts through a Tallgrass Prairie, along a creek with the endangered Topeka Shiner, in front of a waterfall, and past ancient quarries still used by Native Americans today.

Voyageurs National Park, MN

Rainy Lake Recreation Trail

Distance: 1.75 mi Time: 1.5 hr Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 6 **Turns Lost:** 0

Description: This trail offers visitors a wonderful experience as it meanders along the park road, into the woods, and around rock outcrops. Bicyclists, walkers, runners, skiers, and snowshoers will be treated to views of forest, lake, and marsh scenery.

Gulf Islands National Seashore, MS & FL

Davis Bayou Trail

Distance: 1 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 2 **Turns Lost:** 0

Description: Hike the length of the Davis Bayou Area from the visitor center to the picnic area near the campground.

Natchez National Historical Park, MS

Rocky Springs Trail from Rocky Springs Campground (Milepost 54.8)

Distance: 10.5 MI Time: N/A Elevation Range: N/A

Energy Required: 11 **Water Required:** 8 **Joy Gained:** 42 **Turns Lost:** 0

Description: Take this part of the Natchez Trace National Scenic Trail. This trailhead is accessible to hikers only. Hikers can take the trail from the campground, and continue north eight miles to the Highway 27 trailhead, or access the trail from the restrooms near the picnic area, and continue south two and one half miles to the Owens Creek Waterfall. The southern portion of trail is open to hikers only, and takes you over rocky outcroppings and on steep ridges.

Gateway Arch National Park, MO

Arch Tour

Distance: N/A Time: 0.75 - 1 hr Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: The Tram Ride to the Top of the Gateway Arch is not fully accessible for guests with mobility impairments, as no wheelchairs, scooters or strollers are permitted on the Observation Deck. To reach the top and return, you must be able to manage at least 96 steps, divided into six flights, and you may need to stand for 30–60 minutes. No seating or restrooms are located at the top of the Arch.

George Washington Carver National Monument, MO

Carver Trail Guided Tour

Distance: 0.75 mi Time: 1 hr 15 min Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: Guided tours of the Carver Trail are offered daily at 10 a.m. and 2 p.m. The ranger-led guided tour of the Carver Trail interprets the childhood and life of George Washington Carver. The trail is approximately $\frac{3}{4}$ miles in length and contains a combination of boardwalk, compacted aggregate and asphalt surface. The historic 1881 Moses Carver house is located along the trail and is only accessible via stairs. Benches are available along the trail. Allow one hour and 15 minutes for the guided tour. Tours begin at the visitor center.

Glacier National Park, MT

Swiftcurrent Pass Trailhead to the Logan Pass Visitor Center via the Highline Trail

Distance: 15.2 mi Time: 10-12 hr Elevation Range: 3,175 ft

Energy Required: 15 **Water Required:** 17 **Joy Gained:** 72 **Turns Lost:** 0

Description: The Highline Trail is an extremely popular hike; and for good reason. At every step, and every turn, hikers will enjoy spectacular scenery as the Highline follows along the Continental Divide, also known as the Garden Wall throughout this section of Glacier National Park. The exceptionally beautiful views, the excellent opportunities for spotting wildlife, and the wildflowers, all combine to make this a hike you'll remember the rest of your life.

Scotts Bluff National Monument, NE

Saddle Rock Trail

Distance: 3.2 mi Time: 45 min Elevation Range: 435 ft

Energy Required: 3 Water Required: 2 Joy Gained: 10 Turns Lost: 0

Description: The first one-third of the trail from the visitor center is relatively level as you travel across the prairie to Scott's Spring. The spring's namesake is also the monument's: fur trader Hiram Scott. Legends tell of his remains being found near this location in the spring of 1828. Scott was believed to have either been abandoned or voluntarily left behind by fellow trappers as he could not walk. The spring is fed by a natural "cistern" that collects rain and snowmelt from the bluff and releases it to the surface.

The second one-third of the trail climbs to the foot tunnel. As you ascend you may see the roller coaster riders of the air, the cliff swallows and white-throated swifts. The swallows construct mud nests, grouped together in colonies, and plastered to the vertical cliffs.

The last one-third of the trail is the geological lesson from the foot tunnel to the summit. The bluff is the result of eroding sediment layers. It is only preserved by the hard, concrete-like caprock sections which still protect the softer sandstone, siltstone, and volcanic ash below. The white layer of volcanic ash visible on the top of the tunnel is believed to have been blown here from volcanoes in what is now known as the Great Basin in Nevada and Utah.

Tule Springs Fossil Beds National Monument, NV

Durango Short Loop

Distance: 1 mi Time: N/A Elevation Range: 254 ft

Energy Required: 1 Water Required: 2 Joy Gained: 6 Turns Lost: 0

Description: Tule Springs Fossil Beds National Monument is a new National Park Service area that was designated in December 2014 and as such, there are not yet any designated trails. However, the Durango Short Loop makes a nice and easy, nearly level, 1-mile route that provides a nice introduction to the new Monument. Following old roads, the route circles around one of the mud ridge formations, then cuts back over the mud hills to the trailhead. Fossils can be seen in the mud, but remember, no collecting here -- all paleontological resources are protected. Hiking in this area was suggested by the Protectors of Tule Springs, so this is one of the less sensitive areas.

Franconia Notch State Park, NH

Basin Cascade Trail

Distance: 2 mi Time: 1 - 1.5 hr Elevation Range: N/A

Energy Required: 2 Water Required: 1 Joy Gained: 7 Turns Lost: 0

Description: The trail easily ascends along the very scenic Cascade Brook to its intersection with the Cascade Brook Trail, a segment of the Appalachian Trail.

Saint-Gaudens National Historical Park, NH

Blow-Me-Down Trail

Distance: 2 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 6 **Turns Lost:** 0

Description: The Blow-Me-Down Trail (2 miles round trip) begins at the lower field past the temple. Visitors can follow this trail all the way to the Blow-Me-Down Mill at the lower end of the park. A boardwalk near the trail's lower end takes visitors to the shallow end of the mill pond.

Delaware Water Gap National Recreation Area, NJ & PA

Tumbling Waters Trail

Distance: 3 mi Time: N/A Elevation Range: 254 ft

Energy Required: 3 **Water Required:** 2 **Joy Gained:** 11 **Turns Lost:** 0

Description: This trail has it all – an overlook of the Delaware River Valley, Tumbling Waters waterfall, remnants of farms, hemlock forest, mixed forest, a pine plantation, and two ponds. Over nine miles of trail can be connected together in the PEEC area to fill the entire day.

Valles Caldera National Preserve, NM

Cerros del Abrigo Loop

Distance: 7.2 mi Time: N/A Elevation Range: 8,720 to 9,599

Energy Required: 7 **Water Required:** 7 **Joy Gained:** 35 **Turns Lost:** 0

Description: The Abrigo Trail starts near the Jaramillo Creek at an elevation of 8,600 ft. We'll climb to a height of 9,600 feet and then hike around around Cerros del Abrigo. From this vantage point we will be able to view the spectacular Valle Grande, Cerro del Medio, Obsidian Valley, San Antonio Creek, and other nearby peaks.

White Sands National Park, NM

Dune Life Nature Trail

Distance: 1 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 2 **Joy Gained:** 4 **Turns Lost:** 0

Description: The Dune Life Nature Trail is a moderate, one-mile (1.6 km) self-guided loop hike. Though not difficult, this hike does require hikers to climb two steep dunes with loose sand. Follow the blue trail markers with a club symbol. Meet Katy the Kit Fox and learn about her friends on this family-oriented trail. Look for tracks of the animals that call these dunes their home. Kit foxes, badgers, birds, rodents, and reptiles all live in this area. The average completion time is one hour.

Stonewall National Monument, NY

Ranger-Led Talk

Distance: N/A Time: 10-15 min Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 7 **Turns Lost:** 0

Description: Scheduled site orientation talks regarding the Stonewall Uprising & LGBTQ civil rights history are available daily at 12:00 p.m., 3:00 p.m. and 4:00 p.m. Talks last 10 to 15 minutes and

take place in / around Christopher Park. Space is limited to a maximum of 20 visitors, and are first-come, first-serve. For groups of ten to twenty visitors, reservations are required.

Great Smoky Mountains National Park, NC & TN

Charlies Bunion via the Appalachian Trail

Distance: 8 mi Time: N/A Elevation Range: 1,600 ft

Energy Required: 8 **Water Required:** 6 **Joy Gained:** 32 **Turns Lost:** 0

Description: Enjoy breathtaking mountain views along the world-famous Appalachian Trail on this hike to a picturesque stone outcrop known as Charlies Bunion.

Carl Sandburg Home National Historic Site, NC

Glassy Mountain

Distance: 3 mi Time: N/A Elevation Range: 1,600 ft

Energy Required: 3 **Water Required:** 3 **Joy Gained:** 13 **Turns Lost:** 0

Description: Carl Sandburg, “the People’s Poet” bought his historic home Connemara in 1945. After he died, his wife donated the property to the National Park Service and now this 267-acre National Historic Site preserves his legacy. This great day trip from Asheville combines history, nature and (especially interesting for kids) lots of goats. The Glassy Mountain Trail to the top of Big Glassy starts just behind the house (you can also start it by crossing the field across from the goat barns). This wooded trail is well maintained and moderately steep. Along the way you’ll pass a small reservoir and some rock outcroppings. There are benches along the way for resting. The top is a flat, exposed granite slab that’s suitable for picnicking. While the mountains in this area aren’t as big or dramatic as they are further north, you can see Mount Pisgah in the distance off to the northwest and South Carolina to the south. There are a lot of evergreens at the top, but the fall color is still lovely.

Fort Raleigh National Historic Site, NC

Freedom Trail

Distance: 1.25 mi Time: N/A Elevation Range: 1,600 ft

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 4 **Turns Lost:** 0

Description: The Freedom Trail begins near the Elizabethan Gardens and extends through the park for 1.25 miles, bordering the island's western edge, and presenting a natural replica of the area that the original native Algonquins called home. Be on the lookout for peeks of the Roanoke Sound, almost hidden by 50' ft. pine trees and clusters of cedars and Live Oaks. This trail is popular with both historians who love to fully immerse themselves in a story, as well as local joggers and walkers in need of a well-manicured and scenic fitness trail.

Theodore Roosevelt National Park, ND

Jones/Lower Talkington/Lower Paddock Loop

Distance: 11.4 mi Time: 6-8 hr Elevation Range: N/A

Energy Required: 11 **Water Required:** 9 **Joy Gained:** 47 **Turns Lost:** 0

Description: This loop combines the Jones Creek Trail, the Lower Talkington Trail, and the Lower Paddock Creek Trail. Add it to the Upper Paddock/Talkington Loop for an epic adventure of 23.4 miles.

Cuyahoga Valley National Park, OH

Blue Hen Falls

Distance: 3 mi Time: N/A Elevation Range: 200 ft

Energy Required: 3 **Water Required:** 1 **Joy Gained:** 8 **Turns Lost:** 0

Description: Hike 1.5 miles up the Buckeye Trail, cross Boston Mills Road, then 1/2 mile down a steep hill. An overhanging plate of sandstone protrudes from the underlying shale. The small stream falls about fifteen feet from its edge. Enjoy a rest on the bench overlooking the waterfall before heading back up the short, but steep hill and back down the Buckeye Trail to your car. Continue north on the Buckeye Trail for an additional 2 miles to come to a beautiful creek bend surrounded by hemlocks.

Chickasaw National Recreation Area, OK

Buffalo and Antelope Springs Trail

Distance: 3 mi Time: N/A Elevation Range: 183 ft

Energy Required: 3 **Water Required:** 1 **Joy Gained:** 8 **Turns Lost:** 0

Description: This is an excellent and popular trail behind the Travertine Nature Center at Chickasaw National Recreation Area. The main gravel trail is wide, shaded, and follows Travertine Creek upstream to the freshwater springs that create and feed the creek. Three looped trails diverge off of the main one, making the entire route even more scenic and beautiful. The main trail is definitely elderly and kid friendly, with restrooms and trash receptacles located about halfway through the hike, toward Buffalo Springs; however, there are no dogs or swimming allowed, so please be mindful of those rules when hiking in this area.

Crater Lake National Park, OR

Garfield Peak Trail

Distance: 3.4 mi Time: N/A Elevation Range: N/A

Energy Required: 3 **Water Required:** 3 **Joy Gained:** 13 **Turns Lost:** 0

Description: This hike should take 1-3 hours and leads to panoramic views of Crater Lake with surrounding peaks in the backdrop. It's a challenging but rewarding half day hike with wildflowers and sights that only get better as you climb.

Independence National Historical Park, PA

Walk in Ona Judge's Footsteps

Distance: N/A Time: 5-15 min. Elevation Range: 0 ft

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 3 **Turns Lost:** 0

Description: The outdoor exhibits at the President's House Site examine the paradox between slavery and freedom in the founding of our nation, in a place right next door to the Liberty Bell itself. Washington brought enslaved Africans to this site--among them Martha Washington's personal slave Ona Judge--to live and toil within the household while Washington was guiding the experimental development of a young nation. The house stood in the shadow of Independence Hall, where the words "All men are created equal" and "We the People" were adopted, but they did not apply to all who lived in the new United States of America. In 1796, Judge escaped from the Washington household while the family was having dinner. Today, a woman's footsteps are embedded within the exhibit grounds in honor of her daring flight to freedom.

Colt State Park, RI

Colt State Park Loop

Distance: 3.9 mi Time: N/A Elevation Range: 0 ft

Energy Required: 4 **Water Required:** 2 **Joy Gained:** 12 **Turns Lost:** 0

Description: Colt State Park Loop is a 3.9 mile loop trail located near Bristol, Rhode Island that offers the chance to see wildlife and is good for all skill levels. The trail offers a number of activity options. Dogs are also able to use this trail but must be kept on leash.

Congaree National Park, SC

Boardwalk Loop Trail

Distance: 2.4 mi Time: N/A Elevation Range: 0 ft

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 6 **Turns Lost:** 0

Description: The boardwalk begins on a bluff at the Harry Hampton Visitor Center with an elevated section that leads down into the old-growth bottomland hardwood forest. A variety of different tree species can be observed including bald cypress and tupelo trees in the lowest elevations. Loblolly pines, oaks, maples and holly can also be observed. The boardwalk has benches along the way and is wheelchair and stroller accessible. Pick up the Self-guided Boardwalk Tour brochure at the Visitor Center before beginning your walk to learn more about the the natural and cultural history of Congaree.

Kings Mountain National Military Park, SC

Battlefield Trail

Distance: 1.5 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 6 **Turns Lost:** 0

Description: "The 1.5 mile self-guiding walking trail allows the visitor to see both perspectives of the battlefield. Wayside exhibits around the trail highlight battle events. The Centennial Monument, U.S. Monument and Ferguson's Grave are key features along the trail. This paved trail is foot travel only with the exception of motorized wheelchairs. Although the trail is paved it is steep in places. People in wheelchairs should use extreme caution. Benches are located around the trail.

Badlands National Park , SD

Notch Trail

Distance: 1.5 mi Time: N/A Elevation Range: N/A

Energy Required: 2 Water Required: 2 Joy Gained: 5 Turns Lost: 0

Description: Moderate to strenuous. After meandering through a canyon, this trail climbs a log ladder and follows a ledge to "the Notch" for a dramatic view of the White River Valley. Trail begins at the south end of the Door and Window parking area. Watch for drop-offs. Not recommended for anyone with a fear of heights. Treacherous during or after heavy rains.

Obed Wild & Scenic River, TN

Boulder Field Trail

Distance: 0.4 mi Time: N/A Elevation Range: N/A

Energy Required: 1 Water Required: 1 Joy Gained: 5 Turns Lost: 0

Description: The trail meanders among massive sandstone boulders, which fell from the bluff thousands of years ago. Today climbers train and test their skill on the boulders' faces while non-climbers look on.

Point Trail

Distance: 3.8 mi Time: N/A Elevation Range: N/A

Energy Required: 4 Water Required: 4 Joy Gained: 17 Turns Lost: 0

Description: The trail dips to Melton Mill Branch, which can be a trickle in summer or a roar in winter and spring, then leads past a hidden natural arch, guiding you along the bluff to a secluded view overlooking the river gorge.

Big Bend National Park, TX

Emory Peak

Distance: 10.5 mi Time: N/A Elevation Range: 2,400 ft

Energy Required: 11 Water Required: 13 Joy Gained: 54 Turns Lost: 0

Description: Ascend the forested Pinnacles trail for 3.5 miles to the Emory Peak trail junction (on your right). Then take the 1-mile spur trail to the peak which has nice vistas along the way. The last quarter mile or so climbs steeply, and the last 25 feet require a scramble up an exposed rock face, but the 360° view from Emory Peak, the highest point in the park, is superb. The antenna and equipment are part of Big Bend's two-way radio system.

Ashley National Forest, UT

Lower Red Castle Lake via East Fork Smiths Fork

Distance: 25 mi Time: 3-4 days Elevation Range: 1,437 ft

Energy Required: 25 Water Required: 22 Joy Gained: 110 Turns Lost: 1

Description: This is an out and back trail located near Altamont, Utah that features a lake and is rated as moderate. The trail offers a number of activity options and is best used from July until October. Dogs and horses are also able to use this trail. Beautiful lakes, and towering mountain peaks are just a few of the highlights up this particular trail. Water is always nearby to filter for drinking, but also brings mosquitos.

Canyonlands, UT

Mesa Arch

Distance: 1 mi Time: 15 min - 1 hr Elevation Range: 1,000 ft

Energy Required: 1 Water Required: 2 Joy Gained: 6 Turns Lost: 0

Description: You may have seen it on your friends' social media accounts, or maybe you have photos of it as your computer background image. It's a popular photo for a reason. Mesa Arch is a spectacular stone arch perched at the edge of a cliff with vast views of canyons, rock spires, and the La Sal Mountains in the distance. It's also a relatively easy trail to hike at just a half mile (0.8 km) long. Along the way, you'll see signs pointing out some of the common Canyonlands plants and their traditional uses. During busy seasons, the parking lot at Mesa Arch can fill. If you can't find a parking spot, come back at another time. We recommend visiting early or late in the day.

Peekaboo

Distance: 10 mi Time: 5 – 6 hr Elevation Range: N/A

Energy Required: 10 Water Required: 12 Joy Gained: 50 Turns Lost: 0

Description: This trail crosses both Squaw and Lost canyons on its way to Salt Creek Canyon, passing along high slickrock benches with spectacular views. Steep slopes and nearby cliff edges make this a challenging route. Two ladders must be climbed. View prehistoric rock paintings at the end of the trail near Peekaboo camp.

Upheaval Dome

Distance: 1 mi Time: 30 min Elevation Range: N/A

Energy Required: 1 Water Required: 2 Joy Gained: 6 Turns Lost: 0

Description: A short but steep trail leads to a clear view into Upheaval Dome. Exhibits at the end of the trail discuss this unique geologic feature. One-hundred-foot elevation change (30 m). Hiking to second overlook adds 1 mile (1.5 km) and 50 feet (15 m) elevation change.

Zion National Park, UT

Hidden Canyon

Distance: 3.5 mi Time: 3-6 hr Elevation Range: 1,000 ft

Energy Required: 4 Water Required: 4 Joy Gained: 18 Turns Lost: 0

Description: Hidden Canyon is a beautifully narrow and deep "hanging canyon" tucked away above the main canyon east of the Great White Throne. The manufactured trail climbs up the east side of the main canyon, crosses a few ravines and ends at the mouth of Hidden Canyon, giving hikers access to

explore up the canyon as far as they can. This hike is fairly strenuous with an elevation gain over 1000 feet, several exposed sections, and plenty of rock scrambling in Hidden Canyon. It may take anywhere between 3 to 6 hours depending on how much you explore.

Smugglers Notch State Park, VT

The Chin via Long and Profanity Trail

Distance: 4.8 mi Time: 3-6 hr Elevation Range: 2,743 ft

Energy Required: 5 **Water Required:** 6 **Joy Gained:** 25 **Turns Lost:** 0

Description: The Long-Profanity trail is a popular route to the summit (Chin). At 4.8 miles round-trip and a vertical gain of 2743' it is a moderate to strenuous hike. From the trail-head parking area walk south on Route 108 about 50' to a sign identifying the trailhead. After you begin the hike in approximately 50 yards you come to a trail register requesting all hikers sign-in. After you sign-in continue to follow the clearly marked trail. The Long Trail heads generally north-west gaining 600' in the first half mile. The trail then becomes steeper, and changes from a direct route to a switch-back style route, gaining another 800'. At approximately 1.2 miles the trail heads northwest. Continue on the Long Trail, past the Hell Brook cutoff that joins from the right (North). After 1.7 miles and 1900' the Long Trail meets the Taft Lodge cutoff and the Profanity Trail, marked by clear wooden signs. Take the Profanity Trail (southwest trail to the left) for a high-stepping, slight scramble for .5 miles and a gain of 850'. The route is narrow and can be slick, however never requires anything more than class 2 scrambling. After you climb the .5 miles the Profanity Trail meets up again with the White Blazed Long Trail. You gain the summit by walking north .2 mile. Be sure to stay on the marked path as you enter an artic-apline region with fragile plants and zealous summit caretakers. To return to your car descend using the same trail.

Virgin Islands National Park, VI

Reef Bay Trail

Distance: 4.4 mi Time: N/A Elevation Range: 1,184 ft

Energy Required: 4 **Water Required:** 3 **Joy Gained:** 15 **Turns Lost:** 0

Description: Reef Bay Trail is a 4.4 mile lightly trafficked out and back trail located near Coral Bay, Saint John, US Virgin Islands that features a great forest setting and is rated as moderate. The trail is primarily used for hiking and bird watching.

Salt Pond and Ram Head Trails

Distance: 2 miles Time: 45 min Elevation Range: 1,184 ft

Energy Required: 2 **Water Required:** 2 **Joy Gained:** 10 **Turns Lost:** 0

Description: Salt Pond is perfect for someone looking for a pleasant stroll to a beautiful beach. Just a quarter mile hike from the parking area to beach, has only a slight grade. The long curved beach has a gentle slope into the water making it perfect for everyone. Once there, the more adventurous can tackle the Ram Head trail. This trail is just under a mile long following a narrow path that winds its way to the top of Ram Head. The dramatic views make this hike worth the effort and perfect for a breathtaking sunset hike.

Shenandoah National Park, VA

Lewis Falls Trail Circuit

Distance: 3.3 mi Time: 4 hr Elevation Range: 990 ft

Energy Required: 3 **Water Required:** 2 **Joy Gained:** 10 **Turns Lost:** 0

Description: Although not the best waterfall hike in Virginia's Shenandoah National Park, the Lewis Falls Trail offers a fine view of one of the park's highest cascades, while a short jaunt on the Appalachian Trail (AT) completes the circuit and features fantastic views of the Shenandoah Valley. The loop hike is moderately difficult, with some steep and rocky stretches; the AT section, which is considerably smoother, passes below the towering Blackrock Cliffs and dives behind Big Meadows Lodge on the way back to the trailhead.

Sugarloaf Loop Trail

Distance: 5 mi Time: 7 hr Elevation Range: 1,120 ft

Energy Required: 6 **Water Required:** 5 **Joy Gained:** 27 **Turns Lost:** 0

Description: From the Piney River parking area at mile 22, take the Piney Branch Upper Trail to its intersection with the Pole Bridge Link Trail. Go left on the Pole Bridge Link Trail and then left on Sugarloaf Trail. This will bring you out near Skyline Drive above Hogback Overlook. Turn left to take the Appalachian Trail (whiteblazed) back to your starting point. You may see evidence of the families who once lived in this area. When the Park was established, it was carved out of eight counties and 1,081 tracts of privately owned land. Numerous families were displaced. We can show our appreciation by respecting their cemeteries and honoring their sacrifices.

Billy Frank Jr. Nisqually National Wildlife Refuge, WA

Twin Barns Loop Trail

Distance: 1 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 2 **Turns Lost:** 0

Description: This level, mile-long boardwalk passes through woodlands, grasslands, and freshwater marshes, past the Twin Barns and an observation platform, ending back where it starts at the Visitor Center. This loop constitutes the heart of our trail system at Nisqually NWR. There are four spur trails off the main trail: the Riparian Forest Overlook, the Nisqually River Overlook, the Twin Barns Observation Platform, and most significantly, the Estuary Trail.

Ebey's Landing National Historical Reserve, WA

Bluff Trail

Distance: 5.6 mi Time: N/A Elevation Range: 260 ft

Energy Required: 6 **Water Required:** 5 **Joy Gained:** 24 **Turns Lost:** 0

Description: Traverse along the bluff, enjoying the wildflowers on the slope to your left and the windswept trees to your right. The trail gradually descends along the bluff, offering an ever-changing

perspective of the lagoon below, a birdwatchers haven. Hike until you come to a switchback, and descend steeply through several switchbacks to the beach.

Minidoka National Historic Site, WA

Walking Trail

Distance: 1.6 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 3 **Joy Gained:** 10 **Turns Lost:** 0

Description: After Pearl Harbor, President Roosevelt signed Executive Order 9066 forcing over 120,000 West Coast persons of Japanese ancestry to leave their homes, jobs, and lives behind, forcing them into one of ten prison camps spread across the nation because of their ethnicity. One of those centers was Minidoka. This walking trail of the center features interpretive panels discussing this important moment in our history.

North Cascades National Park, WA

Hidden Lake

Distance: 9 mi Time: N/A Elevation Range: 2,900 ft

Energy Required: 9 **Water Required:** 9 **Joy Gained:** 21 **Turns Lost:** 0

Description: Hidden Lake Peak is a joyous hike that begins in cool forests but quickly propels the hiker into vast, open meadows filled with wildflowers, then rocky slopes and heather, before ending at a steep rocky pinnacle with a historic fire lookout perched on top. It is a very popular day hike, but also makes a nice overnight backpack trip and is an access route for climbers headed off into the Eldorado and Triad area.

Olympic National Park, WA

Ozette Loop

Distance: 9.4 mi Time: N/A Elevation Range: 100 ft

Energy Required: 9 **Water Required:** 6 **Joy Gained:** 37 **Turns Lost:** 0

Description: The Cape Alava Loop (Ozette Triangle) is two hikes in one: a forest stroll and a walk on the beach. Take the Cape Alava Trail out to the beach and back for a 6.2 mile hike, or continue south along the beach to connect up with the Sand Point Trail for a 9.4 mile loop. Before long, your trail becomes a beautiful cedar boardwalk through dense forest of western red cedar, licorice ferns, salal, and other evergreen varieties. Use caution on the boardwalk if wet or icy, as the planks can occasionally become slippery. The elevated path gently meanders through the understory, gaining little elevation as you continue onward. The roar and smell of the ocean becomes unmistakable as you approach the wild coast of Cape Alava. At 3.3 miles, arrive at the beach and enjoy the views and creatures that live in this isolated place. Tskawahyah Island is not far off, standing as a giant rock guardian complete with freestanding trees adorning the top. Watch the winter sun sink lower in the sky and return the way you came, or head south to make a loop.

Hall of Mosses

Distance: 0.8 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 0 **Joy Gained:** 3 **Turns Lost:** 0

Description: "Throughout the winter season, rain falls frequently in the Hoh Rain Forest, contributing to the yearly average of 140 inches (3.55 meters) of precipitation each year. The result is a lush, green canopy of both coniferous and deciduous species. Mosses and ferns that blanket the surfaces add another dimension to the enchantment of the rainforest. The Hoh Rain Forest is located in the stretch of the Pacific Northwest rainforest which once spanned the Pacific coast from southeastern Alaska to the central coast of California. The Hoh is one of the finest remaining examples of temperate rainforest in the United States and is one of the park's most popular destinations. Two short nature trails loop through the forest near the Visitor Center -- the Hall of Mosses Trail and the Spruce Nature Trail."

Appleton Pass Trail

Distance: 15.4 mi Time: N/A Elevation Range: 3,230 ft

Energy Required: 15 **Water Required:** 12 **Joy Gained:** 63 **Turns Lost:** 0

Description: The trail to Appleton Pass is only 7.7 miles, but it hikes longer. The route offers some rewarding diversions along the way, but much of the payoff is in the last 1.5 miles with sweeping views as one ascends the meadows and traverses the switchbacks to Appleton Pass. Plan for an early start to your day in order to enjoy lunch, and perhaps even a restorative nap, at Appleton Pass.

New River Gorge National River, WV

Grandview Rim Trail

Distance: 1.6 mi Time: N/A Elevation Range: N/A

Energy Required: 2 **Water Required:** 1 **Joy Gained:** 7 **Turns Lost:** 0

Description: This is the longest trail at Grandview, connecting Main Overlook with Turkey Spur. From Main Overlook to Turkey Spur is a moderate 1.6 mile hike (3.2 miles round trip). Along the way hikers will enjoy many breathtaking views of the gorge and river far below. The trail is rated moderate because of several small steep hills near Turkey Spur. A self-guided trail brochure interprets the first half mile of this trail.

Apostle Islands National Lakeshore, WI

Lakeshore Trail

Distance: 9 mi Time: 8 hr Elevation Range: 2,400 ft

Energy Required: 9 **Water Required:** 6 **Joy Gained:** 35 **Turns Lost:** 0

Description: The trailhead for the Lakeshore Trail is located at the Meyers Road parking lot. The trail extends about 4.5 miles, from Meyers Road, past the cliffs above the mainland sea caves, and approximately halfway along the lakeshore's mainland unit ending at a backcountry campsite. A boardwalk now covers the first 0.7 miles of the trail. A natural bridge and the first of several sea cave overlook points is 2 miles from the trailhead. This trail is a rugged path for use by experienced hikers, with stream crossings and steep slopes along the way. \

Devils Tower National Monument, WY

Tower Trail

Distance: 1.3 mi Time: N/A Elevation Range: N/A

Energy Required: 1 **Water Required:** 1 **Joy Gained:** 5 **Turns Lost:** 0

Description: The paved, 1.3-mile Tower Trail starts across the parking area from the visitor center. A short, steep section leads to you a junction that you can take either way to walk around the base of the Tower. As you walk the Tower Trail, you will notice cloths or small bundles attached to the trees. These are Native American prayer cloths and represent the spiritual connection many tribes have with the Tower. Please do not touch, disturb or remove these prayer cloths. Some consider it culturally insensitive to photograph these prayer cloths.

Grand Teton National Park, WY

Lake Solitude (Jenny Lake Shuttle Boat Start)

Distance: 14.2 mi Time: 8 hr Elevation Range: 2,400 ft

Energy Required: 14 **Water Required:** 18 **Joy Gained:** 72 **Turns Lost:** 0

Description: This popular Teton hike offers views of the surrounding peaks, alpine lakes, and ample wildlife viewing opportunities.

Overview of America's Public Lands (source: U.S. Department of the Interior)

With more than 400 national parks, 560 national wildlife refuges and nearly 250 million acres of other public lands managed by Interior, there's at least one public land near you.

National Parks and Preserves

National parks tend to be large swaths of land that protect a variety of resources, including natural and historic features. National parks can only be created by Congress -- our first national park was Yellowstone -- and are managed by the National Park Service. National parks strive to keep landscapes unimpaired for future generations while offering recreation opportunities. There are also national preserves -- like Florida's Big Cypress or Lake Clark National Park & Preserve in Alaska. Activities like hunting, fishing or oil and gas extraction may be permitted at national preserves if they don't jeopardize the park's natural resources. In total, the National Park System has 28 different types of designations, but they're all considered national parks no matter the name.

National Forests

National parks may protect some of the best-known natural landmarks, but national forests have just as remarkable landscapes. The U.S. Forest Service, which is part of the Department of Agriculture, manages 154 national forests under a multiple use concept -- meaning they provide Americans with a number of services, including lumber, grazing, minerals and recreation. National forests tend to be located near national parks and frequently are less crowded than parks. For example, Great Smoky Mountains National Park is next to three national forests -- Cherokee, Pisgah and Nantahala. These forests often also act as a protective buffer zone around parks.

National Wildlife Refuges

If national parks are America's best idea, then national wildlife refuges are America's best kept secret. The U.S. Fish & Wildlife Service manages wildlife refuges to conserve America's fish, wildlife

and plants. Created in 1903 when President Theodore Roosevelt established Pelican Island National Wildlife Refuge, the Refuge System has grown to more than 560 sites. With at least one wildlife refuge in every state and U.S. territory (and one within an hour's drive of most major cities), they offer a chance for urbanites and so many others to connect to nature. While national wildlife refuges work to safeguard wildlife populations and their habitats, more than 500 of them provide a wealth of recreation opportunities, including hiking trails, canoeing and kayaking, auto tours, wildlife viewing, hunting, fishing and more! These natural treasure troves see more than 47 million visits from the public each year.

National Conservation Areas

National conservation areas are public lands managed by the Bureau of Land Management that are set aside for the benefit and enjoyment of present and future generations. Similar to national parks, national conservation areas are designated by Congress and feature scientific, cultural, historical and recreational features. They're places like California's Lost Coast, King Range National Conservation Area, and Utah's Red Cliffs National Conservation Area. National conservation areas are just one part of the Bureau of Land Management's National Conservation Lands, a system of public lands that contain some of the nation's most spectacular landscapes. They include 873 federally recognized areas, encompassing approximately 32 million acres, primarily across 12 western states. In addition to national conservation areas, national conservation lands include certain national monuments, wildernesses, wilderness study areas, wild and scenic rivers, and national scenic and historic trails.

National Monuments

National monuments protect a specific natural, cultural or historic feature. These could be places like Devils Tower National Monument in Wyoming or Chicago's Pullman National Monument. Some special places -- like Grand Canyon, Badlands and Zion -- were first protected as national monuments before later becoming national parks. Since 1906, 120 national monuments have been created, and they can be managed by any of seven different agencies -- either individually or jointly.

Wilderness

Wilderness areas are places untamed by humans. The Wilderness Act of 1964 allows Congress to designate wilderness areas to ensure that America's pristine wild lands will not disappear. Wilderness areas can be part of national parks, national wildlife refuges, national forests or public lands managed by the Bureau of Land Management. There are more than 680 wilderness areas -- protecting over 106 million acres in 44 states. The Bureau of Land Management also has 517 wilderness study areas -- lands unspoiled by roads or other development that provide outstanding opportunities for solitude. Often these places have special ecological, geological or scenic values, like Handies Peak in Colorado or Slinkard in California. Some wilderness study areas have been designated as wilderness areas or national monuments, while others have been opened to non-wilderness uses.

National Historic Sites

Although the National Park Service is best known for protecting some of our country's most inspiring landscapes, it is also America's storyteller. Over half the national park locations preserve places and commemorate people, events and activities that are key to our nation's history. National historic sites (like Tuskegee Airmen) contain a single historical feature, but national historical parks like Independence National Historical Park -- where the Continental Congress voted for Independence and then where, years later, the Constitution was written -- discuss multiple stories from different times. No matter the name, these places tell iconic American stories that define who we are and what we stand for.

National Memorials

National memorials are sites that commemorate a historical person or tragic event. Many national memorials are located in or near the District of Columbia (think the Lincoln Memorial, Washington

Monument and Thomas Jefferson Memorial), but several others are scattered across the country. One of the most recognizable: Mount Rushmore National Memorial.

National Battlefields

There are a number of titles used for battlefields -- national military park, national battlefield park, national battlefield site and national battlefield -- but they all conserve our nation's military history. Protecting places like Shiloh National Military Park or Cowpens National Battlefield ensures that Americans can learn from our past.

National Recreation Areas

National recreation areas are lands near large reservoirs that offer visitors a chance to experience water-based outdoor activities -- from swimming and kayaking to fishing and boating. These recreation areas also often include important natural and cultural features. The U.S. has a total of 12 national recreation areas, which are managed either by the National Park Service or the Forest Service, and five of these are near urban areas -- providing great opportunities for Americans to connect to nature near them.

Wild and Scenic Rivers

Wild and scenic rivers preserve rivers and the land surrounding them in their natural state -- providing Americans with great outdoor recreation. Key to wild and scenic rivers is that they are free-flowing streams that haven't been dammed or altered in any way. While the Wild and Scenic Rivers Act of 1968 offers different levels of classification depending on the state of the river, in total it has protected more than 200 rivers in 35 states and Puerto Rico.

National Seashores and National Lakeshores

National seashores and national lakeshores preserve shorelines and some surrounding islands. Plus, they are amazing places for water recreation. While national lakeshores can be on any natural freshwater lake, the four existing national lakeshores are all on the Great Lakes. The 10 national seashores are on America's three coasts: Atlantic, Gulf and Pacific.

National Trails

National trails fall into one of three groups: scenic, historic and recreation. Congress designates national scenic trails (think the famous Appalachian National Scenic Trail, which stretches from Georgia to Maine) and national historic trails (like the Pony Express National Historic Trail, a historic route that spans eight states and symbolizes the spirit of the American West). When it comes to national recreation trails (including national water trails), the Secretary of the Interior or Agriculture can designate these in response to an application from the managing agency or organization.