

# NATIONAL TRAILS DAY

## Betzwood Picnic Area, Valley Forge National Historical Park

Sat. June 2, 8AM-1PM

Rain or Shine

### TRAILS FAIR Displays and Exhibits (corporate stewards, environmental, conservation and trails organizations)

8:00 am to 1:00 pm *American Hiking Society, Eastern Mountain Sports, The North Face, National Park Conservation Association, Girl Scouts of America, Appalachian Mountain Club, Schuylkill River National & State Heritage Area, YMCA, Bryn Mawr Hospital, John James Audubon Center at Mill Grove, Friends of Valley Forge Park, Elmwood Park Zoo, Leave No Trace, Delaware Valley Orienteering Association, LA Fitness, Philadelphia Bicycle Coalition, West Norriton Police Department, Montgomery County Equine Council, Chester County SPCA, Franklin Institute and Southeast Pennsylvania Search and Rescue.*

### HIKES (All hikes will start from the event tent unless indicated below.)

8:00 am to 9:30 am **Audubon Society:** Join the staff of the Audubon Society on a bird walk along the River Trail. Learn bird biology, common field markings, and basic identification. The walk will be 45 minutes in length with a limit of 20 participants. Bring your binoculars!

9:00 am to 10:30 am **Valley Forge National Historical Park:** Learn about local birds and their habitats during a walk along the River Trail. This will be an easy 3 mile moderate walk with many stops for observing birds. Bring your binoculars and wear comfortable walking shoes. The hike is limited to 20 people.

10:00 am to 11:30 am Guided Ranger led walk along the River Trail. Connect with the rich nature and history of the Schuylkill River. 90 minutes; 2 miles roundtrip. Participants should wear comfortable walking shoes, bring water and be prepared for inclement weather. Limited to 25 people

1:30 pm to 3:30 pm **Horse-shoe Trail Conservancy:** will lead a guided hike along the Horse-shoe Trail. Meet at Washington's Headquarters Parking Area

### HEALTH & WELLNESS EDUCATION

8:00 am to 1:00 pm **Bryn Mawr Hospital:** Learn Sun Safety, Hydration and Lyme Disease Prevention tips. Blood pressure checks for people 18 years and older.

8:00 am to 1:00 pm **LA Fitness:** Health and wellness information. Get body fat screening and information on good nutrition. FREE guest passes will be provided.

8:00 am to 1:00 pm **Audubon YMCA:** Stretching in the park, adults and kids will perform exercises that they can do before any recreational activity. All stretches are done sitting or lying down and are strategically sequenced to provide optimum benefit for appropriate age levels. Bring your own mat or towel.

### CONSERVATION/ WILDLIFE & SAFETY EDUCATIONAL CLINICS

8:00 am to 1:00 pm **Valley Forge National Historical Park:** Stop by the park's natural resources tent and learn about plants, water quality, wildlife and much more.

8:00 a.m. to 10 am  
10:00 am to 12 pm Changing Landscapes Art Interpretation Program – Learn how to sketch a picture and write a caption or poem by interacting with artwork that depicts the landscape through history.

8:00 am to 1:00 pm **West Norriton Police Department and Audubon YMCA:** will offer bike safety education. West Norriton Police Department will give away FREE bike helmets to kids 12 years old and younger.

8:00 am to 1:00 pm **Philadelphia Bicycle Coalition** will provide a Bike Rodeo; a skill-building obstacle course that teaches young riders bicycling skills like stopping, turning, and balancing in a safe controlled environment. The Rodeo will begin with a brief safety lesson and bicycle helmet fitting. Participants are encouraged to bring their own bicycles and helmets, although the Bicycle Coalition has a limited number of both for those who cannot bring their own. Helmets and waivers are required for participation.

8:00 am to 1:00 pm **Elmwood Park Zoo:** Stop by the Elmwood Park Zoo table and see their Animal Ambassadors from the Zoo! Touch a coyote pelt, hold a jaguar skull in your hands, and get a close look at a tarantula! Learn about wildlife and conservation and what's new at the Zoo. Free fun packs for kids!

8:00 am to 1:00 pm **Delaware Valley Orienteering Association** will provide basic orienteering programs throughout the day. You will be given a detailed map with points indicated. It is a great culmination of hiking and thinking and a great activity to do with the entire family.

8:00 am to 1:00 pm **Leave No Trace Traveling Trainers:** Promoting Environmental Awareness in kids and adults through fun interactive games. Learn seven principles of Leave No Trace outdoors ethics and responsible use of our shared public lands.

8:00 am to 1:00 pm **Eastern Mountain Sports:** Come see the latest in outdoor gear. There will be pack fittings, tent demos, backpacking stove demos and backpacker dehydrated food tastings. You will also have a chance to win a gift card or daypack.

8:00 am to 1:00 pm **Girl Scouts of Eastern Pennsylvania:** Come partake in 6 interactive fun learning stations that will focus on Interactive Stream Study, TREE ID, hiking safety, recycling education and much more. Play trivia and win a prize. Join in the birthday cake ceremony at 9:00AM.

### VOLUNTEER PROJECTS (Youth under the age of 18 will need a parent or guardian approval to participate.) Bring Gloves!

9:00 am to 12:00 pm **Invasive Plant Removal and Litter Clean-up:** Assist with removal of invasive species along the trail corridor and help with litter pick up. Bring gloves and wear comfortable hiking shoes, long pants and long sleeve shirt. **To volunteer e-mail [ernestine\\_white@nps.gov](mailto:ernestine_white@nps.gov).**

For more information contact our National Trails Day Coordinator at 610-783-1029 or by e-mail at [Ernestine\\_White@nps.gov](mailto:Ernestine_White@nps.gov)

