



***NEWS RELEASE***

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**National Trails Day 2011**  
*“Made With All Natural Ingredients”* on Saturday, June 4  
**Valley Forge National Historical Park**

VALLEY FORGE, PA—Be part of the national celebration of the growing network of trails connecting communities on Saturday, June 4, 2011, 9 a.m. – 3 p.m., at Betzwood Picnic area in Valley Forge National Historical Park. Gear workshops, fitness assessments, guided walks and educational clinics are all free as part of National Trails Day.

National Trails Day is the American Hiking Society’s signature trail awareness program taking place in all 50 states the first Saturday in June. The theme for National Trails Day 2011, *Made With All Natural Ingredients*, encourages all Americans to get outside, connect with local outdoor clubs, businesses, community groups, and state and national parks. The event inspires the public and trail enthusiasts nationwide to seek out their favorite trails for fitness, fun and learning about nature and history. At Valley Forge, free programs include gear demonstrations, ranger-guided hikes focusing on nature resources and park history, as well as an outdoor exhibit area where environmental, conservation and trails organizations will offer educational clinics, fitness assessments and presentations of the latest in outdoor equipment. Event sponsors include Eastern Mountain Sports and the North Face, both with locations within the area.

National Trails Day promotes the relationship between trail use and good health. “This event is an opportunity to explore park trails, get connected, give back, and reap the health benefits of an active lifestyle,” said acting park superintendent, Barbara Pollarine.

Individuals and groups may volunteer to help with trail maintenance. Volunteer projects for the day include removing invasive plants along the trail corridor and litter clean up along trails. To volunteer, contact Ernestine White, Volunteer Program Manager, at 610-783-5384 or by email at [ernestine\\_white@nps.gov](mailto:ernestine_white@nps.gov).

For more information about the event and directions, please visit the park website at [www.nps.gov/vafo](http://www.nps.gov/vafo).

*About Valley Forge National Historical Park*

Valley Forge National Historical Park is a national icon of the American Revolution that serves as a place where visitors enjoy, understand, care for and preserve America’s history and natural heritage. The park offers an engaging, complete educational and recreational experience, providing an important piece of the American story in a beautiful, historical, preserved landscape.