

Valley Forge National Historical Park

2013 NATIONAL TRAILS DAY

Betzwood Picnic Area

Sat. June 1, 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, Appalachian Mountain Club, Schuylkill River National & State Heritage Area, Bryn Mawr Hospital, Friends of Valley Forge Park, Delaware Valley Orienteering Association, LA Fitness, The Franklin Institute, Elks Lodge #714 of Bridgeport and Montgomery County Equine Council.*

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

Valley Forge National Historical Park:

9:00 am to 10:30 am Nature Walk: 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 Historical 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.

HEALTH & WELLNESS EDUCATION

8:00 am to 1:00 pm **Bryn Mawr Hospital:** Learn about good Nutrition, Sun Safety, Hydration and Lyme Disease Prevention tips. Blood pressures check for people 18 years old 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 guess passes will be provided.

CONSERVATION/ WILDLIFE & SAFETY EDUCATIONAL CLINICS

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

8:00 a.m. to 1:00pm **Valley Forge National Historical Park presents 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 **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 **Join The Franklin Institute** for a hands-on science demo with a POP — Prepare for blast-off and make your own Alka-Seltzer Rocket! Learn about an array of fun, science-themed camps, our signature sleepover Camp-In, and special days designed just for Scouts. Meet our science presenters and discover all of the fun activities and attractions The Franklin Institute has to offer! Enter the raffle at our table to win a free FamilyMAX Membership for your family.

8:00 am to 1:00 pm **Youth Bike Safety** presented by Elks Lodge #714 of Bridgeport: FREE HELMETS for kids 13 years old and younger. Kids should bring their bikes to get a bike in for a FREE bike safety check. Learn safety and maintenance tips.

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.

VOLUNTEER PROJECTS (Youth under the age of 18years of age 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.**

For more information contact our National Trails Day Coordinator at 610-783-1029 or e-mail Ernestine_White@nps.gov
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