



NEWS RELEASE
June 1, 2009

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National Trails Day Event this Saturday at Valley Forge Park

VALLEY FORGE, Pa. – On Saturday, June 6, 2009 from 9 a.m. to 3 p.m., Valley Forge National Historical Park will host a free event in the Betzwood Picnic area celebrating the 17th Annual National Trails Day.

Free programs include kayak, back pack fitting and tent demonstrations; “Pilates in the Park” guided exercise program, a 90-minute Ranger-guided hike along the Schuylkill River and an “Ask the Ecologist” program to learn more about the Park’s plants, wild life and other natural resources. Activities are sponsored by Valley Forge National Historical Park, The Friends of Valley Forge Park, Eastern Mountain Sports, Schuylkill River Heritage Area and the Audubon YMCA.

An outdoor exhibit area will feature area organizations sharing information, conducting educational clinics, fitness assessments and presenting the latest in hiking, biking, and kayak equipment. The Friends of Valley Forge Park will host a membership drive at the event and near the Park’s welcome center to recruit new members, enticing them with cold complimentary water bottles. The Friends of Valley Forge Park is a non-profit group that directly impacts preservation and protection of Park resources.

National Trails Day promotes the relationship between good health and trails. “National Trails Day is an opportunity to explore Park trails, get connected, give back and reap the health benefits of an active lifestyle,” said Park Superintendent Michael A. Caldwell.

Individuals and groups may also volunteer part of the day to help maintain Park trails. Volunteer projects include: invasive plant removal, tree planting, fencing, mulching and gardening. For

more information or to volunteer, pre-register by contacting Ernestine White, the Park's Volunteer Program Manager at 610-783-5384.

For more information about National Trails Day at Valley Forge NHP and directions to the event, please visit the park web site at www.nps.gov/vafo or call 610-783-5384.

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.

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