

2012 General Information

<http://www.americanhiking.org/National-Trails-Day/Promote/>

[Read the 2011 National Trails Day Final Report.](#)

What is National Trails Day[®] and Why Celebrate NTD?

National Trails Day[®] is a celebration of trails that evolved from the report of President Ronald Reagan's President's Commission on Americans Outdoors. In 1987, the report recommended that all Americans be able to go out their front doors and within fifteen minutes, be on trails that wind through their cities or towns and bring them back without retracing steps. The recommendation, dubbed Trails for All Americans, became the impetus behind several public and private parties joining American Hiking Society in launching National Trails Day[®] in 1993.

Trails do not just magically appear for our enjoyment; it takes many hours of planning, labor, and negotiating to develop them. National Trails Day[®], the only nationwide celebration of trails, increases awareness about trails and celebrates the hard work and support of many people and partners -- including volunteers, land agencies, and outdoor minded businesses. It is also a day to introduce people to the many joys and benefits of trails.

Why Celebrate Trails?

America's 200,000 miles of trails allow us access to the natural world for recreation, education, exploration, solitude, inspiration, and much more. Trails take us to good physical and mental health by providing us with a chance to breathe fresh air, get our hearts pumping, and escape from our stresses.

How do Trails Make You Healthy?

Trails give you the opportunity to get your heart pumping, lungs expanding, and muscles working at various levels of difficulty, thereby improving your physical as well as mental well-being. With obesity rates skyrocketing, exercise is increasingly important, and trails provide a wide variety of opportunities for being physically active.

How Successful is National Trails Day[®]?

Since 1993, National Trails Day[®] has grown to inspire many thousands of people to enjoy trails on the same day nationwide. All 50 states have had events, as well as the District of Columbia, Puerto Rico, Canada, Guam and the Virgin Islands. National Trails Day[®] is now a permanent fixture on the calendars of trail clubs, businesses, and

government agencies. Hundreds of thousands of people now have a greater awareness of trails through a wide variety of NTD events -- including trail dedications, hikes, bike and horse rides, paddle trips, trail maintenance, and many other activities. Event hosts have included local hiking clubs, federal agencies, municipal parks, retailers, land trusts, and many other businesses and organizations.

Statistics for 2011: 2,063 events; 330,000 participants; 7,626 miles hiked/biked; 799 trail projects completed; 188,833 volunteer hours invested, worth \$4 million in labor.

Who are the Leaders of National Trails Day®?

National Trails Day® is made possible thanks to the volunteer efforts of American Hiking Society's individual and Alliance members as well as by the generous support of our Sponsoring Partners - Backpacker magazine, Eastern Mountain Sports, Fetzer®, The North Face and Merrell as well as our NTD Supporters - YMCA of the USA, REI and American Park Network and Federal Partners - Bureau of Land Management, Federal Highway Administration, National Park Service, USDA Forest Service and U.S. Fish and Wildlife Service.

How Can My Organization Get Involved In National Trails Day®?

[Register your event on American Hiking's website](#) and work with American Hiking to ensure a successful day. Use the resources under our "[Host Information](#)" tab on our [website](#) for press releases, templates, and designs. If you have any questions or would like more information contact John Michels, Trail Programs Manager, at 301-565-6704 x 208 or JMichels@americanhiking.org.

Does National Trails Day® have to be the first Saturday in June?

If your organization has a conflict with the first Saturday in June, plan your National Trails Day® event for a day or weekend that works best for you. No matter what day you choose, be sure to register your event with American Hiking Society; the national attention will draw more participants and media, and American Hiking Society will help you throughout the entire planning process.