



PATHWAYS

American Hiking Society

“We are with you every step of the way”

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Check us out on Facebook!

The American Hiking Society now has a Facebook, check it out.

NATIONAL TRAILS DAY® JUNE 7, 2010: “TAKE THE PATH TO A HEALTHIER YOU”

American Hiking Society’s National Trails Day® is the only nationwide trails celebration, bringing together thousands of outdoor

enthusiasts to participate in educational exhibits, trail dedications, gear demonstrations, instructional workshops and trail work projects on the first Saturday of June. It also provides an opportunity to thank the volunteers, land managing agencies, and outdoor-minded businesses for their support in developing and maintaining trails.

National Trails Day (NTD) brings greater awareness to trails, along with their many benefits and pleasures.

Whether the event

involves one trail or a variety of activities, NTD is a wonderful opportunity to introduce people to trails.

Many new trail users become dedicated to trails and their preservation once they get out and learn about them and they realize the many volunteer and paid hours required for creating the trails.



HIKE THE HILL: TRAILS ADVOCACY WEEK



Learn how to lobby for your favorite trails and “Hike the Hill” during American Hiking Society’s Advocacy Week held every winter — a pivotal time in the federal budget cycle. Congress needs to hear from you about the issues that affect your trails and trails nationwide.

Advocacy Week 2010 will take place February 27 — March 2 in Arlington, VA. Advocacy Week includes sessions on policy issues, training in lobbying and advocacy skills, and an event on Capitol Hill. Most of the week is devoted to your congressional meetings. We offer guidance for scheduling these appointments once you register. Our advocacy focus for 2010 includes full

funding for trails within the National Park Service, Bureau of Land Management, and USDA Forest Service and other trail-related legislation and policies.

Register online or download and send in the registration form. The final agenda and supporting materials will follow. Advocacy Week 2010 will take place at the Quality Hotel Courthouse Plaza in Arlington, VA, just outside of Washington, DC. For reservations, call 1-888-987-2555 by February 4 and refer to American Hiking Society and code “HIKIN” to get the group rate.

TRAILS AND HEALTH

The theme “Take the Path to a Healthier You” relates trail activities to improved health. Improve your health by getting outdoors on a trail. Print off any of our fact sheets for more information on hiking and health. With the extremely high obesity rates in the US, trails can become the pathways to better health. According to the Centers for Disease Control and Prevention, regular physical activity, including trail use, is very beneficial for prevention or controlling many diseases.

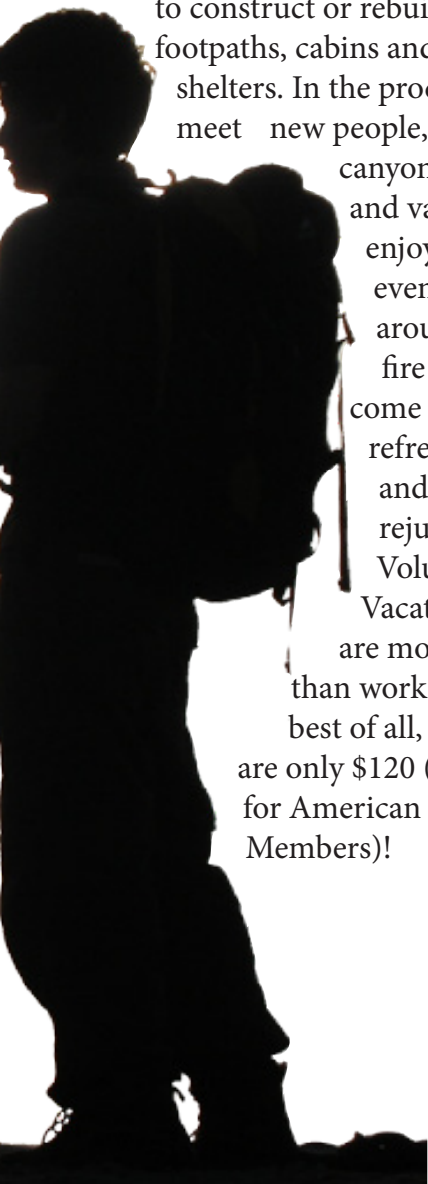
National Trails Day is June 7, 2010, the first Saturday in June, but National Trails Day events can also take place at other times during the year. If your organization has a conflict with that date, plan a day or weekend convenient for you. But still register your event on our Web site, so participants and the media can find it. Check back in January to register your event or to search for an event to attend in



VOLUNTEER VACATIONS

VACATION TO VOLUNTEER FOR

On an American Hiking Society Volunteer Vacation, you visit stunning backcountry locations to construct or rebuild footpaths, cabins and shelters. In the process, you meet new people, explore canyons, peaks and valleys, enjoy quiet evenings around a fire and come home refreshed and rejuvenated. Volunteer Vacations are more fun than work! And best of all, the trips are only \$120 (\$95 for American Hiking Members)!



VOLUNTEER IN CHILE!

American Hiking Society volunteers have the opportunity to apply for a pilot Patagonia Volunteer Expedition to Torres del Paine National Park, Chile. For more information and to apply go to www.thepatagonianfoundation.org.



NATIONWIDE VOLUNTEER JOB OPPORTUNITIES

Don't miss this opportunity to learn about seasonal volunteer positions with Federal and State agencies, as well as with hiking organizations around the country. For only \$12.95 you can obtain a copy of Get Outside!, a publication that has been informing eager volunteers of all ages for the past 20 years about ways they can help their favorite State Park, National Forest, or hiking trail.



Find us on
Facebook

Visit American Hiking Society on Facebook™.

On our Facebook™ group, you can share pictures from your National Trails Day® events, meet other NTD hosts and hikers, and celebrate trails and the hiking experience! Sign up for a free Facebook™ account now!

