

Pathways

Spring 2023



American
Hiking
Society

Hiking 101: Planning Your Hike

Hiking begins before you reach the trailhead. While it's natural to want to jump into the car on a whim and drive to a favorite hiking trail, doing so is not necessarily the wisest of choices. Hiking is a lot like painting a house in that the preparation is just as important as the actual activity itself. So before you head out, follow these tips:

Let people know where you'll be hiking and when you expect to be back. This is important whether you are going on a day hike at a nearby park or on a multi-day hike. On a backpacking trip, plan where you'll be camping each night as well as the section of trail you'll be hiking each day, in case you need to be pinpointed for an evacuation. case you need to be pinpointed for an evacuation. The best insurance is a written reminder with all your

information left behind with someone who is not going and who is expecting you back or to check in by a certain time.

Study your maps before you begin the trip. Have a good idea of which route you will hike. Look for possible emergency exit points as well as places where water refills are likely. Identify

Time control plan. Predetermine where you ought to be at certain points of the day using your map. Factor in your walking speed based on the number of people on the hike as well as their fitness level. Also, for every 1000 feet of elevation you gain, add about an additional hour of hiking time. Remember that when traveling as a group, you are only as fast as the slowest person in the group.

Graph your route. Highlight the route you will be taking.

Mark potential campsites, water stops, and major road intersections. Check the weather and pack accordingly, keeping in mind that the weather at the base of a mountain and halfway up a mountain can be vastly different. Rain gear (one of the 10 Essentials) should be brought even if no rain is predicted, as wet clothes can cause a person to become hypothermic even with temperatures in the 50's.



AMERICAN HIKING SOCIETY'S NATIONAL TRAILS DAY®

Silver Spring, MD – American Hiking Society's National Trails Day® will establish a trail service world record on June 5, 2022. American Hiking Society invites everyone who enjoys spending time outside to join in setting the world record for the most people improving trails in a single day by pledging to improve a trail on National Trails Day®.

"The government shutdown earlier this year had a negative impact on public lands and the

trails we love, so American Hiking Society is setting day of trail service," explains Kate Van Waes, Executive Director of American Hiking Society.

Kicking off summer with hundreds of outdoor events across the country, National Trails Day® unites hikers, cyclists, equestrians, and paddlers with the goal of improving America's extensive trail system and connecting more people with public lands. It is a great opportunity for people to try something new, explore wild spaces, and leave a trail better than they found it right in their neck of the woods—or city.

It's easy to get involved. With events ranging from trail projects, to guided hikes, to community festivals and after parties, there is something for everyone. The best part is that no prior experience is needed to participate. As an inclusive event, National Trails Day® welcomes everyone to experience trails and public lands in a new way.

What's National Trails Day All About?

Taking place on the first Saturday in June, National Trails Day® is a day of public events aimed at advocacy and trail service. Thousands of hikers, bikers, rowers, horseback riders, trail clubs, federal and local agencies, land trusts, and businesses come together in partnership to advocate for, maintain, and clean up public lands and trails.





Volunteer Vacations

What Are Volunteer Vacations?

Our nation's trails need your help! Join American Hiking Society for a week of building & maintaining trails in exciting & diverse locations across the country.

Volunteer Vacations foster public land stewardship and provide volunteers the opportunity to give back to the trails they love, meet new people, and have a great time doing it!

Crews consist of 6-15 volunteers accompanied by a crew leader. Volunteer Vacations involve backpacking or day hiking and

accommodations vary from primitive campsites to bunkhouses or cabins. Tools and supervision are provided by the host agency or organization.

Experience nature up close. Travel to new destinations. Meet other outdoor enthusiasts. Take a vacation that nourishes your body & your spirit.

If you would like assistance selecting a trip or have additional questions, please contact Libby Wile, at LWile@AmericanHiking.org or call 1-800-972-8608 ext. 704.



Support Us

Did you know many companies offer a matching gift program to make a bigger philanthropic impact among their employees? You may be able to double, or even triple, your generous contribution to American Hiking Society! Find out if your employer offers a matching gift program on our website by scanning the QR code!