

# Planning My Journey

## Choosing The Route

The Appalachian Trail goes through 14 states from Georgia to Maine. Most thru-hikers start in the spring at Springer Mountain, GA and go north. Why?

I will travel...  North  South

The Appalachian Trail is over 2,180 miles long. How many days do you think it would take you to hike the A.T. at 10 miles/day?

$2180 \text{ (miles of trail)} \div 10 \text{ (miles/day)} = \underline{\hspace{2cm}} = A$

$A \div 30 \text{ (days in a month)} = \underline{\hspace{2cm}} \text{ \# of months needed to hike A.T.}$



## Hiking Buddies

Most hikers travel solo but end up meeting and camping with others along the way.

I will travel with \_\_\_\_\_  
because \_\_\_\_\_

**TRACK** your hike at  
**kidsinparks.com**  
and get **FREE** prizes!



Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!

The next generation of stewards will help preserve the world's plants, animals, natural lands, and our heritage. What will you do to make a difference?



Your TRACK Trail activity guide can be used as part of the Park's Junior Ranger Program. Check at a visitor center for details!



This TRACK Trail is supported by a donation from the Shenandoah National Park Trust



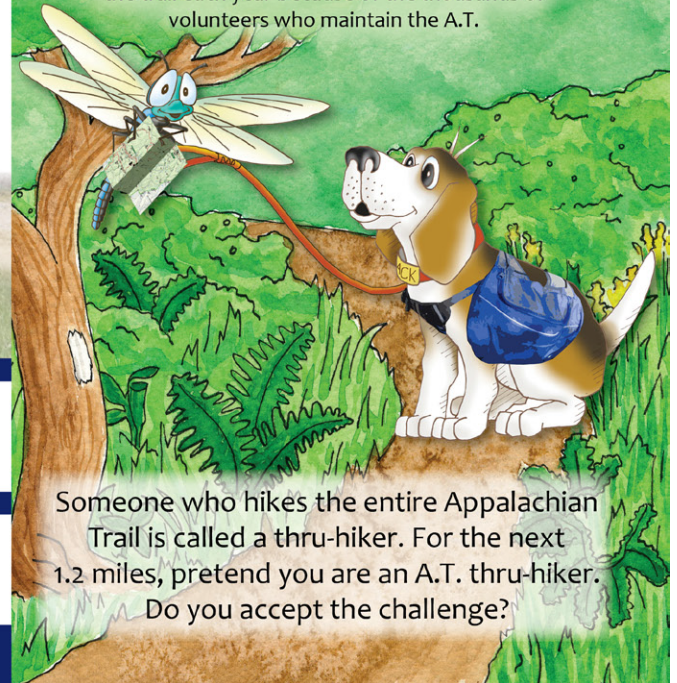
Kids in Parks Founding Partners



Shenandoah National Park's

# Hiking the Appalachian National Scenic Trail

Named after the mountains that the trail follows, the Appalachian Trail (A.T.) is over 2,180 miles long with 101 miles within Shenandoah National Park. The trail climbs and descends the equivalent of climbing to the top of Mt. Everest from sea level sixteen times! Millions of people enjoy the trail each year because of the thousands of volunteers who maintain the A.T.



Someone who hikes the entire Appalachian Trail is called a thru-hiker. For the next 1.2 miles, pretend you are an A.T. thru-hiker. Do you accept the challenge?

# Appalachian Trail Journal

As an A.T. thru-hiker, your life is completely different. Your daily schedule, what you eat, where you sleep, and even your name is new.

## Nickname on the Trail

Most thru-hikers have a nickname on the trail. Trail names are often given by others based on how you look, what you eat along the trail, a hobby you have, or where you're from. Some examples are "Sunshine," and "Pennsylvania Painter."

My A.T. Trail Name might be \_\_\_\_\_

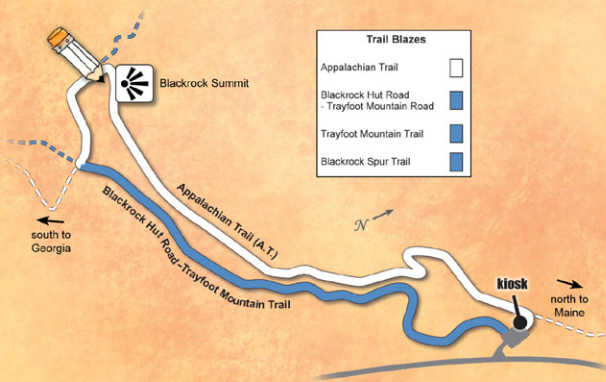


## Life in One Backpack

Imagine carrying everything you need for half a year on your back.

\_\_\_\_\_ is one item that I have to bring with me.

\_\_\_\_\_ would be nice to have, but because it is heavy I will have to leave it at home.



## Habitats on the Hike

The A.T. passes through many different types of plant and animal habitats. On this hike in Shenandoah, you'll pass through two – a rock outcrop habitat and mixed deciduous forest habitat. Listen and look to see what you can find in each habitat.

### Rock Outcrop Habitat

Bird

Birds that spend a lot of time in the air use their strong eyesight to find food. Look for hawks, crows and vultures.



Lichen & Moss

Rock surfaces can be mini-worlds unto themselves! While on the trail, look for different colors and shapes.



### Mixed Deciduous Forest Habitat

Animal Hole

Squirrels, chipmunks, and skunks are a few animals that dig holes. Look for other evidence of animals by searching for scat, fur, and chewed objects.

Fern

The blade, or leaf, of a fern can be found in many forms. Look at how the blade splits into leaflets.

A.T. Trailblaze

The A.T. is marked by white rectangular trailblazes.



## Moment of Reflection

There is a lot of time to think while hiking the trail. What might you do to occupy your mind while hiking? Sing, write poetry, journal, write letters, listen for nature sounds, create games, look for wildlife? Stop at the Blackrock Summit to write a poem or draw something you see.

## Share Trail Tales

Ask someone you are hiking with if you can interview them.

1. What is your favorite hiking story?
2. If you were a thru-hiker, how many miles a day do you think you could hike?
3. What do you think is the hardest part about hiking long distance?
4. What do you like about hiking?