

Trails for People



Going for a walk provides numerous health benefits, including lowering blood pressure and increasing energy levels. Scientists have found that getting out into natural environments “could be an easy and almost immediate way to improve moods.”

William Hickey



New York-New Jersey Trail Conference



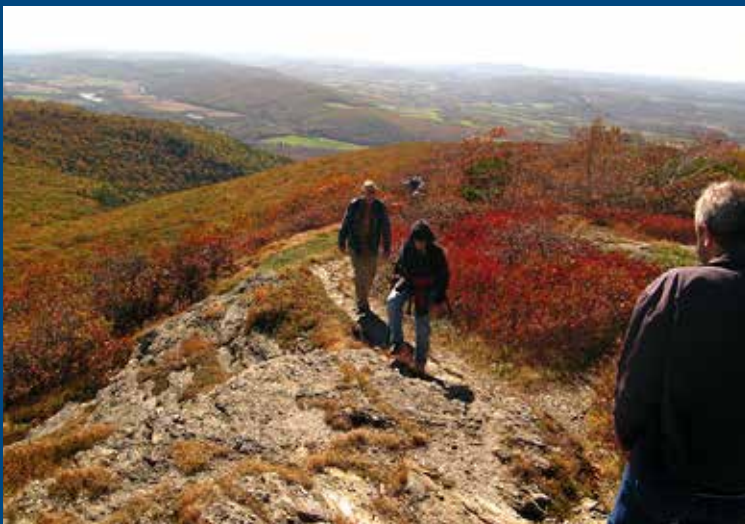
Chevoniti Semester School/Flickr.com

ABOVE “Thousands of tired, nerve-shaken, over-civilized people are beginning to find out going to the mountains is going home; that wilderness is a necessity,” wrote John Muir, 19th century naturalist, author, environmental philosopher, and founder of the Sierra Club.

LEFT Trails can take people to beautiful, wild places they never imagined visiting. Plus, hiking is great exercise!



Georgette Weir



New York-New Jersey Trail Conference



Erik Mickelson

Well-built trails provide adventurers of all ages the chance to explore the outdoors.

A TRAIL IS MORE THAN A PATH

The Appalachian Trail (A.T.) on which you now stand was constructed using many different trail-building techniques – but you don’t have to hike from Maine to Georgia to see them! The short section of trail directly ahead demonstrates several commonly used trail-building methods and structures. Explore these exhibits, then continue your walk up the A.T., looking for these features along the way. At the top of Bear Mountain you’ll find the impediment-free All Persons segment of the Appalachian Trail, which was designed to encourage people with limited mobility to connect with nature. This section of the A.T. starts near Perkins Memorial Tower, where parking is available.



Jerrica Lavoo



Jeremy Appgar



Jerrica Lavoo

TOP The All Persons segment of the Appalachian Trail, built at the top of Bear Mountain, was opened in 2011 to allow people of all ability levels the opportunity to travel along the A.T.

LEFT AND FAR LEFT Trail building is for everyone! When constructing a new trail or rehabilitating an old one, there are jobs for every level of skill and experience.