

# Who Builds Trails?



## PEOPLE GIVE BACK TO TRAILS

The Appalachian Trail on Bear Mountain was built by volunteers under the guidance of professional trail builders. Individual volunteers as well as groups such as the Appalachian Trail Conservancy’s Mid-Atlantic Trail Crew learn trail construction techniques through hands-on instruction provided by the New York-New Jersey Trail Conference’s Trail University courses. You can join any of the Trail Conference or Appalachian Trail Conservancy crews on scheduled work trips to practice this craft and gain additional skills. Some volunteers have even made trail building their new full-time “job”! Together, they move 1,000-pound boulders and thousands of cubic yards of dirt, crush millions of rocks into billions of pebbles, and have fun building beautiful, sustainable trails.

More often than not, trails are built by volunteers — nature-loving people just like you. Some have years of experience constructing trails, while others have never even been hiking. They all work together to create an outdoors experience that others can enjoy for generations.



One cubic foot of rock weighs approximately 175 pounds. The rock in this picture weighs approximately 800 pounds. It takes determination and teamwork to move it.



**ABOVE** Not into moving rocks and carrying things? There are all sorts of tasks that go into building a trail.

**TOP LEFT** Who needs a gym when you can go outside in the fresh air and get a full-body workout building trails?

**FAR LEFT** Building trails can be dirty, hard work, but it is very rewarding — and fun!

**LEFT** Trail projects can sometimes look and feel like construction sites — minus all the heavy equipment. Most trails are built with primitive tools, human power, and cooperation. “Work smarter, not harder” is a trail-building motto!

