

Appalachian Trail

Adventure Book



APPALACHIAN TRAIL
CONSERVANCY®

Get ready...Get set...GO!

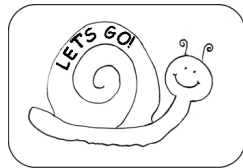
Welcome to the Appalachian National Scenic Trail. This book is designed to give you and your whole family plenty of fun experiences on the Appalachian Trail. There are tons of ideas for things to do and look for along the Trail, plus plenty of ideas for days when you can't quite make it out for a hike. So, join Sammi Satchel, Nigel Knapsack and their trusty friend Duffle Dog as they explore the Trail.

Have fun together and happy trails!

Look for the pictures below throughout the book. They'll point you toward websites to get more information or point you right out the front door for an outside activity.



When you see this picture, head to your computer, tablet or phone to look up more information online.

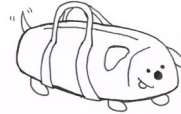


When you see the Let's Go snail, get the family together and get ready to head outside.

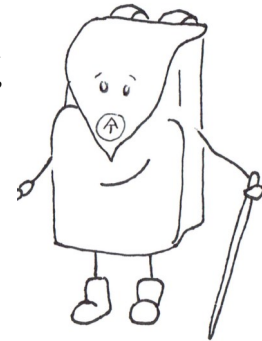


Sammi
Satchel

Duffle Dog



Nigel Knapsack



Appalachian Trail Adventure Book

Published by the Appalachian Trail Conservancy
P.O. Box 807, Harpers Ferry, WV 25425

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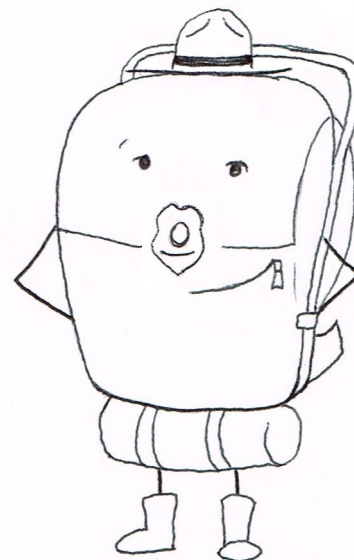
Many, many thanks to the thousands of volunteers who work along the Appalachian National Scenic Trail from Maine to Georgia. They are the heart and soul of the Trail.

Mountains of thanks to Nicole Wooten, Marian Orlousky and Betty Gatewood for their artistic contributions. Design, layout and additional artwork by Kelly McGinley.

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The Appalachian National Scenic Trail

The Appalachian National Scenic Trail is one of the longest, continuously marked footpaths in the world and is America's most famous hiking trail. It is sometimes called "The People's Path." It walks along the ridges and valleys of the Appalachian Mountains and stretches more than 2,180 miles through 14 states from Maine to Georgia.



DID YOU KNOW...

- the Appalachian Trail is a unit of the National Park System?
- that Benton MacKaye envisioned the Appalachian Trail and Myron Avery made that vision a reality?
- it takes roughly 5 million steps to walk the Appalachian Trail from end to end? That takes almost six months!
- the Appalachian Trail was completed in 1937? How old does that make it?
- that it is maintained mostly by volunteers - over 6,000 volunteers who give over 250,000 hours of time each year? One person would have to work every hour of every day for 28 years to put in that many hours.
- that there are 31 Trail maintaining clubs along the Trail?
- 2 to 3 million people visit the Appalachian Trail every year to take a hike - some for a few hours and some for six months or more while they hike the entire Trail at once? That's as many people as the populations of Boston, Philadelphia, Roanoke, Asheville and Atlanta combined!
- there are mountains, valleys, ridges, forests, meadows, balds and more depending on which state you're walking through?
- Virginia has the most miles (about 550) and West Virginia has the least (about 4)?



Visit the Appalachian Trail Conservancy at www.appalachiantrail.org to learn more about the history of the Appalachian Trail.



Can you identify each of the 14 states through which the Appalachian Trail walks and help Nigel and Duffle Dog find their way up to Sammi?

Write the abbreviations for each state on the lines provided.

Maine (ME)

New Hampshire (NH)

Vermont (VT)

Massachusetts (MA)

Connecticut (CT)

New York (NY)

New Jersey (NJ)

Pennsylvania (PA)

Maryland (MD)

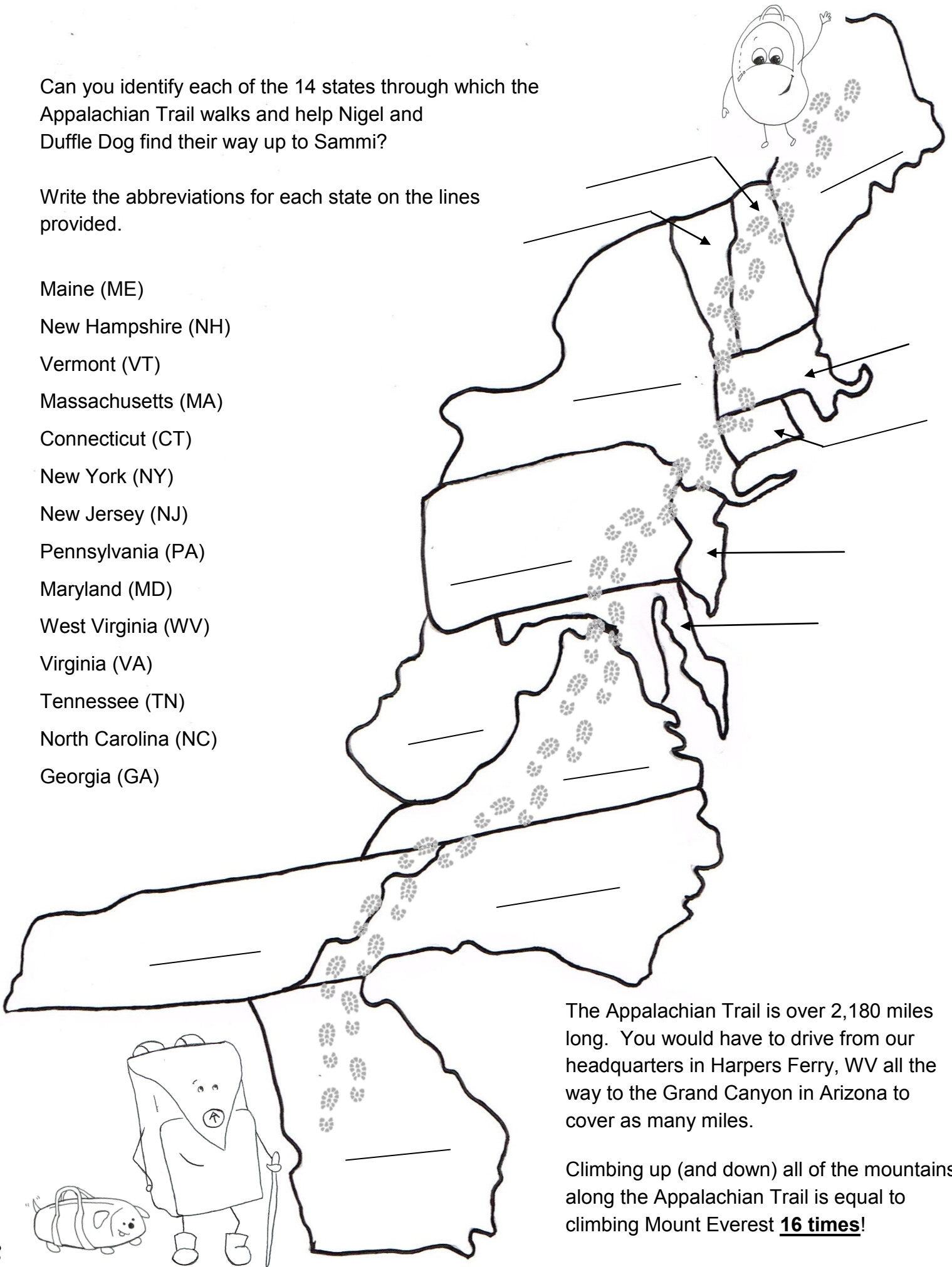
West Virginia (WV)

Virginia (VA)

Tennessee (TN)

North Carolina (NC)

Georgia (GA)



The Appalachian Trail is over 2,180 miles long. You would have to drive from our headquarters in Harpers Ferry, WV all the way to the Grand Canyon in Arizona to cover as many miles.

Climbing up (and down) all of the mountains along the Appalachian Trail is equal to climbing Mount Everest **16 times!**

Volunteers

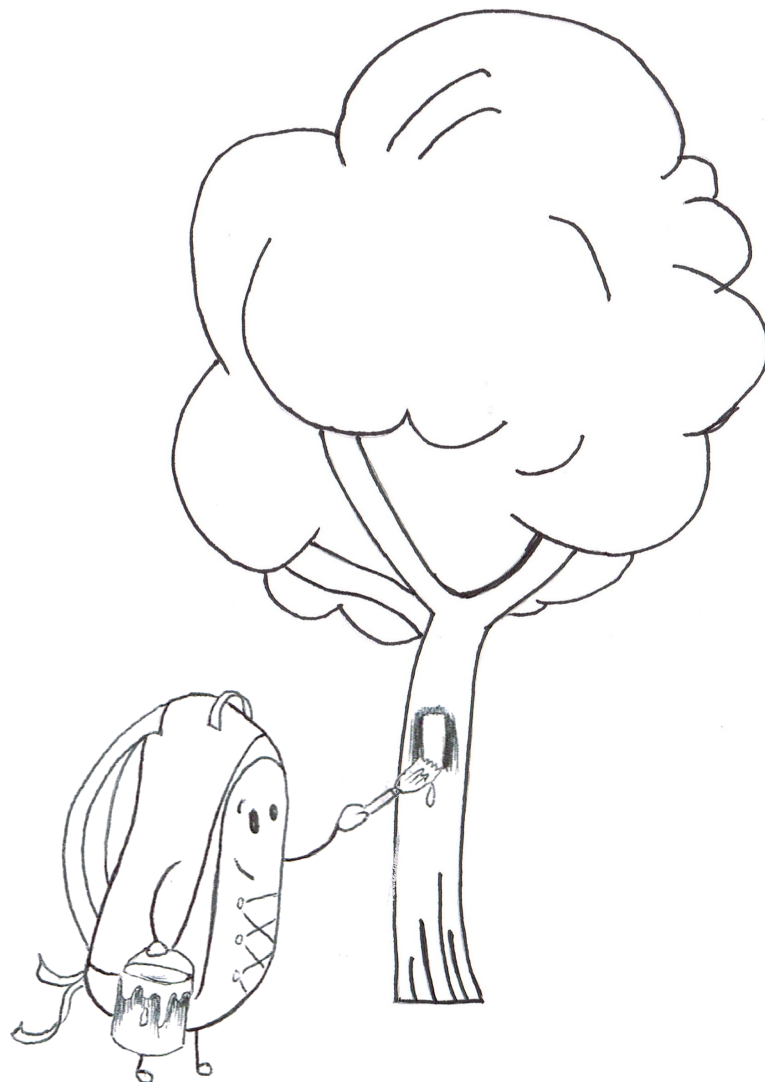
Volunteers are the heart and soul of the Appalachian Trail. There are 31 clubs along the Trail and each one takes care of a different section.

Volunteers do more types of jobs than we can even count. Unscramble the words below to learn just a handful of the things that Trail volunteers do every year.

Unscramble the words below to learn what the volunteers do on the Appalachian Trail.

PAINT _ _ _ _ _
 S Z E B A L

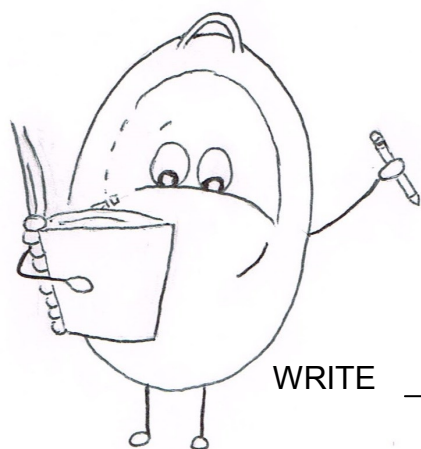
BUILD _ _ _ _ _
 S D G E B I R



LEAD _ _ _ _ _
 K H E S I

TRIM _ _ _ _ _ & _ _ _ _ _
 S P N A L T S R E T E

TAKE _ _ _ _ _
 S P H O O T



MONITOR _ _ _ _ _ _ _ _ _ _
 R R A E A T N S L P

WRITE _ _ _ _ _
 T R A L C S E I

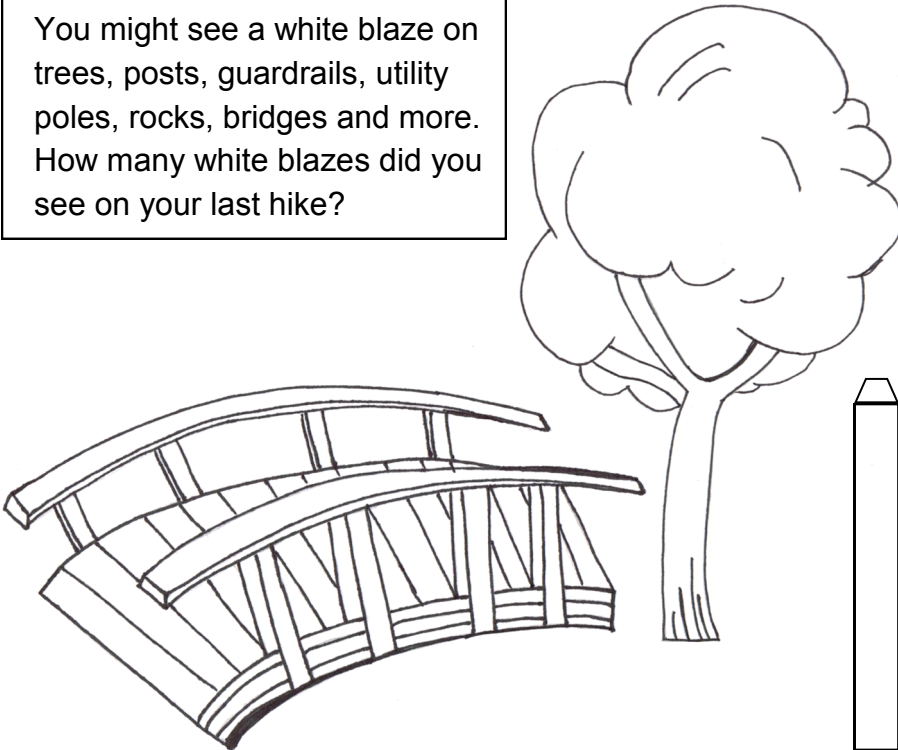
MAINTAIN _ _ _ _ _
 H T L E E S R S

TRAIN _ _ _ _ _ _ _ _ _ _
 W N E E S E V N T R O L U

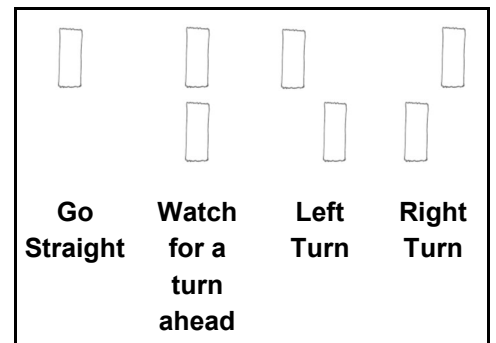
Finding Your Way

The entire Appalachian Trail is marked with blazes to help you find your way. They are all painted white and are six inches long by two inches wide. There are two other blazes to keep an eye out for too. Yellow blazes mark the outside edges of the Trail corridor - the end of the property owned for the Trail. Blue blazes help you find interesting and helpful things like streams, shelters, side trails and vistas.

You might see a white blaze on trees, posts, guardrails, utility poles, rocks, bridges and more. How many white blazes did you see on your last hike?

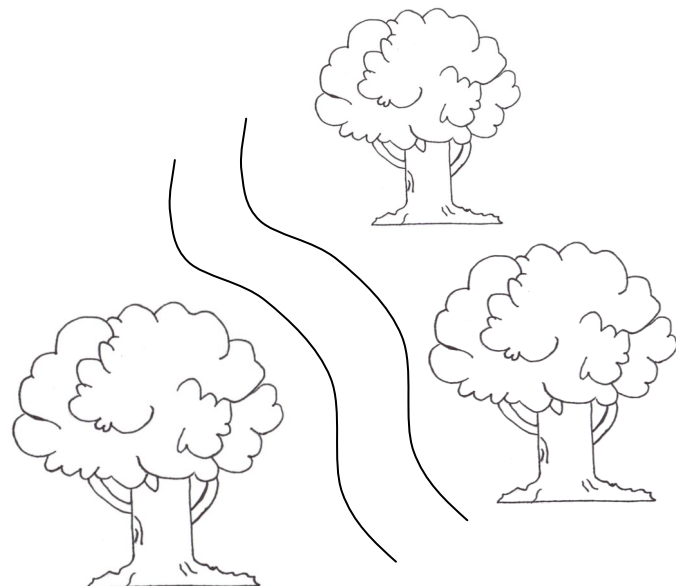
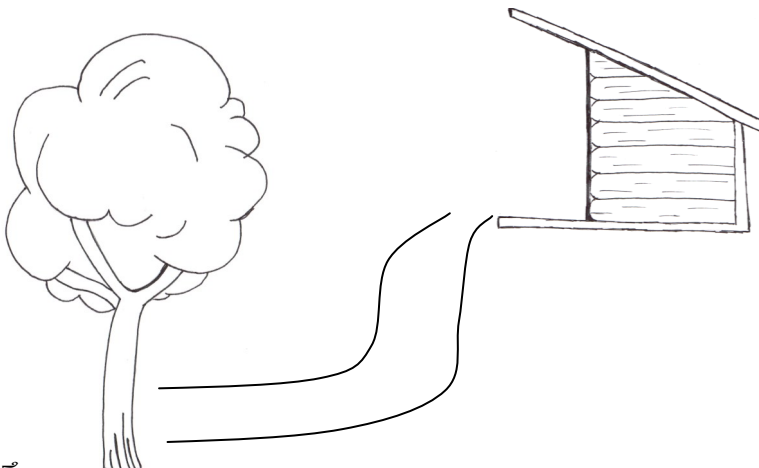


Draw a white blaze on each of the "signposts." Choose from these options:



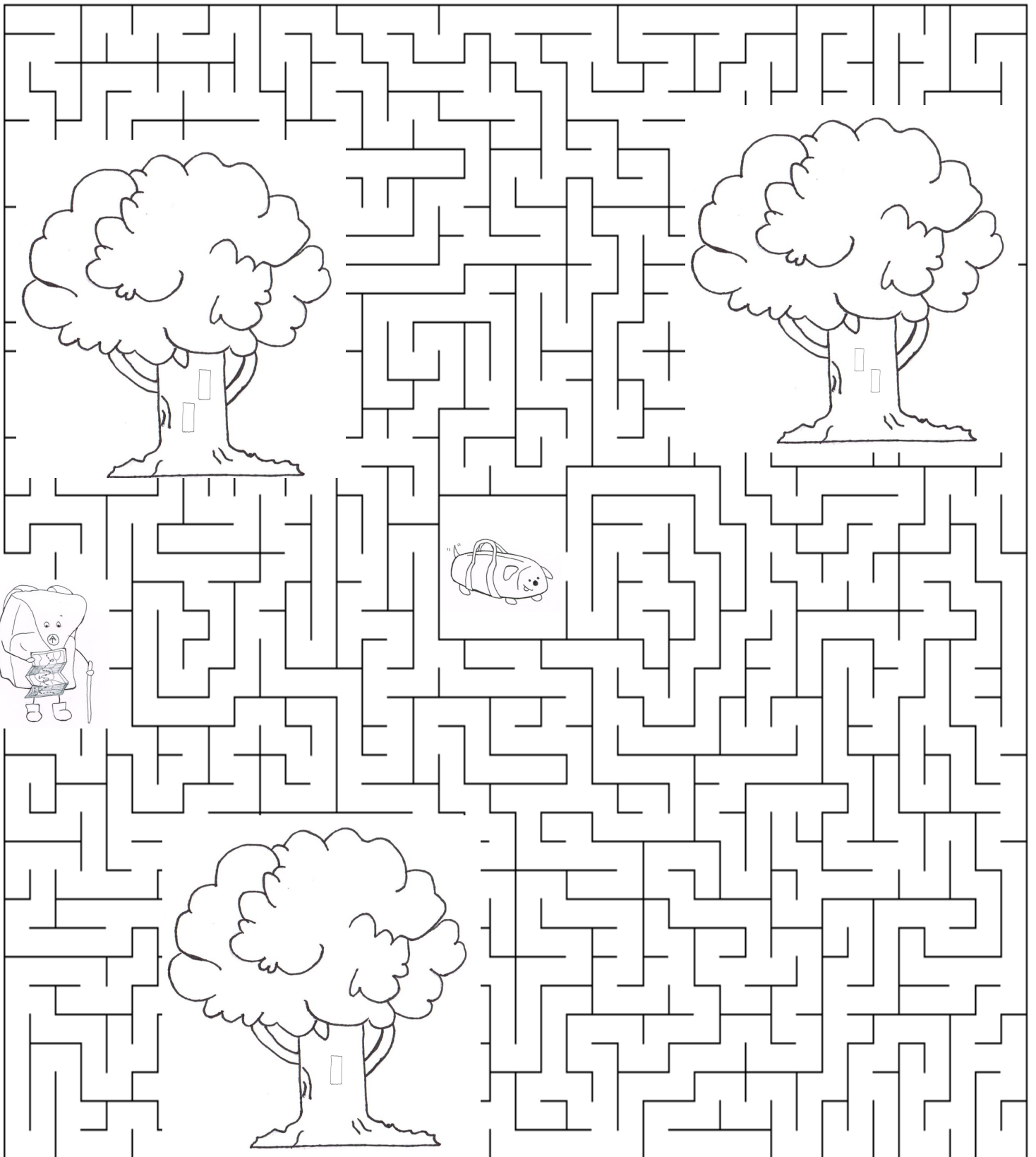
Corridor blazes mark the edge of the Trail boundary - the property owned for the Trail - and look like bright yellow ovals. Draw some on the trees below to mark the boundary!

Now add some "right turn" blue blazes to point toward the shelter.



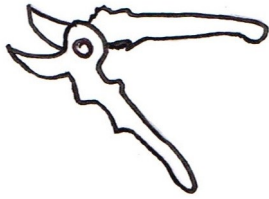
Maps and Guides

Learning to read a map, guidebook and blazes is very important for hiking safely along the Appalachian Trail. Help Nigel get through the maze and find his way to Duffle Dog!



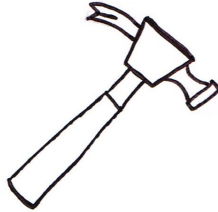
TRAIL MAINTENANCE

Volunteers use a wide variety of hand tools to maintain the Trail. They carry everything they need in a backpack or in their hands and walk as far as they need to in order to do their work. Color in each of their tools. Do you have any of these tools at your house?

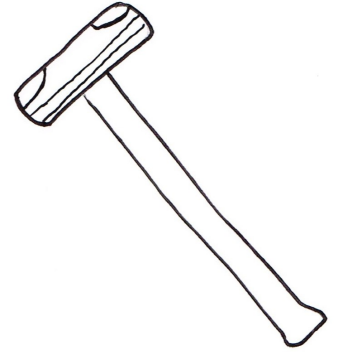
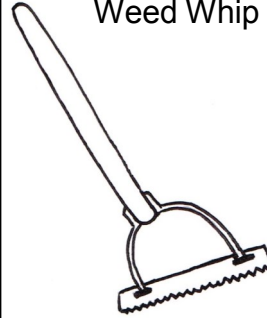


Pruners

Hammer

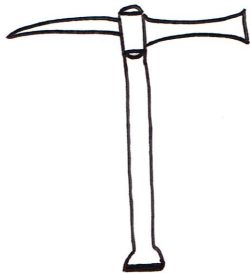


Weed Whip

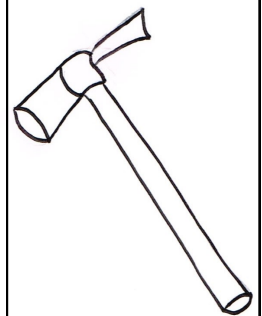


Sledgehammer

Pick Mattock



Bow Saw

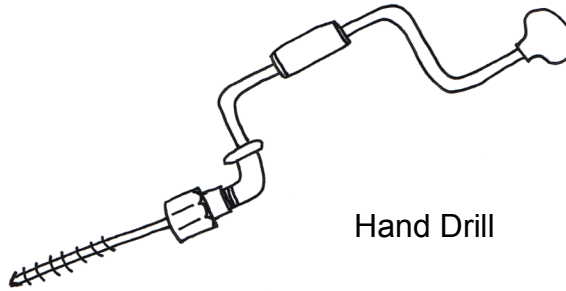


Pulaski

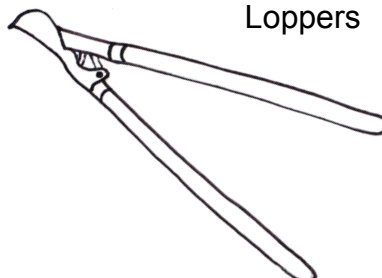
Paint & Brushes



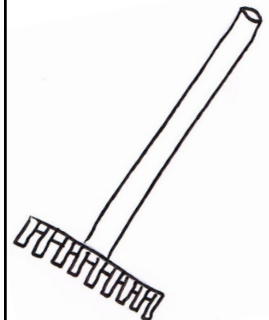
Hand Drill



Loppers



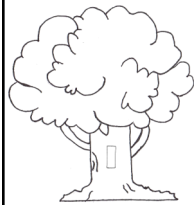
Fire Rake



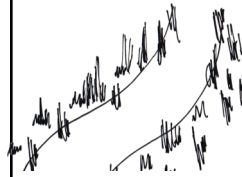
TRAIL MAINTENANCE

Projects

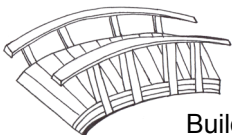
Look at the tools you colored on the last page. Now, choose the tools you think Appalachian Trail volunteers would use for each of the Trail maintenance projects below and draw them in the box.



Painting Blazes



Cutting Grass &
Overhanging Brush



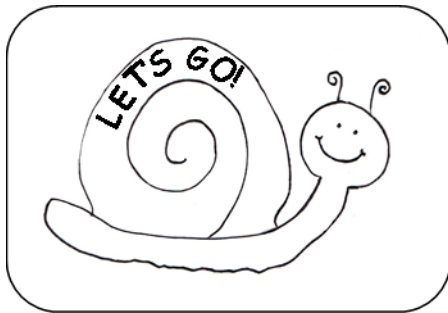
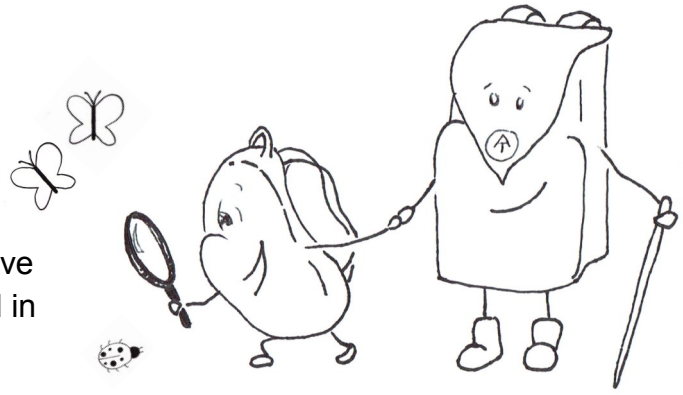
Building Puncheon & Bridges



Building Rock Steps

TRAIL TREASURES

Take a walk along the Appalachian Trail or right in your backyard and look for each of the items listed below. Look up, down and all around. Draw or write the name of each item you find in the box next to the description, but always leave nature's treasures just as you found them. See if you can fill in each box without using the same item twice.



Something
Smooth

Something
Rough

Something
Fluffy

Something
Green

Something
Orange

Something
Mossy

Something
Straight

Something
Dark

Something
Small

Something
Down Low

Something
Smelly

Something
Bright

Something
Big

Something
Pretty

Something
Up High

Something
Slimy

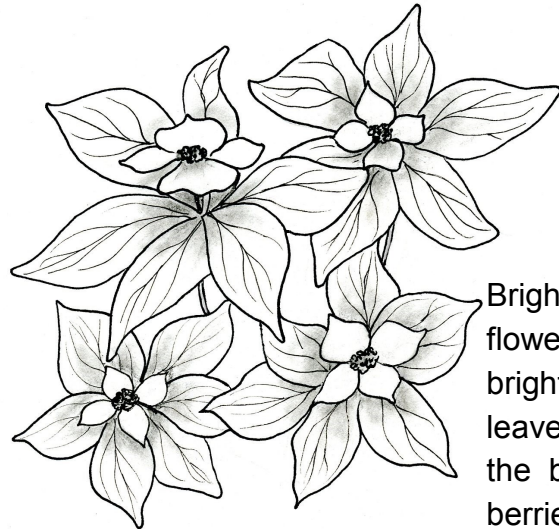
Wildflowers

Wildflowers can be found along the entire Appalachian Trail. There are hundreds of varieties and what you see will change depending on the season and where you are along the Trail. Here are a few favorites from each of the four regions of the Trail.

New England Region

Bunchberry

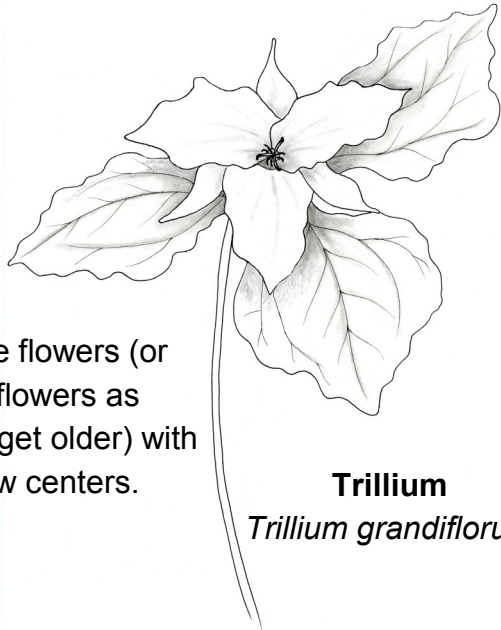
Cornus Canadensis



Bright white flowers lay on bright green leaves - watch for the bright red berries too.

Trillium

Trillium grandiflorum



White flowers (or pink flowers as they get older) with yellow centers.

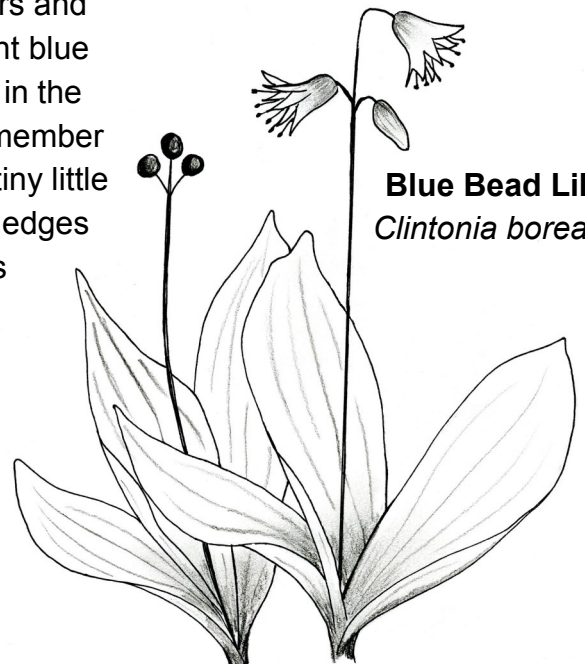


Look up each of the flowers by their scientific name online to find out how to color them.



Now go for a hike and see how many you can find! Remember, take only pictures...leave everything else for the next hiker.

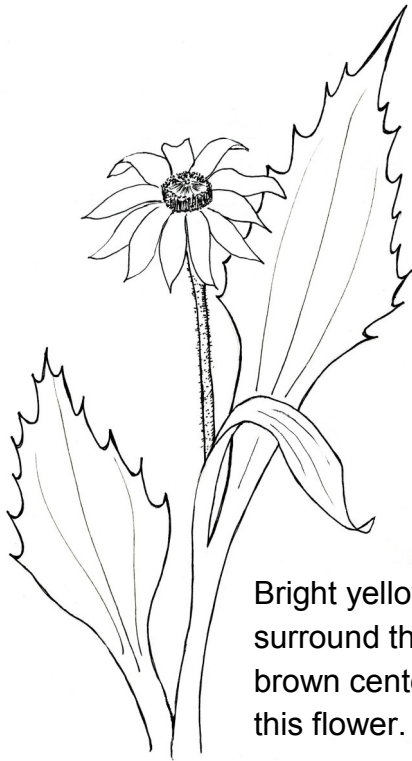
This one starts with yellow flowers and sprouts bright blue berries later in the season - remember to draw the tiny little hairs on the edges of the leaves



Blue Bead Lily
Clintonia borealis

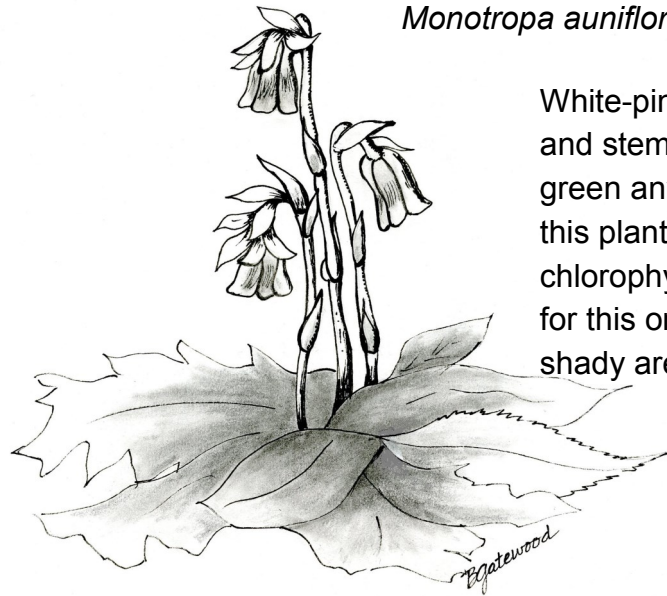
Wildflowers

Mid-Atlantic Region



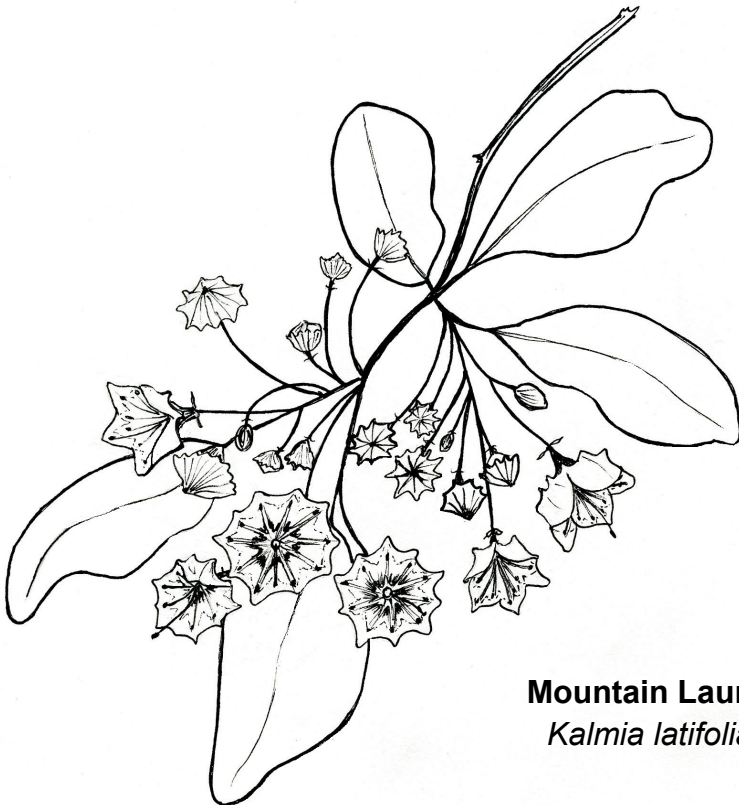
Bright yellow petals surround the dark brown center of this flower.

Black-Eyed Susan
Rudbeckia hirta

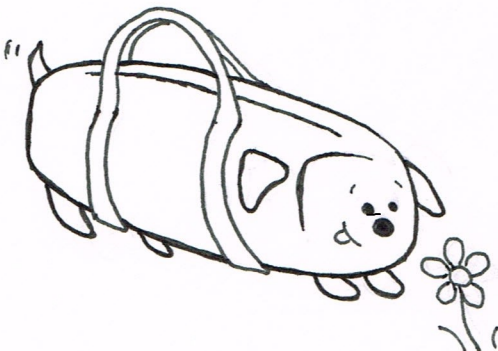


White-pink flowers and stems, but no green anywhere - this plant has no chlorophyll! Look for this one in shady areas.

Indian Pipe
Monotropa auniflora



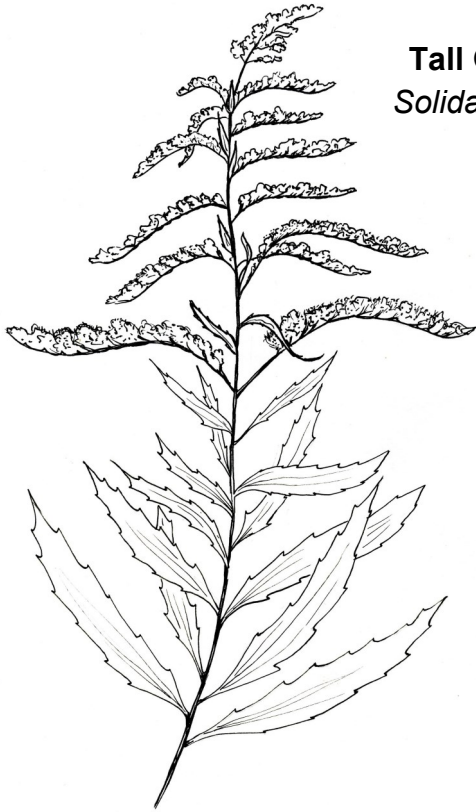
Mountain Laurel
Kalmia latifolia



The state flower of Pennsylvania, this plant has white and pink blossoms - looks a little like a kaleidoscope.

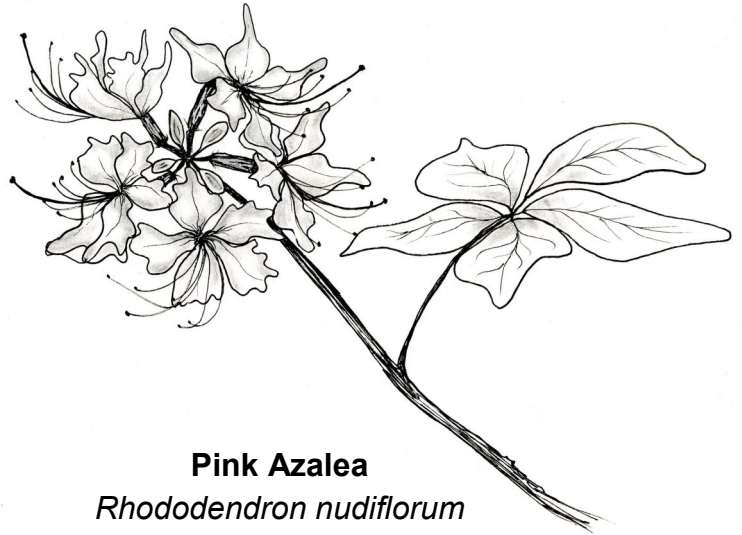
Wildflowers

Central & Southwest Virginia Region



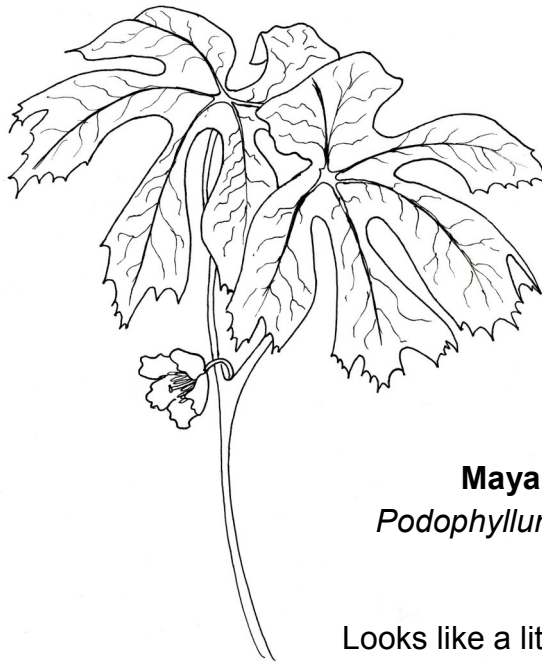
Tall Goldenrod
Solidago altissima

Look for bright pink flowers that bloom even before the leaves pop out for spring.



Pink Azalea
Rhododendron nudiflorum

Bright yellow flowers bloom in late summer and are visited by lots of different insects.



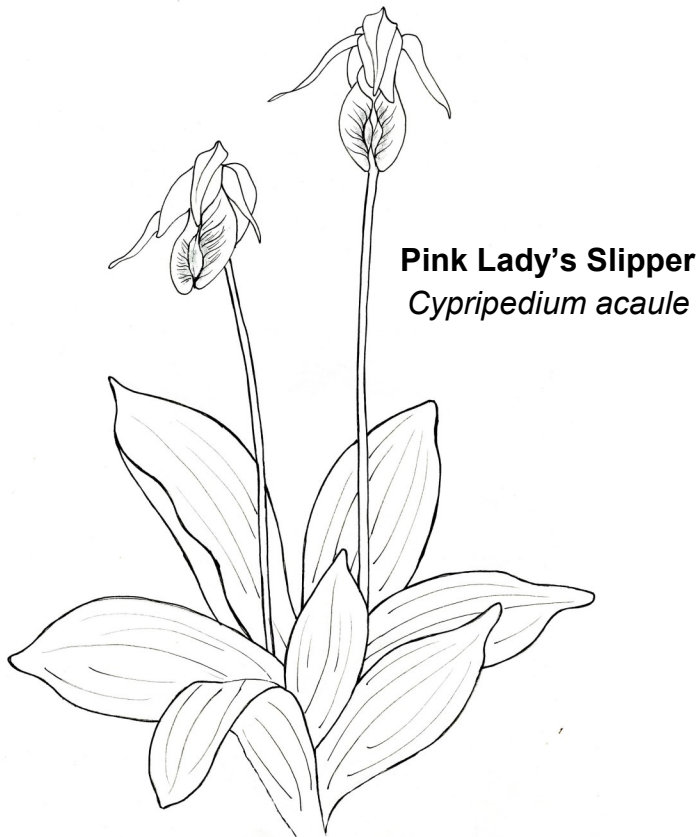
Mayapple
Podophyllum peltatum

Looks like a little, green umbrella when it first sprouts and then gives way to white blossoms with yellow centers.



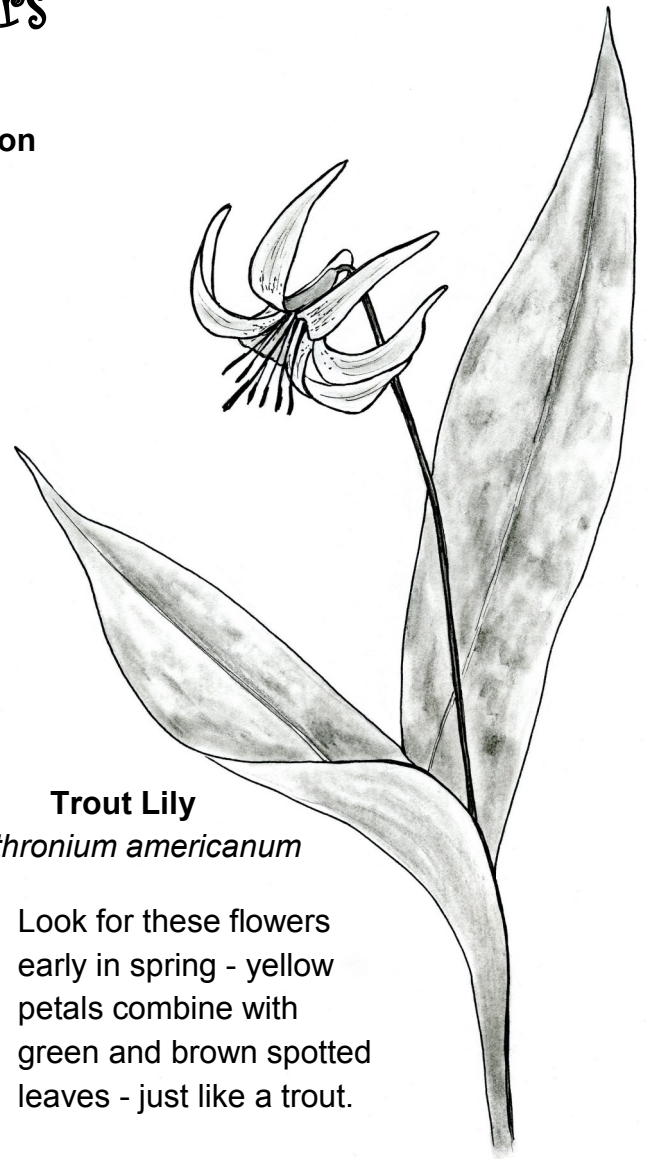
Wildflowers

Deep South Region



Pink Lady's Slipper
Cypripedium acaule

Pale pink, slipper-like blossoms hang high above bright green leaves.



Trout Lily
Erythronium americanum

Look for these flowers early in spring - yellow petals combine with green and brown spotted leaves - just like a trout.

Catawba Rhododendron
Rhododendron catawbiense

Bunches of bright purple flowers surrounded by dark green leaves are what make this plant unique - it sometimes looks like a mountainside carpet.



PHENOLOGY

Spring

Summer

Winter

Autumn



Do an image search online for your favorite tree to see how it looks. Then, go outside and see for yourself!

Phenology is the study of plant and animal life cycles and how they are affected by changes in weather and climate. You can study phenology too by paying close attention to the plants and trees in your backyard. When do they sprout leaves? When do you first see flowers? When does fruit appear and what does it look like? When do the leaves fall? Which animals call the plants and trees home? Do different animals use the plants and trees at different times of year?

Choose your favorite tree and draw what you think it should look like during each of the four seasons.

PHENOLOGY

Take a picture of the tree you want to observe through the year and paste it in the box - or you can draw a picture of it instead...your choice.




After you choose which tree you'd like to observe, begin to visit it each month and write down what you see in the spaces provided below and on the next page.

January	February
March - new leaves?	April - new leaves, buds?

May - flowers, fruit, percentage of leaf cover?	June - flowers, fruit?
July	August
September - changes in leaves?	October - leaf coloring, percentage of leaves falling?
November	December - weather observations?

Congratulations! You've completed an entire year of phenology observations on your chosen tree. What else would you like to keep tabs on - more trees, shrubs, garden flowers and vegetables? The choices are endless!



Want to learn more?
Visit www.appalachiantrail.org/phenology or
www.usanpn.org/appalachian.

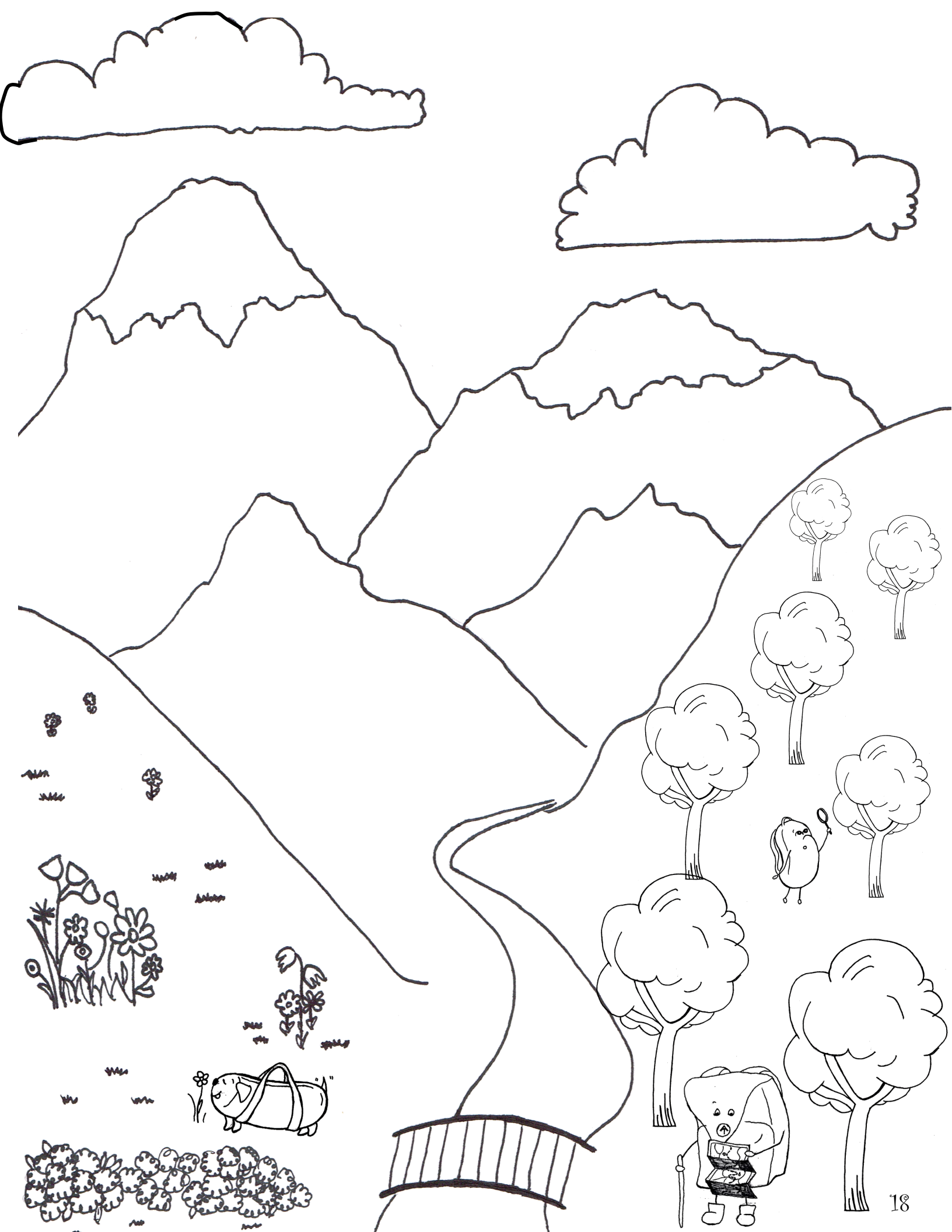
Appalachian Trail Landscapes

The Appalachian Trail winds its way through over 2,000 miles of beautiful landscape. See how many landscape words you can find in the puzzle below and then color the landscape picture on the next page.

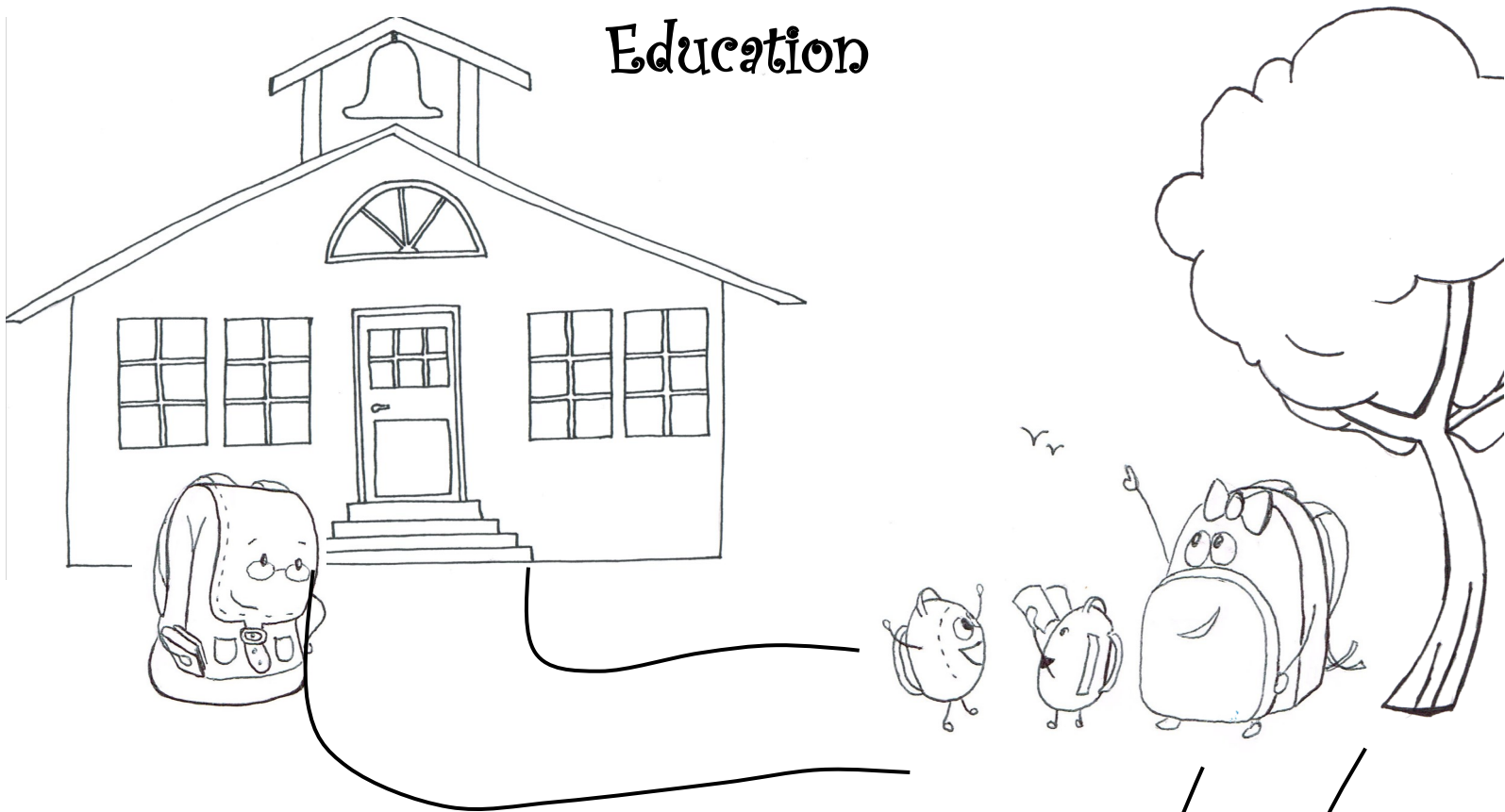
How many different landscapes did you see on your last hike?

X	Z	R	Z	V	H	G	S	U	V	W	R	R	B	V
E	G	D	I	R	A	F	M	T	O	I	I	X	A	H
I	N	A	K	P	P	O	Z	D	R	V	S	E	L	J
F	E	I	W	M	M	R	A	B	E	E	D	T	D	V
I	U	V	A	L	L	E	Y	R	R	H	A	O	A	B
L	E	W	J	T	M	S	U	D	E	X	C	M	Z	U
L	S	S	Q	R	N	T	L	Z	D	O	C	T	Q	Y
I	C	K	G	Y	V	U	D	O	L	W	S	T	O	F
A	F	I	E	L	D	R	O	M	U	H	F	B	M	N
R	F	H	Q	K	M	M	E	M	O	T	C	Z	X	B
T	P	C	P	U	C	V	J	E	B	F	B	A	J	R
V	M	A	W	B	R	Y	R	B	N	A	T	C	D	N
T	C	J	I	C	X	O	X	V	M	S	C	S	O	L
J	T	J	U	G	O	V	W	A	P	U	U	T	B	T
D	J	K	L	I	G	V	E	J	V	J	Y	Y	O	Y

BALD	MEADOW	STREAM
BOULDER	MOUNTAIN	SWAMP
FIELD	NOTCH	TRAIL
FOREST	RIDGE	VALLEY
GAP	RIVER	VISTA



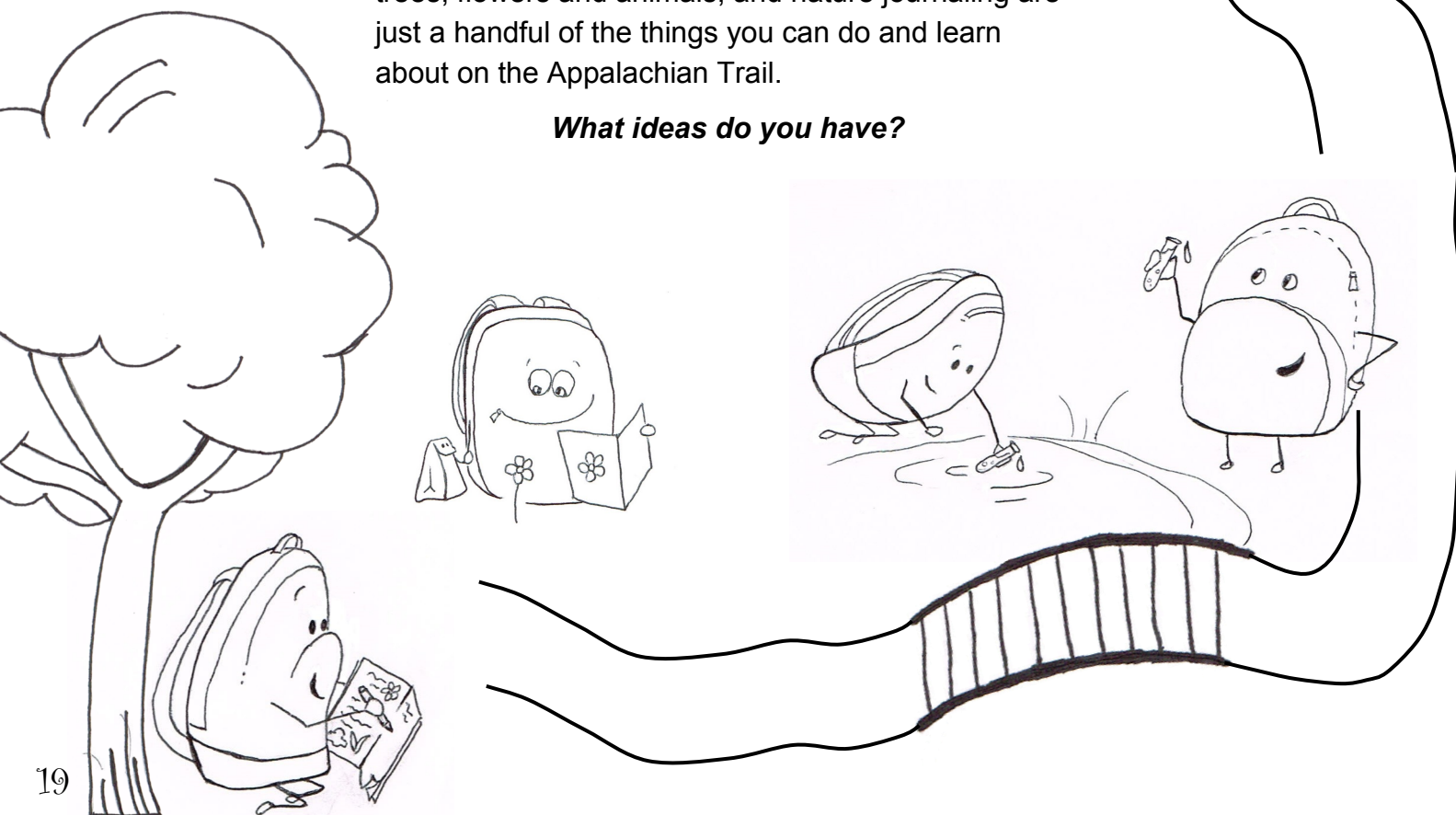
Education



The Appalachian Trail is an incredible classroom with all sorts of things to learn and places to explore.

Is your school near the Appalachian Trail? Ask your teacher about taking a field trip on the Trail. Bird watching, water analysis, identification of plants, trees, flowers and animals, and nature journaling are just a handful of the things you can do and learn about on the Appalachian Trail.

What ideas do you have?

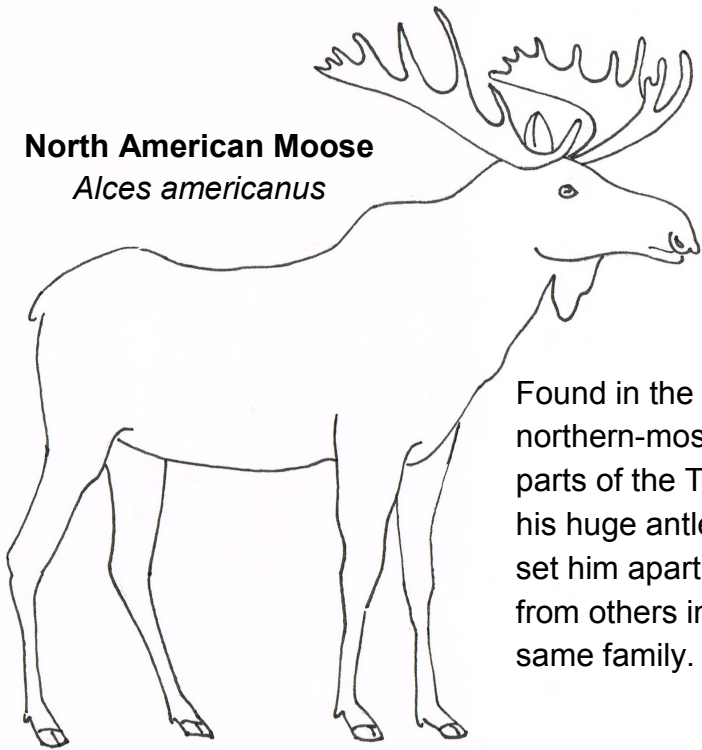


Animals

Wild animals of all sorts call the Appalachian Trail their home. The Trail provides habitat for mammals, reptiles, insects and birds, as well as protection for headwaters that support many varieties of fish. Home means different things to different species so we've included a few from each region of the Trail.

New England Region

North American Moose
Alces americanus



Found in the northern-most parts of the Trail, his huge antlers set him apart from others in the same family.

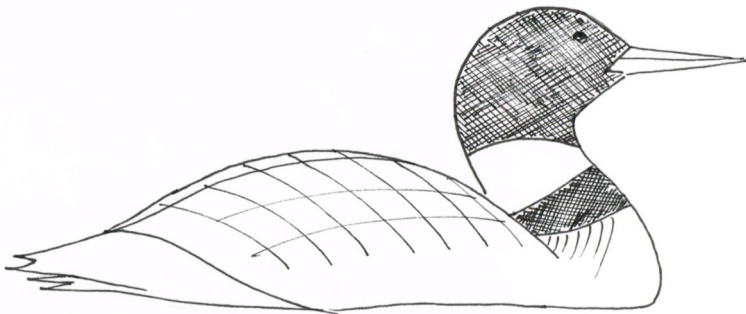
Can you draw the beaver a pool of water after you color her a reddish-brown?



North American Beaver
Castor canadensis



Use the scientific names to find each animal online and learn what makes them special and unique.



Common Loon
Gavia immer

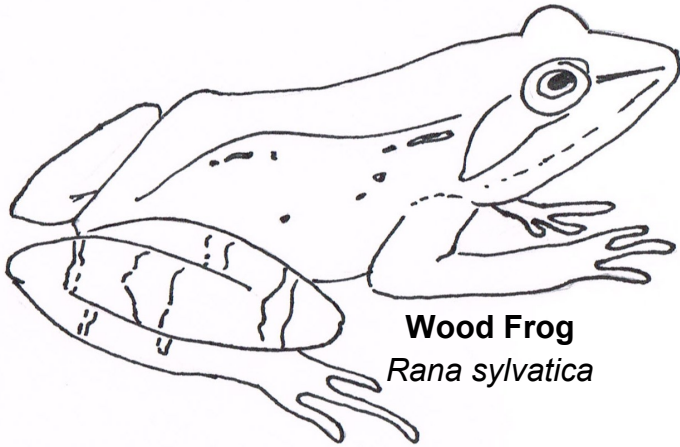
The loon's feathers look a little like a black and white checkerboard. And, don't forget to color the eyes red!



Remember to always be respectful of wild animals. Use the "Rule of Thumb" when observing by stretching out your arm, holding up your thumb and closing one eye. If you can block out the animal with your thumb, you're far enough away. If you can't, back up and give the animal more space.

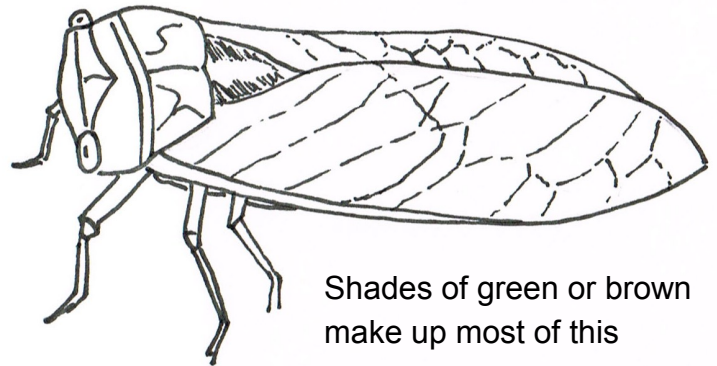
Animals

Mid-Atlantic Region



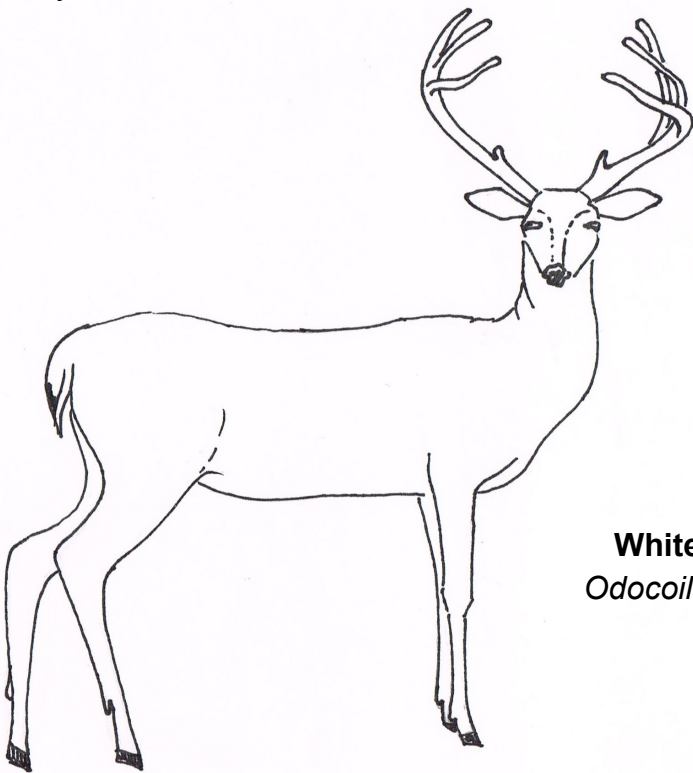
Wood Frog
Rana sylvatica

This frog is tan in color with a yellow-ish belly. He also has a black mask around his eyes.



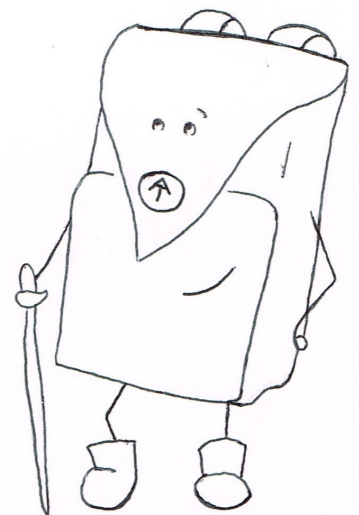
Annual Cicada
Tibicen linnei

Shades of green or brown make up most of this insect with some black markings too.



White-tailed Deer
Odocoileus virginianus

The fluffy white tail that gives this animal its name is only seen when it gets startled - it flips its tail up to flash the bright white as a way to alert other deer to potential danger.



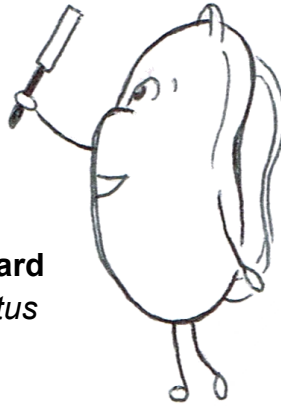
Animals

Central & Southwest Virginia Region

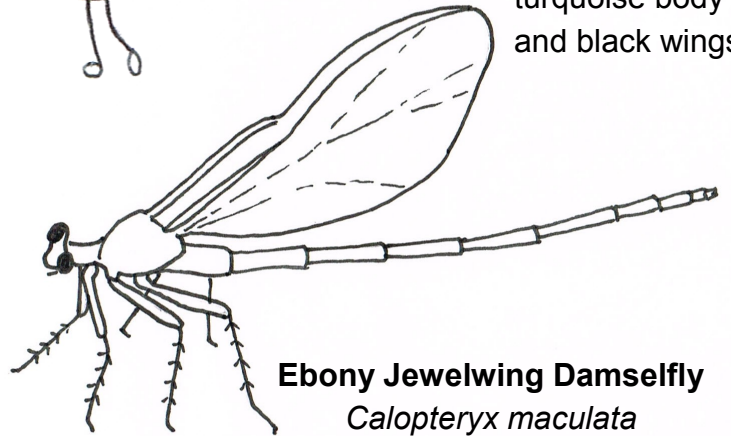


Eastern Fence Lizard
Sceloporus undulatus

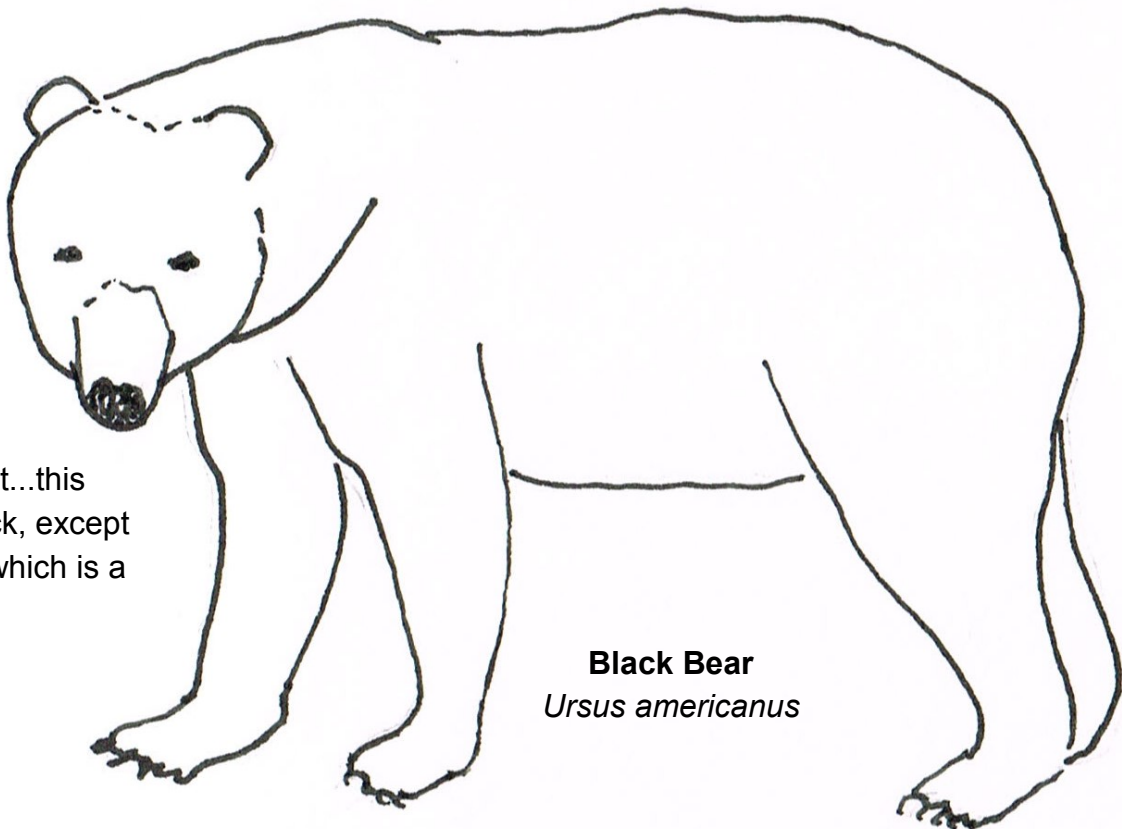
Tan, grey and black stripes make up this reptile's body. If you decide it's a male, be sure to give him a bright, royal blue stripe on the underside of his belly.



Give this insect a turquoise body and black wings.



Ebony Jewelwing Damselfly
Calopteryx maculata

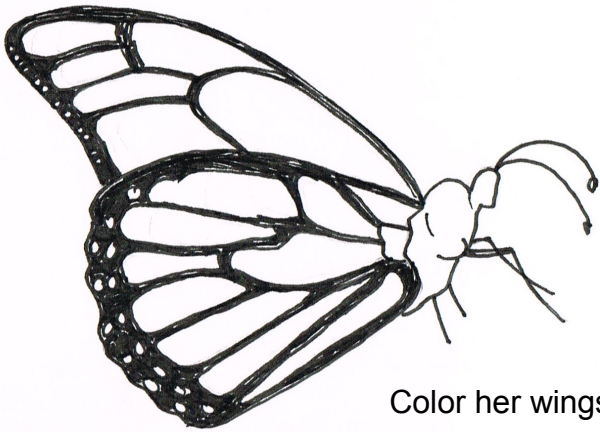


Black Bear
Ursus americanus

You guessed it...this bear is all black, except for her snout which is a light tan.

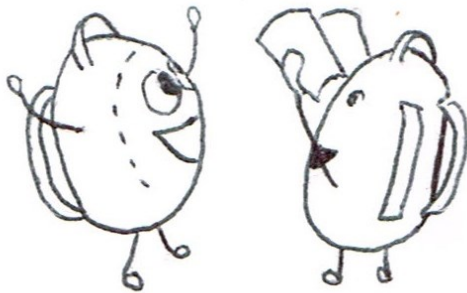
Animals

Deep South Region

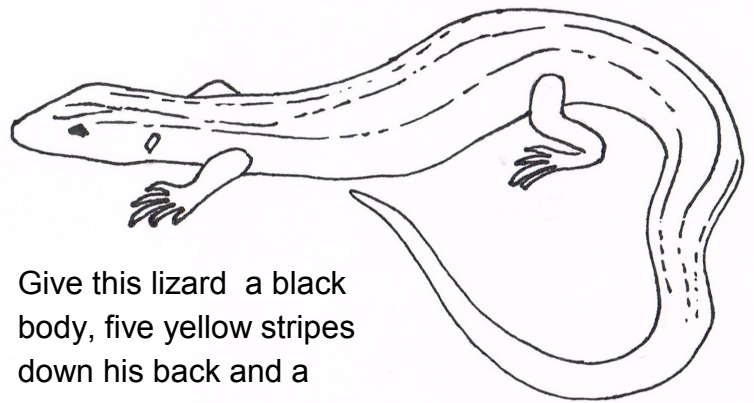


Monarch Butterfly
Danaus plexippus

Color her wings
bright orange.

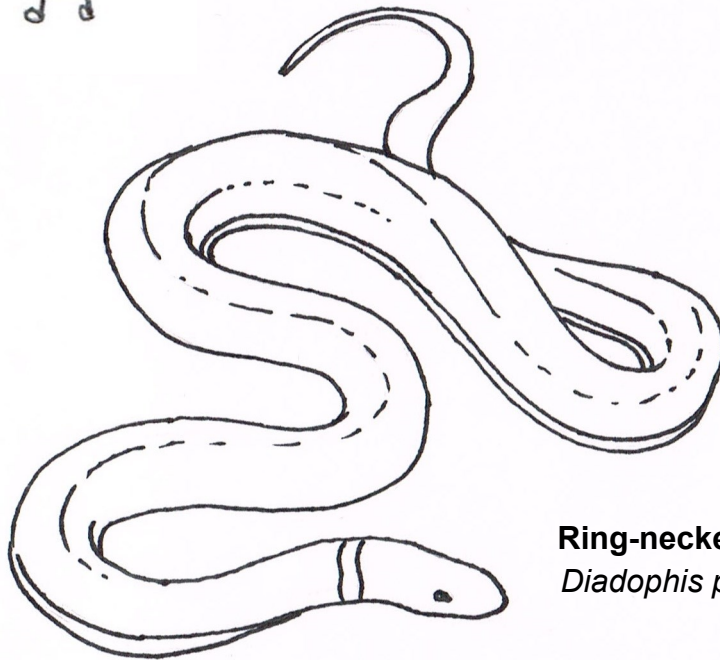


A bright yellow-orange circle around the neck is how this reptile found its name. The belly is the same color as the ring, while the rest of her is black.



Five-lined Skink
Eumeces fasciatus

Give this lizard a black body, five yellow stripes down his back and a bright blue tail!



Ring-necked Snake
Diadophis punctatus

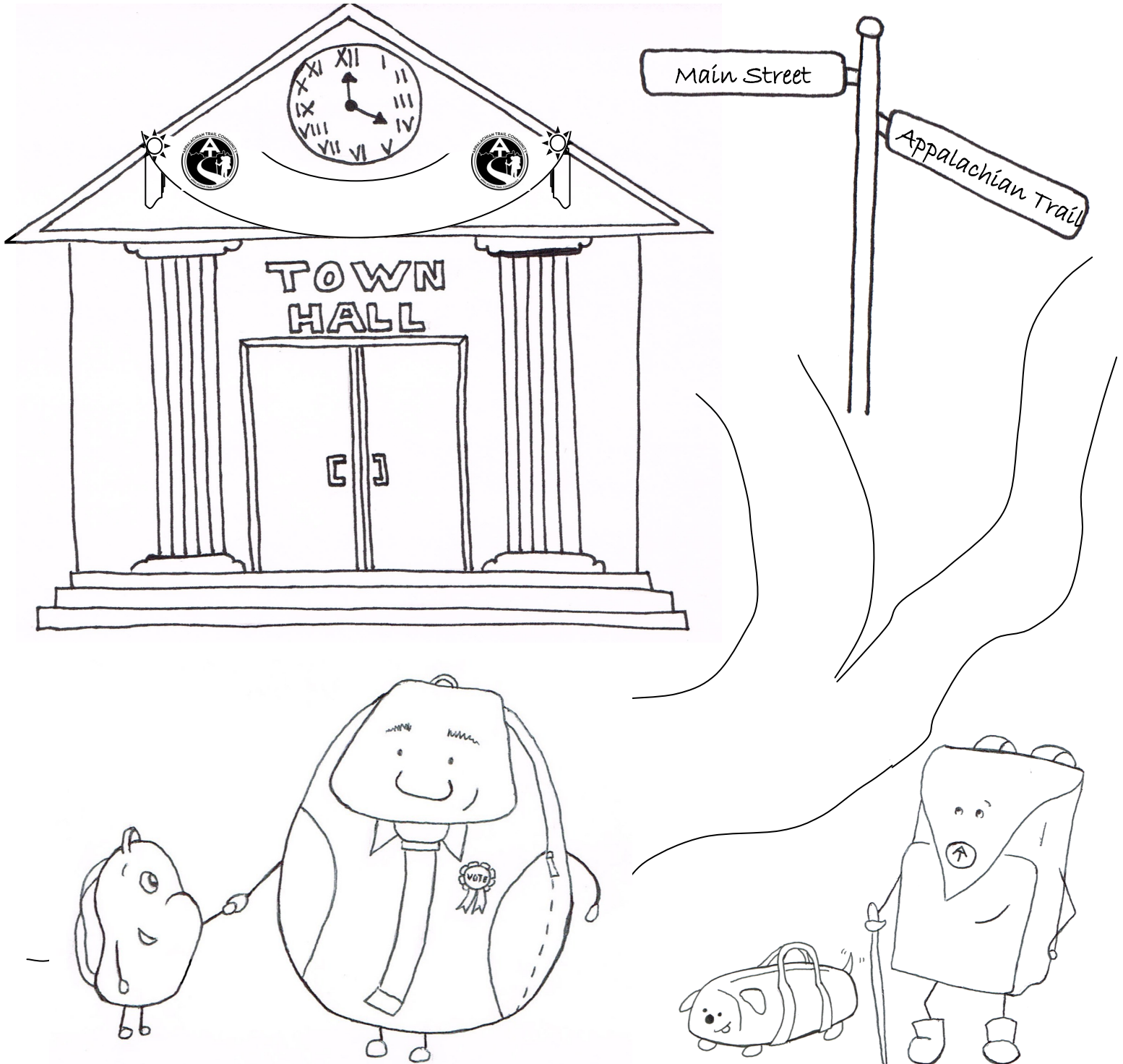
A.T. Community™

There are hundreds of communities along the Appalachian Trail and several dozen that have been officially designated as an A.T. Community. Volunteers, organizations, businesses and government officials work together to help take care of the Trail by making sure it is well protected and that everyone knows how special it is.



Do you have an A.T. Community near you?

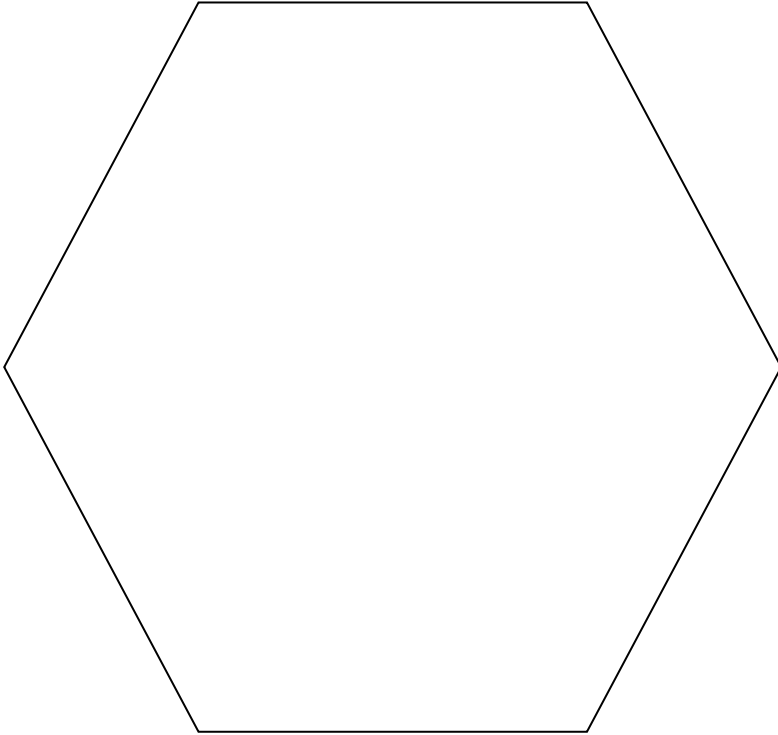
Visit www.appalachiantrail.org/atcommunity to find out.



Leave No Trace

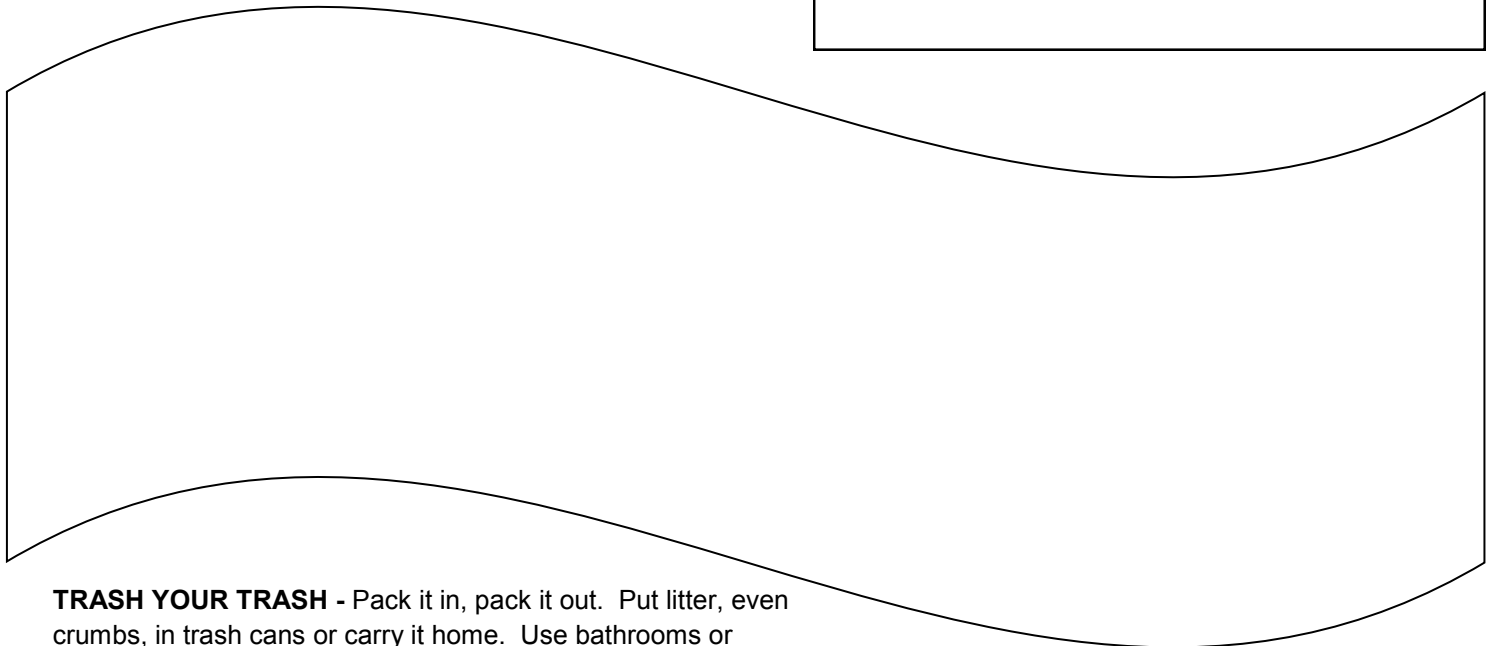
We all share responsibility for taking care of our Appalachian Trail. When we behave in a gentle way, we leave it just as beautiful and rugged for the next person as it was when we found it.

Draw a picture that matches each part of how you Leave No Trace.

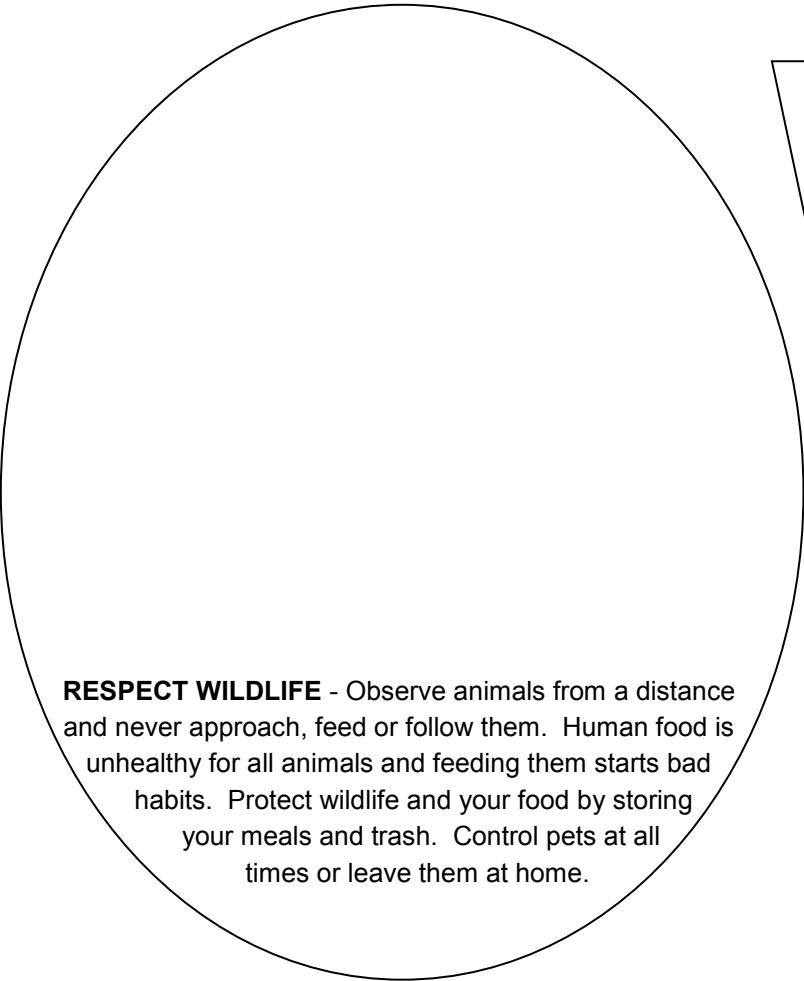


CHOOSE THE RIGHT PATH - Stay on the main trail to protect nature and keep from wandering off by yourself. Steer clear of flowers or small trees. Once hurt, they may not grow back! Use existing camp areas - camp at least 100 big steps from roads, trails and water.

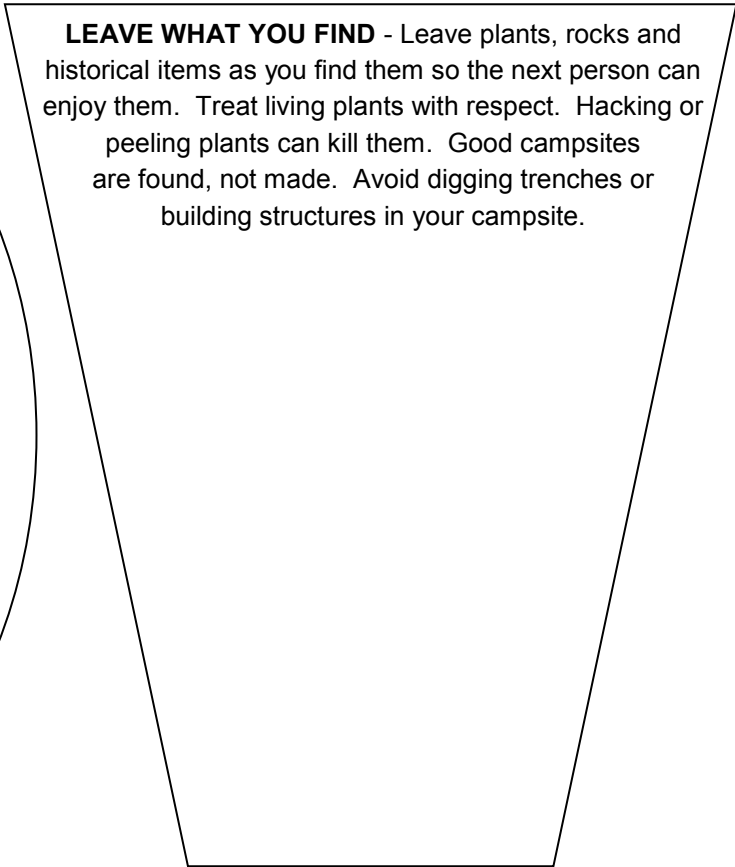
KNOW BEFORE YOU GO - Be prepared! Bring clothes to protect you from cold, heat and rain. Use maps to show you where you'll be going & so you won't get lost. Learn about the areas you visit. Read books and talk to people before you go. The more you know, the more fun you'll have.



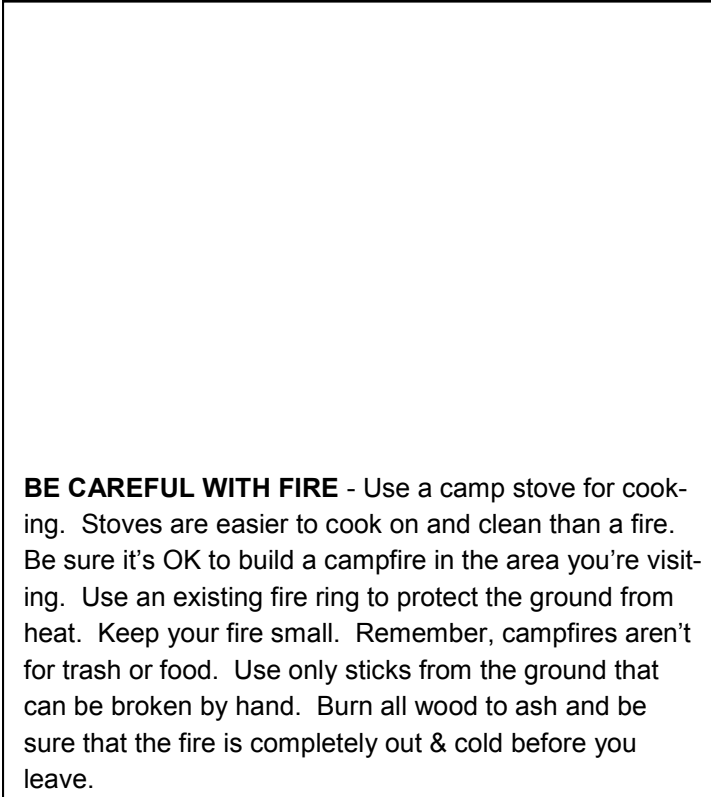
TRASH YOUR TRASH - Pack it in, pack it out. Put litter, even crumbs, in trash cans or carry it home. Use bathrooms or outhouses when available. If you have to "go," act like a cat and bury poop in a small hole 4-8 inches deep and 100 big steps away from water. Place your toilet paper in a plastic bag and put the bag in a garbage can back home. Keep waterways clean by keeping soap, food and poop out of lakes and streams.



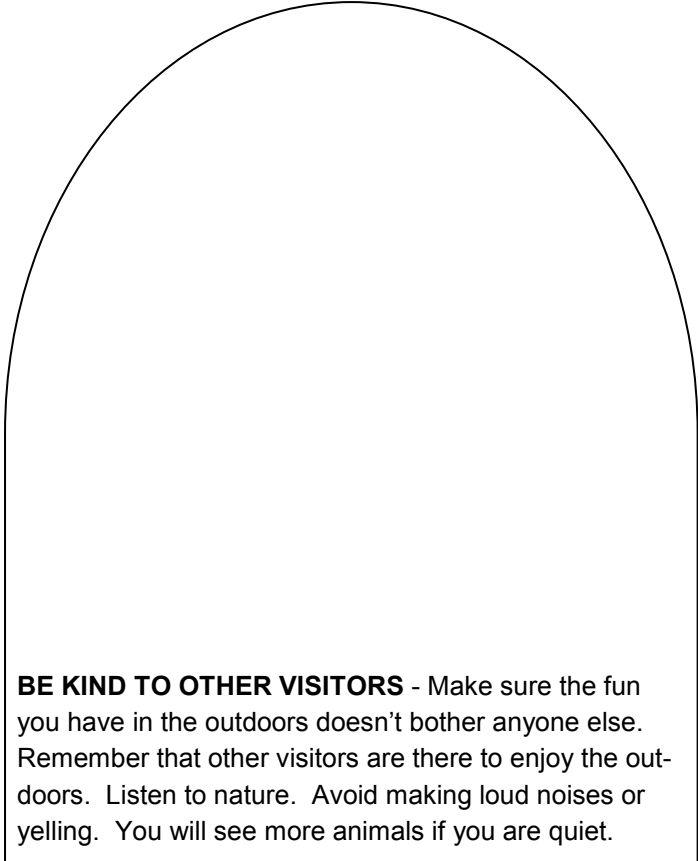
RESPECT WILDLIFE - Observe animals from a distance and never approach, feed or follow them. Human food is unhealthy for all animals and feeding them starts bad habits. Protect wildlife and your food by storing your meals and trash. Control pets at all times or leave them at home.



LEAVE WHAT YOU FIND - Leave plants, rocks and historical items as you find them so the next person can enjoy them. Treat living plants with respect. Hacking or peeling plants can kill them. Good campsites are found, not made. Avoid digging trenches or building structures in your campsite.



BE CAREFUL WITH FIRE - Use a camp stove for cooking. Stoves are easier to cook on and clean than a fire. Be sure it's OK to build a campfire in the area you're visiting. Use an existing fire ring to protect the ground from heat. Keep your fire small. Remember, campfires aren't for trash or food. Use only sticks from the ground that can be broken by hand. Burn all wood to ash and be sure that the fire is completely out & cold before you leave.



BE KIND TO OTHER VISITORS - Make sure the fun you have in the outdoors doesn't bother anyone else. Remember that other visitors are there to enjoy the outdoors. Listen to nature. Avoid making loud noises or yelling. You will see more animals if you are quiet.

Conservation Checklist

Below are some ideas for ways you can make a difference everyday. Add to those ideas by thinking of all the things that you and your family can do to take care of the world around you. Write them down on the blank lines and then set a date to check in together as a family to see how you're doing!

☐ **Roll Out the Welcome Mat** - Make your yard a friendly place for wildlife by planting native plants, shrubs and trees.

☐ _____

☐ **Crazy for Composting** - Learn to recycle in a whole new way by using food waste, newspapers, some types of cardboard and even coffee grounds by creating a compost pile. Composting creates a rich mulch that is wonderfully beneficial to your soil.

☐ _____

☐ **Be Invisible** Always follow Leave No Trace principles whenever you are out and about in nature. Whether you're hiking, camping, having a picnic, canoeing or just spending time outdoors with friends, remember to leave the area you visit just the way you found it.

☐ _____

☐ **Reduce. Recycle. Reuse.** - Learn to leave a smaller footprint in the world around you by using resources more wisely. Make a list of ways you can use less electricity, plastic and fuel. Figure out new ways to repurpose items that you no longer use or need. Maybe someone else can put your unwanted items to good use and help keep them from ending up in a landfill. Or maybe you can reuse a favorite item by giving it a new job. Be creative!

☐ _____

☐ **Share** - Teach someone else some of the things you know about conserving and caring for the world around you. Everyone can learn something new. By sharing some of the tips and tricks you've learned, you can help others learn to value and protect the environment. Who will you teach today?

☐ _____

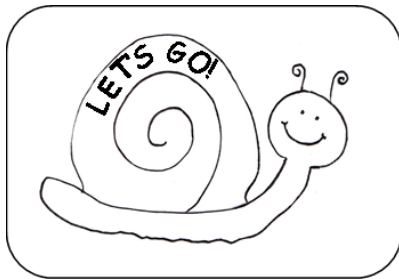
☐ **Get involved!** - Find out about the conservation clubs and organizations in your school and community. Then, take the next step and volunteer to help. There are lots of different ways to help and everyone has something to offer.

☐ _____

How Do You Take Care of the Outdoors?

Use the boxes below to show how you take care of the environment in the different places you spend time every day. Use words, pictures or a combination to show all your ideas!

At home...	At school...
On a hike...	On vacation...



My Favorite Hike

Draw a picture below of what your favorite hike might look like. You can draw a hike you've already taken or one you hope to go on someday!

A large, empty rounded rectangular box with a thin black border, intended for a child to draw their favorite hike.

Want to learn more?

Appalachian Trail Conservancy

www.appalachiantrail.org

National Park Service

www.nps.gov

Appalachian Trail Community™ Program

www.appalachiantrail.org/atcommunity

National Park Service Kids In Parks

www.nps.gov/kids

Trail to Every Classroom Program

www.appalachiantrail.org/ttec

United States Forest Service

www.fs.fed.us

Appalachian Trail History

www.appalachiantrail.org/home/about-us/history

A.T. Seasons Phenology Program

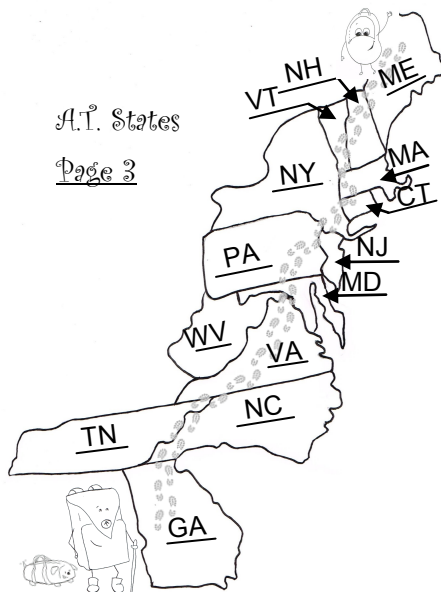
www.usanpn.org/appalachian

Quests on the Appalachian Trail

<http://trailtoeveryclassroom.blogspot.com>

Leave No Trace

www.lnt.org



A.T. States

Page 3

Puzzle Answers

Volunteers Word Scramble

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Paint BLAZES

Lead HIKES

Take PHOTOS

Maintain SHELTERS

Build BRIDGES

Trim PLANTS & TREES

Monitor RARE PLANTS

Write ARTICLES

Landscape

Wordsearch

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X Z R Z V H G S U V W R R B V
E G D I R A F M T O I I X A H
I N A K P P O Z D R V S E L J
F E I W M M R A B E E D T D V
I U V A L L E Y R R H A Q A B
L E W J T M S U D E X C M Z U
L S S Q R N T L Z D O C T Q Y
I C K G Y V U D O L W S T O F
A F I E L D R O M U H F B M N
R F H Q K M M E M O T C Z X B
T P C P U C V J E B F B A J R

Maps &

Guides

Maze

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