

▶ get out guide to hiking & backpacking

fast facts and GREAT adventures

Instead of hitting the gym, hit the trails

- Hiking and backpacking are continuous, low-intensity forms of exercise.
- Each burn almost 400 calories an hour.
- Both help decrease the risk of heart disease, diabetes and osteoporosis.

Know your physical condition

- Trails are everywhere... get out now!
- Anticipate levels of difficulty and train accordingly... pick a trail that you feel comfortable with.
- Stretch before you take off!

Be prepared

- Plan carefully.
- Communicate your plan.
- Know when to turn around and go back.
- Listen to your body.
- Wear the right shoes.
- Protect your skin.
- Bring a snack and water.

Be proactive

- Put moleskin on your feet before you hike to prevent blisters.
- Climb hills, leap streams, and jump fallen logs to turn your hike into a total body workout.
- Maintain a steady pace throughout the hike.

Premier state park backpacking destinations

- Moraine
- Laurel Ridge
- Oil Creek
- Raccoon Creek

National scenic trails found in PA

- The Appalachian National Scenic Trail
- North Country National Scenic Trail
- Potomac Heritage National Scenic Trail

Rails-to-Trails

- The Rails-to-Trails Conservancy is a national non-profit charity with a mission to enhance America's communities and countryside by converting thousands of miles of abandoned rail lines into a national system of public trails.
- So far, thousands of miles of interconnected rail-trails have been converted in PA. In addition to hiking trails, some trails have been designated for other uses such as bicycling, skiing, or snowmobiling.
- Rail-trails are safe, easily accessible and many times, very scenic.

Maps

- Each state park and forest provides maps and self-guiding brochures specific to their own resources.
- Stop by the park office or visit www.dcnr.state.pa.us to find the information you need.