

Appalachian National Scenic Trail

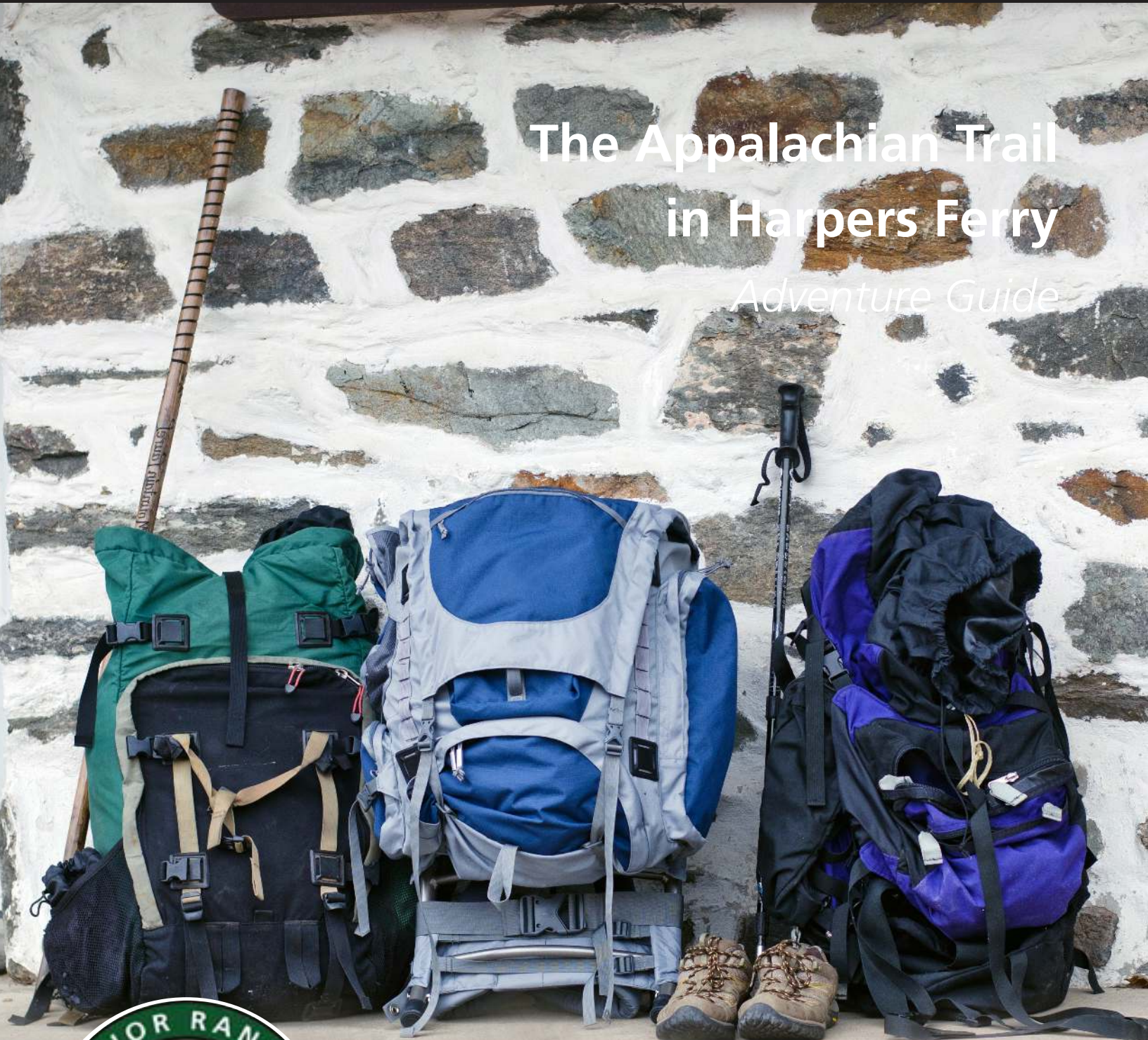
Georgia to Maine

National Park Service
U.S. Department of the Interior



The Appalachian Trail in Harpers Ferry

Adventure Guide



Explore... Learn... Protect!



FREQUENTLY USED ACRONYMS

A.T.	=	Appalachian Trail
ATC	=	Appalachian Trail Conservancy
LNT	=	Leave No Trace
NHP	=	National Historical Park
NPS	=	National Park Service
NST	=	National Scenic Trail



The Appalachian Trail is one of the longest continuously marked footpath in the world, measuring roughly 2,180 miles in length. The Trail goes through fourteen states along the crests and valleys of the Appalachian mountain range from the southern terminus at Springer Mountain, Georgia, to the Trail's northern terminus at Katahdin, Maine.



The Appalachian Trail Conservancy's mission is to preserve and manage the Appalachian Trail – ensuring that its vast natural beauty and priceless cultural heritage can be shared and enjoyed today, tomorrow, and for centuries to come. To become a member, volunteer, or learn more, visit www.appalachiantrail.org.

All ages should complete activities 1 & 2. Young children also should complete Activities 3, 4 & 5. Teenagers also should complete Activities 5 through 9.

Activity 1	Getting Started	4
	Learn some facts about the Appalachian Trail (A.T.) from the official NPS brochure.	
Activity 2	The Appalachian Trail Conservancy (ATC)	5
	Visit the ATC and meet some of the people who are involved with the A.T. every day.	
Activity 3	Puzzles & Games.	6-7
	Have fun completing these puzzles and games to learn more about the A.T.	
Activity 4	Experience a Shelter	8
	Go into the shelter display in the ATC visitor center and imagine what it is like for hikers.	
Activity 5	Walk Along the Appalachian Trail	9
	Visit the ATC and meet some of the people who are involved with the A.T. every day.	
Activity 6	Caring for the Trail	10
	Learn about the people and the organizations that are dedicated to the well-being of the A.T.	
Activity 7	Leave No Trace (LNT)	11
	Learn about the principles of the LNT program and how they help the A.T.	
Activity 8	Plan a Hike	12-13
	From what you have learned, write down how you would hike the A.T.	
Activity 9	Compare and Contrast A.T. vs Lewis & Clark	14-17
	Lewis & Clark and you	

Ready. Set. Hike . . .

GETTING STARTED

Information Sources: NPS Appalachian NST Brochure; appalachiantrail.org/about-the-trail

Name all the states the Appalachian Trail (A.T.) passes through:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	

What does the name "Katahdin" mean?

What year did the A.T. finally become a continuous trail?

How is the Trail marked so hikers know they are on the right path?

List two National Parks and two National Forests that the A.T. passes through:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |

VISIT THE ATC

Visit the Appalachian Trail Conservancy visitor center. Meet the people there and ask about their experiences on the Trail. Find out what their “trail names” are, and how they got them.

Who did you meet?

What are the trail names of three people who have hiked the whole Trail?

1. _____
2. _____
3. _____

What is a “hiker box?”

What did you like best about your visit?

Try your hand at filling a backpack, then try it on and imagine what it would be like to hike with it.

GAME

Match the animal to where you would most likely see them.



In the deep forest



In an open field



Hiding in tall grass



In a tree

APPALACHIAN TRAIL WORD FIND

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

Appalachian
ATC
Backpack
Harpers Ferry
Hiker

Katahdin
Map
Mountain
NPS
Potomac

Privy
Shelter
Shenandoah
Springer
Trail

EXPERIENCE A SHELTER

In the ATC visitor center is a miniature shelter on display which resemble most of the ones hikers sleep in at night while hiking the trail. Climb inside and imagine what it would be like to spend the night in one.

What would you need to sleep in one of these?

What could hikers do at a shelter before they went to sleep?

Make your own entry in the shelter's hiker log. You can leave a message for others just like hikers do while on the trail.

Sketch a picture of a shelter you would make.



To find a shelter near your home go to www.appalachiantrail.org/interactivemap

WALK ALONG THE APPALACHIAN TRAIL

Take a short hike on the Appalachian Trail here in Harpers Ferry. The walk from the ATC to the footbridge over the Potomac River in “Lower Town” Harpers Ferry is approximately a mile away. On your way, take a moment to visit Jefferson Rock not far from St. Peter’s Church as well as the Lewis and Clark exhibit on Potomac Street (to help you with the next exercise).

Did you take a backpack? If so, what was in it?

Describe what you saw on your walk:



CARING FOR THE TRAIL

Fact or Fiction: The Appalachian Trail is an “old Indian trail” or is a long collection of old animal trails

Answer: Fiction. - The Trail was built about 80 years ago – before the computer was invented, but after the electric light bulb, the radio, and the automobile were invented. It was built by men and women who volunteered their time and energy to make a dream come true. Today more than 5,000 volunteers continue to care for the Trail from Georgia to Maine.

Building the Trail meant making steps from rocks and small bridges from logs. Water washes away trails, a little at a time. So volunteers look for places to place the path where the water will run across the trail rather than along it.

Taking care of the Trail means helping hikers find their way. Because the Trail is in the woods, simple ways are used to mark it. Volunteers paint white marks called blazes on trees and rocks to help hikers find their way. They also cut away bushes or fallen trees that block hikers.

Many of these very important volunteers belong to clubs up and down the Trail. In the clubs, they go out with their friends to work on the Trail. Sometimes they hike together too. There are 31 hiking clubs along the A.T. If you live near the Appalachian Trail, there's probably a club close to your home. Ask someone at ATC to tell you more about them.





Leave No Trace™ is the idea that we can enjoy the outdoors safely and responsibly and not leave our mark. In other words, we leave it better than we found it.

What are two ways that you have seen others leave their mark?

1. _____
2. _____

What are two ways you could leave a trail or a campsite better than you found it?

1. _____
2. _____

Leave No Trace™ guidelines are seven practices (things you can do) that help you leave less impact on the environment. They are:

1. Know Before You Go
2. Choose The Right Path
3. Trash Your Trash
4. Leave What You Find
5. Be Careful With Fire
6. Respect Wildlife
7. Be Kind To Other Visitors

Choose one of these that you think will be easy to remember on your next hike. Imagine what might go wrong on your hike if you or others didn't follow that guideline. Try to explain in words or by drawing a sketch and show it to your parent or to a friend. See if they can guess what principle you chose to remember.

Principles courtesy of Leave No Trace (www.lnt.org) , REI (www.REI.com) , and PEAK For Leave No Trace ideas on the Appalachian Trail, visit: www.appalachiantrail.org/LNT

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PLAN A HIKE

Would you thru-hike or do the A.T. in sections? Why?

Where do you think you might start your hike? When?

What gear would be essential for your trip?

What food, including snacks, would you carry with you?

How would you resupply yourself during your hike? How often?

PLAN A HIKE (Cont.)

A backpackers' rule-of-thumb is your pack should not weigh more than one-fourth of your own weight. How much should your pack weigh?

What would be the heaviest thing in your pack? The bulkiest?

What places of special interest do you especially want to see?

Write a journal entry about planning your hike below.

[illegible]

COMPARE AND CONTRAST: LEWIS & CLARK AND YOU

One of the greatest adventures in American history was Lewis and Clark's expedition with the Corps of Discovery across the continent. Your greatest adventure of discovery could be a hike on the Appalachian Trail. These two adventures intersect in Harpers Ferry, West Virginia.

Lewis and Clark's Adventure:

On February 28, 1803, President Thomas Jefferson won approval from Congress for a visionary project, an endeavor that would become one of America's greatest stories of adventure. Twenty-five hundred dollars were appropriated to fund a small expeditionary group, whose mission was to explore the uncharted West. Jefferson called the group the Corps of Discovery. It would be led by Jefferson's secretary, Meriwether Lewis, and Lewis' friend, William Clark.

During the spring of 1803, Meriwether Lewis traveled to Harpers Ferry to purchase special equipment and supplies that would meet the unique requirements of his transcontinental expedition.

Over the next four years, the Corps of Discovery would travel thousands of miles, experiencing lands, rivers and peoples that no Americans had ever seen before.

Your Appalachian Trail Adventure:

Hiking the Appalachian Trail can be a great adventure, and part of the appeal is getting away from civilization and the comforts, security and predictability of home. In unfamiliar settings where unpredictable weather, unfamiliar terrain, and the unexpected are the rule, planning and preparation are keys to an enjoyable and safe hike.





Photo by: Harpers Ferry NHP

Visit the Lewis and Clark Exhibit and view this historical marker in Lower Town Harpers Ferry

- Who asked Lewis and Clark to go on the expedition?
- Where were Lewis and Clark going and why?
- How long would they be gone?

- Why would you hike the Appalachian Trail?
- If you started an A.T. hike in Harpers Ferry, would you head south to Georgia, or north to Maine?
- How long would you be gone from home if you were to hike the entire Trail? How often would you keep in touch with your family and friends back home?

- Why did Lewis come to Harpers Ferry?

- What was on Lewis' supply list?

- Where could they get food in the wilderness?

- How do we know what they took and where they went?

- What would you do in Harpers Ferry on your hike?

- What type of supplies and equipment would you need for your hike?

- How would you get your food and supplies?

- What would you do to remember what you saw on your hike, the people you met, and how you felt?

- ☐ Take photos
- ☐ Make sketches
- ☐ Write in a notebook
- ☐ Use a phone, tablet, or computer to share with your friends?
- ☐ Other:

Let's go on a one week hike on the Appalachian Trail! You will be keeping a journal where you will compare your journey preparations with those of Lewis and Clark.

In the columns below, place the letter of your answer to each of the following questions.	 A.T. Hiker	 Lewis and Clark
1. How would you find your way? a) A.T. map, guide book, compass, and white blazes b) Sextant and surveying instruments		
2. Who would you go with? a) Specially chosen group of military and scientific men b) Family or Friend		
3. How much would you carry? a) Approximately one-quarter of your body weight b) As much as our boats can carry!		
4. What would you eat? Where would you get it? a) Flour, sugar, salt, and whatever you can catch, kill or pick on the way b) Freeze-dried meals, high energy snacks, trail mix ~ from trail outfitters and grocery store		
5. Where would you get water? a) Any clear water you can find b) Water from springs or creeks filtered, boiled, or treated with chemicals		
6. What would you sleep in? a) Wool blanket bed-roll b) Sleeping bag in a tent or shelter		
7. What would your clothes be made of? a) Permeable membrane nylon and polyester fleece b) Cotton, linen, wool and deerskin		
8. How would you document where you've been and what you've seen on your journey? Your Journal!		

CONGRATULATIONS!

Once all your activities are finished, return this booklet to the ATC where you will receive your official Junior Ranger badge or patch.

Name of Junior Ranger: _____

Hometown: _____

Comments: _____

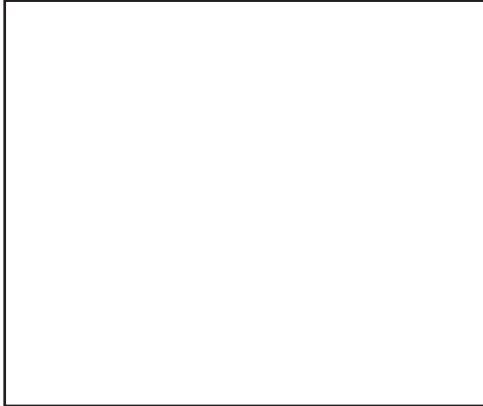
IN PERSON:

Appalachian Trail Conservancy
799 Washington Street
Harpers Ferry, WV 25425

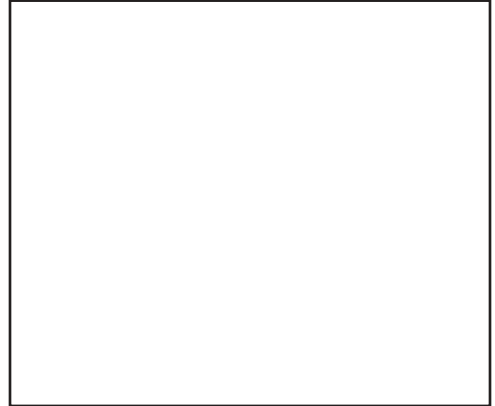
Ask about other NPS Junior Ranger opportunities available in the Harpers Ferry area.

YOU AND THE APPALACHIAN TRAIL

Passport Stamps

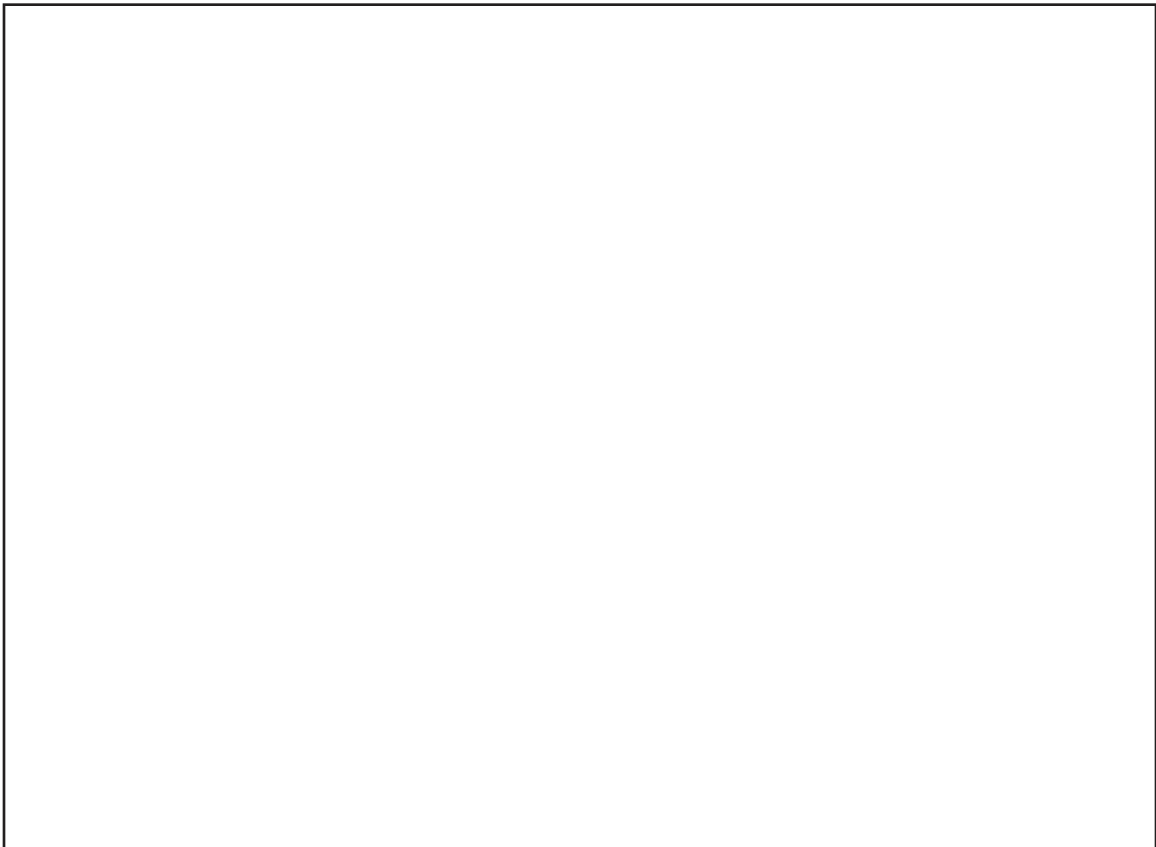


Appalachian NST



Harpers Ferry NHP

Postcard or photograph you got during your visit





Now that you have begun your preparations, visit **www.appalachiantrail.org** for specific details and up-to-date information about the Trail.

Go hike your adventure!