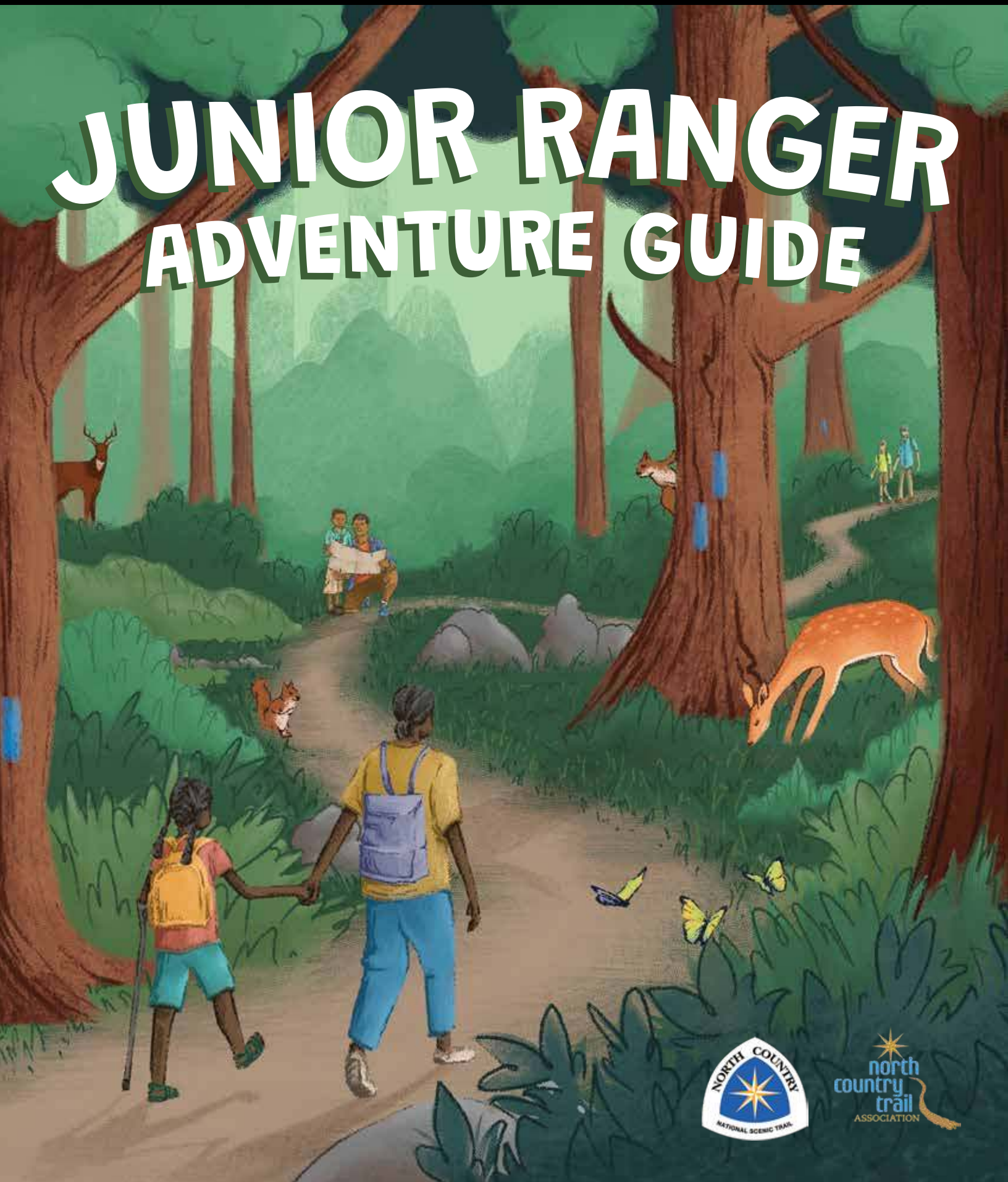




JUNIOR RANGER ADVENTURE GUIDE



Adventure Awaits!

As a Junior Ranger, you will...

EXPLORE the
environment
around you.

PROTECT our trails
and parks for
others to enjoy for
years to come.

LEARN about
trails, plants,
and wildlife.

Get Your Badge!

- 1** While you don't need to complete every activity in the booklet, try to do as many as you can, as best you can!
- 2** Once you've completed the activities, fill out the certificate on the back of this booklet.

- 3** Have an adult sign your certificate.
- 4** Email a photo of the completed and signed certificate, along with your name and address to:
NOCO_junior_ranger@nps.gov

- 5** We will mail you your Junior Ranger badge!

Thank You!

The North Country National Scenic Trail Junior Ranger Adventure Guide was produced by the National Park Service with support from the North Country Trail Association and the Government Publishing Office.



Become a North Country National Scenic Trail

JUNIOR RANGER

Through this program, you can earn a badge to proudly display on your jacket or backpack! Junior Rangers are explorers of the environment around them. They respect plants, animals, and people. By encouraging others to care for the land and its inhabitants as they do, they are stewards.



What is a National Scenic Trail?

Guide the hiker to the end of the maze and learn about National Scenic Trails along the way!



START

National Scenic Trails were created when President Lyndon Johnson signed the National Trails Act in 1968.

The act forms **four classes of trails**: scenic, historic, recreation, and side and connecting trails.

National Scenic Trails are those of **outstanding** recreational opportunity and are primarily non-motorized.

In 1980, the North Country Trail was the **fourth National Scenic Trail** to be established.

Non-motorized means only foot travel is allowed. Bikes, horses, and even dog sleds are allowed in limited locations.

FINISH

These trails connect **communities, landmarks, and public lands.**

There are 11 National Scenic Trails in the United States. These trails showcase our country's spectacular natural resources and beauty. They range in length from 65 to more than 4,800 miles. Looking at the map, use the numbers by each trail to answer the questions below!

Which trail do you live the closest to?

Can you find the North Country Trail?

Which trail is the longest?



Follow the Blue Blazes



Blazes are markings on trees or posts that help hikers know they are on the right path. Blazes are rectangles, about the size of a dollar bill turned vertically. On the North Country Trail, the blazes are bright blue.

In this booklet, find the blazes on each page and then answer these questions.

1 Were you able to find at least **one blaze on each page?** _____

2 How many total blazes did you find **in the book?** _____

3 What is the meaning of a **double blaze symbol** like the one on the tree at the top right of the page? (Hint: You will often see double blazes on trails that have lots of curves.)

4 Sometimes you see a double blaze symbol **where the top blaze is on the opposite side**, like this one to the right. How does its meaning differ from the double blaze in question 3?

5 If you visited the North Country Trail, were you able to follow the blue blazes? _____
How often did you see one of these blazes while hiking?



Logos

As you explore the North Country Trail, sometimes referred to as the NCT, you will see three different logos. They are the logos of the National Park Service, the North Country Trail, and the North Country Trail Association.



The **National Park Service** cares for many special places across the country. They make sure these places, like forests and historical sites, are always ready for you to play and learn. What national park sites can you name?



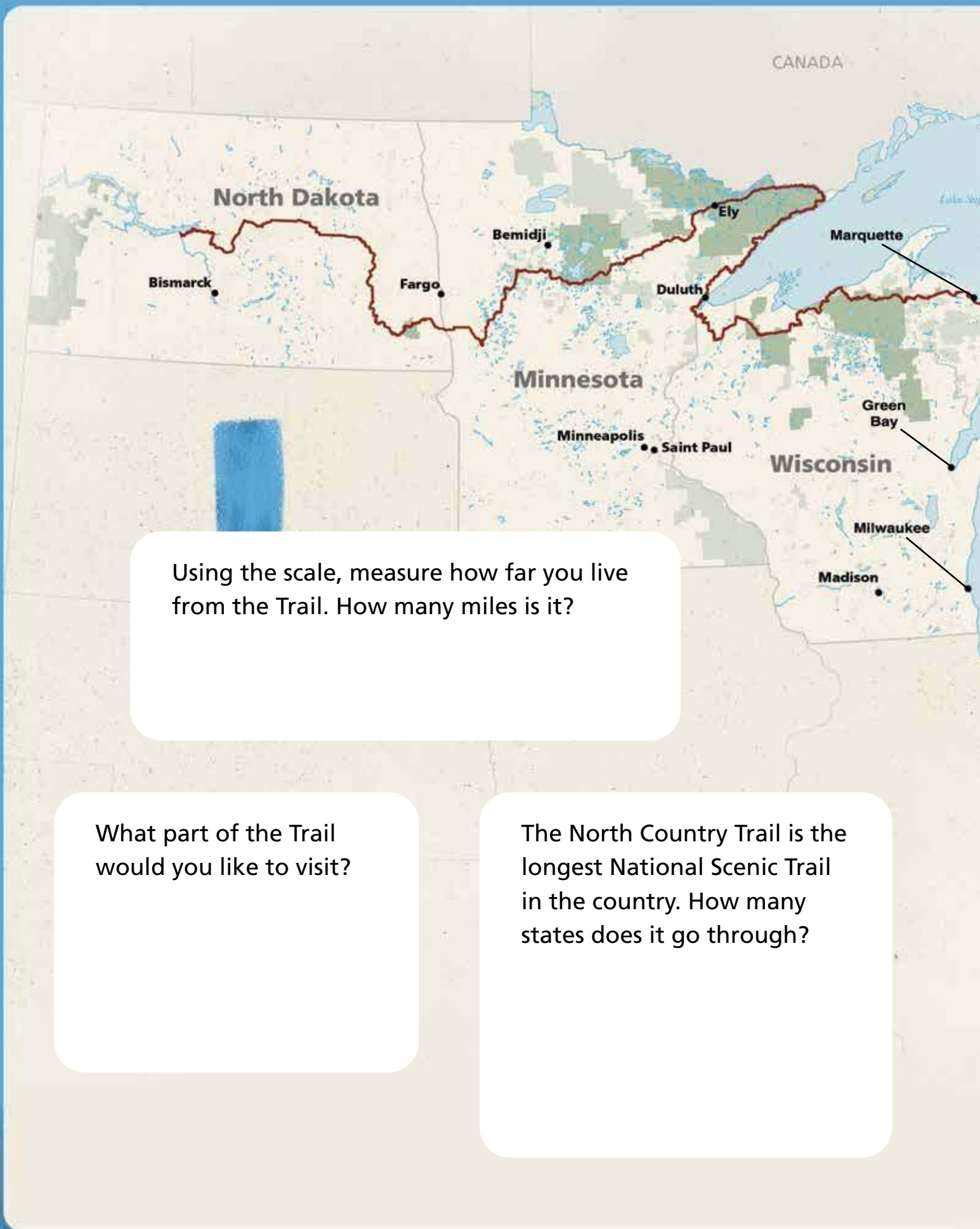
The **North Country Trail** is part of the National Park System, and this is the official symbol for the Trail. When you see that north star, know you are on the longest National Scenic Trail in the country!



The **North Country Trail Association (NCTA)** is the nonprofit partner of the National Park Service. Together, they build, maintain, protect, and promote the North Country Trail. The NCTA organizes volunteers, builds partnerships, and raises money to keep the Trail in good shape for you.

Create a logo that represents you! Draw your logo in the box below.

A large, empty white rectangular box with rounded corners, intended for a student to draw their own logo. It is set against a brown background that resembles a path or ground.



Using the scale, measure how far you live from the Trail. How many miles is it?

What part of the Trail would you like to visit?

The North Country Trail is the longest National Scenic Trail in the country. How many states does it go through?

The green areas on the map are National Forests that the Trail crosses through. This land is managed by the U.S. Forest Service. How many National Forests do you see here?

Bonus: Can you name any of these National Forests?



Planning a Hike

What items should you bring?

Circle the best items to pack for a trail hike.



The Seven Principles of Leave No Trace

When you are on the Trail, take nothing but photos and memories, and leave nothing but footprints.

For each of the seven principles, fill in the blank spaces with the correct word from this list:

Considerate, Trash, Ahead, Wildlife, Camp, Find, Campfire.

1 Plan _ _ _ _ _ and Prepare



2 Travel and _ _ _ _ _ on Durable Surfaces



3 Dispose of _ _ _ _ _ Properly



4 Leave What You _ _ _ _ _



5 Minimize _ _ _ _ _ Impacts



6 Respect _ _ _ _ _



7 Be _ _ _ _ _ of Other Visitors



Find Your Way on the North Country Trail

Look at the legend below the map to answer these questions and follow the directions. Trail maps allow us to find our way safely.

Legends explain the symbols used in a map.

1 Circle a **campsite** on the map.

2 Draw a **triangle** around a parking area on the map.

3 Draw a **rectangle** around some wetlands.

4 Blue lines or areas on the map are water. Draw an **X** where a creek or river crosses the Trail.

5 Contour lines show us the change of elevation, or height, of the landscape as you move from one place to another, and form a long loop. Find and trace one **contour line** that connects from beginning to end.

In questions 5-9, **circle** the correct answers:

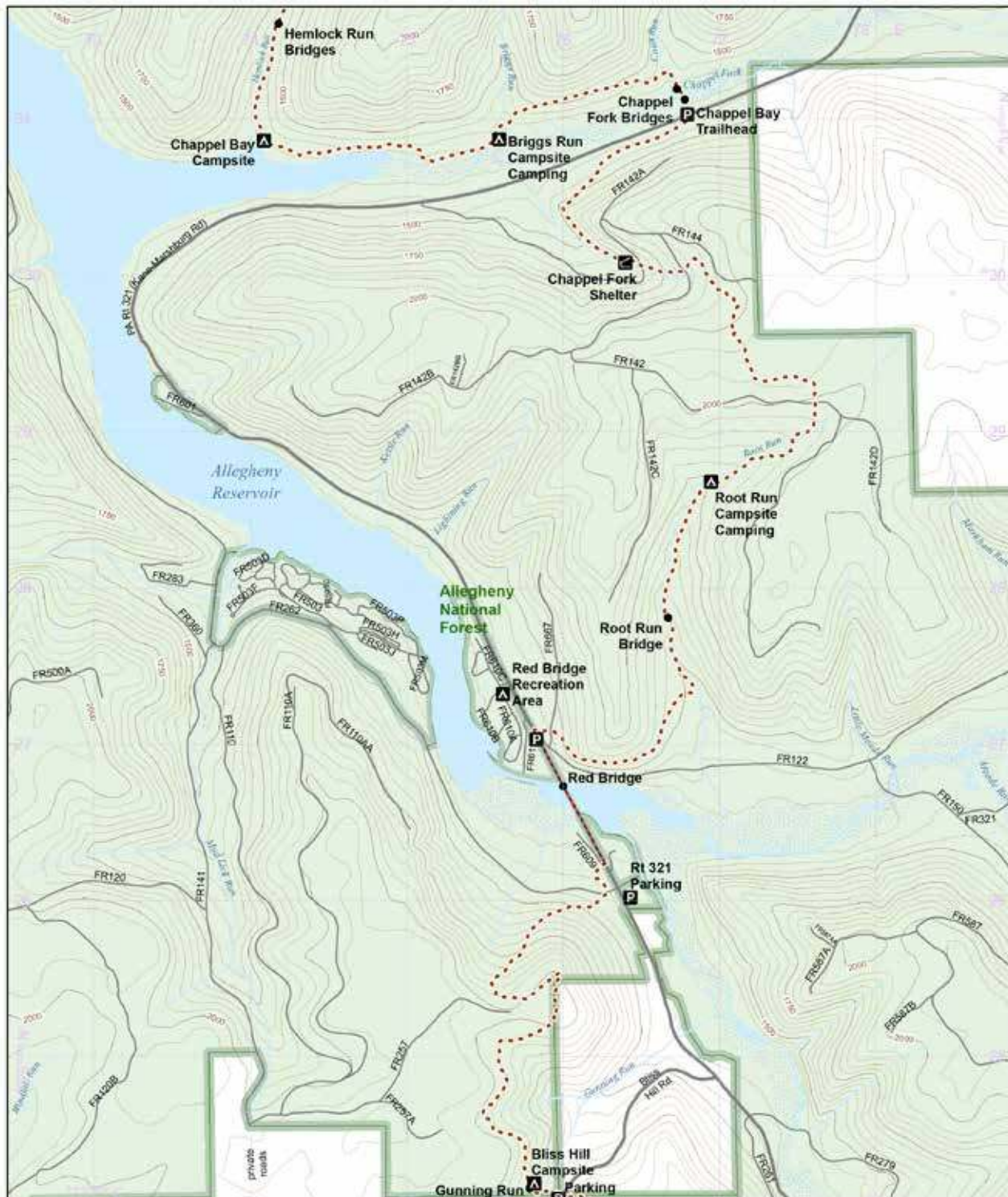
6 Approximately how many miles would you cover if you hiked from Red Bridge to Chappel Bay Trailhead: **4** or **7** miles?

7 In the Allegheny National Forest, is the NCT mostly on **public** or **private** land?

8 Are the gray lines on the map **railroad tracks** or **roads**?

9 The legend tells us that the contour lines on the map are shown at 50 foot intervals. This means there is a 50-foot difference in elevation from one line to the next. If the contour lines are close together, does that mean the land is **STEEP uphill/downhill**, or that the land is generally **FLAT**?

Allegheny National Forest, Pennsylvania



- Parking
- Camping
- Point of Interest
- Virtual 1/2 mile Intervals
- On-Road
- Nearby Trail
- 50-foot Contour Interval
- Public Lands
- County Bndry.
- Wetlands

North Country National Scenic Trail
 Pennsylvania Section Maps
 PA-041

Allegheny National Forest Chapter Region
 Warning: Reroutes will shift all of the mile points in a state.
 Make sure everyone in your group has the most recent
 map and information by visiting: northcountrytrail.org
 Update Version - 3/29/2024

Use this map on your mobile device w/ the "PDFMaps" app from Avenza - <http://avenza.com/pdfmaps>
 To add this map at no cost from the Avenza Store, visit:
<https://northcountrytrail.org/the-trail-map-and-downloads/>
 under "Mobile Maps"

N 1:31,680 UTM 17 NAD 83
 1 in = 0.5 miles
 0 0.25 0.5 Miles



Hike it. Build it. Love it. Support it. Please support the mapping program with a gift today. Enjoy your complimentary North Country National Scenic Trail map/download, and happy hiking!

Sensory Hike

The North Country Trail travels through many beautiful landscapes filled with diverse plants and wildlife.



Choose three triangles to complete as you hike.

VT

Imagine you are an animal. Do you see a good place for a winter den? If so, describe it.



Sit quietly in the forest like a fawn (baby deer). What do you see and hear around you?

NY

Describe the habitat you are in and how it makes you feel.

PA

Listen for some water and describe its sound.

ND



OH

Listen to a bird. What do you think its call or song says?

MI

Find a wildflower. Why do you think some flowers have a scent?

WI

Dance like a butterfly

MN

Touch the bark of a tree. What does it feel like? Can you wrap your arms around the tree?

*** Bonus!** What do the initials in the small circles represent? _____

Making Observations

We learn about our environment through our senses: **sight, sound, smell, and touch**. What are some things you sense along the Trail? Write or draw your answers for each in the boxes.



Look around. What do you see?



Close your eyes. What do you hear?



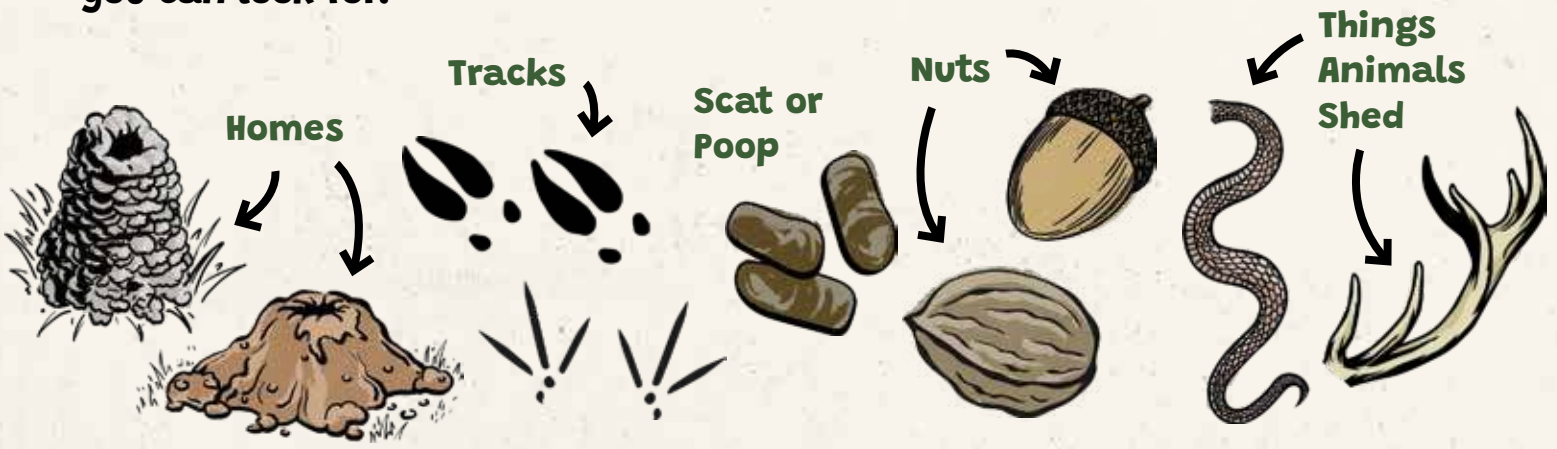
What do you feel with your hands?



Breathe in. What do you smell?

Be a Wildlife Detective

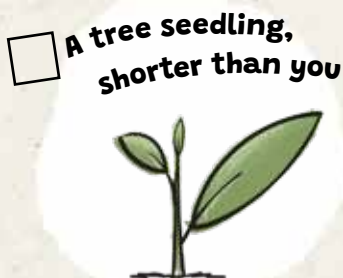
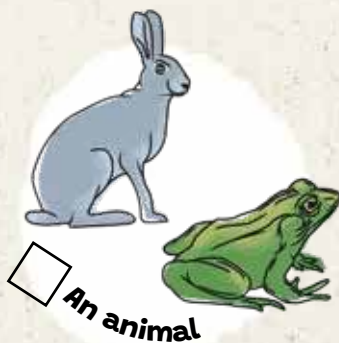
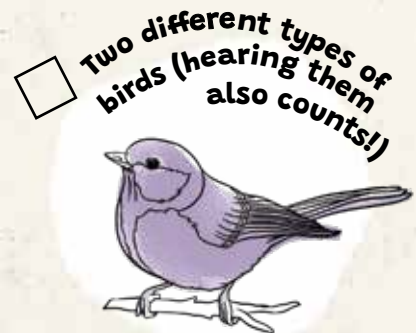
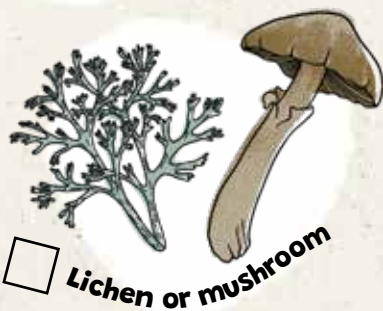
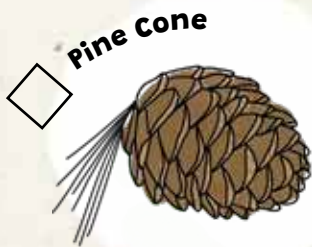
Animals leave evidence of where they have been. If we take time to look, we can see the signs of them everywhere. **Here are a few clues you can look for.**



As you hike and explore the Trail, take note or draw the clues you discover.
Can you figure out who or what these clues came from?

Scavenger Hunt

As you explore the Trail, carefully observe your surroundings to find some of these objects. Check off the ones you find. Remember to leave things where you find them so others can experience them too!



*** Look out!** As you hike, take care to stay away from poison ivy! To recognize poison ivy, remember "leaves of three, let it be" and "hairy vine, no friend of mine."



Volunteers are super important because they help build and take care of the Trail. They need tools and supplies to do this work. **Draw a line to match the item needed to complete each volunteer project.**

Blazing a tree



clearing overgrown plants



Building a bridge



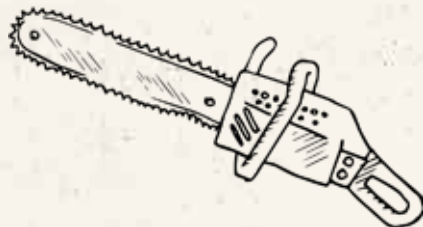
Removing a down tree



Picking up trash



Building a new trail



New volunteers are always welcome. If you would like to help, please **reach out to a North Country Trail Association chapter near you.**

Doodle Notes

Write or draw things that interest you as you explore the Trail.



North Country National Scenic Trail

JUNIOR RANGER

As a Junior Ranger, I _____,
promise to respect the history, plants, and wildlife of the North
Country National Scenic Trail. I also pledge to explore, learn,
and protect the environment wherever I go.

Witness Signature: _____ Date: _____



Explore More!

Learn more about the North Country Trail and its partners at **www.northcountrytrail.org**
To find your next Junior Ranger adventure and earn more badges at parks across the country and online,
visit **www.nps.gov/kids**