



# Create Your Own State Park Trails

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State Parks are well known for their trail systems. Trails are used for many types of recreation, including hiking, biking and horseback riding. Park trails may be paved, gravel or natural surface.

## Did You Know?

- Statewide, Maryland State Parks have over **1,000 miles** of trails that are used for **hiking, biking and horseback riding**.
- Approximately **40 miles** of the **Appalachian Trail** crosses Maryland. The Appalachian Trail is a footpath across 2,168 miles of Appalachian Mountain ridgelines from Georgia to Maine. Here in Maryland, it follows the ridgeline of South Mountain.

## Activities

- ❑ **Create a Nature Trail-** Depending on the size of your yard, you may be able to create a trail system in your park. Parks have marked trails for people to follow, so they don't get lost. Trails are often color coded. Are you able to make any paths or trails in your park? *Kids- With an adult's help, make some of your own trails.*
- ❑ **Design a Trail Map-** Draw a trail map for your trails. Trail maps help hikers to find their way, identify important features or landmarks and let them know how long the trail is, so they can be prepared. Don't forget to give your trail a name, too!
- ❑ **Make Signs for Your Trails-** In addition to directional markers on the trails, there are often interpretive or educational signs on trails to help you to learn more about what you are seeing in the park. Design a sign for your park! Interpretive signs help to identify a particular plant along the trail- you may want to identify the native plants in your garden or a specific tree in your park. But interpretive signs can also be about animals that you might find there or important facts about history in that area. These interpretive signs usually have a picture and some fun facts on them, so people can learn something new. Show us a sign from your park!

