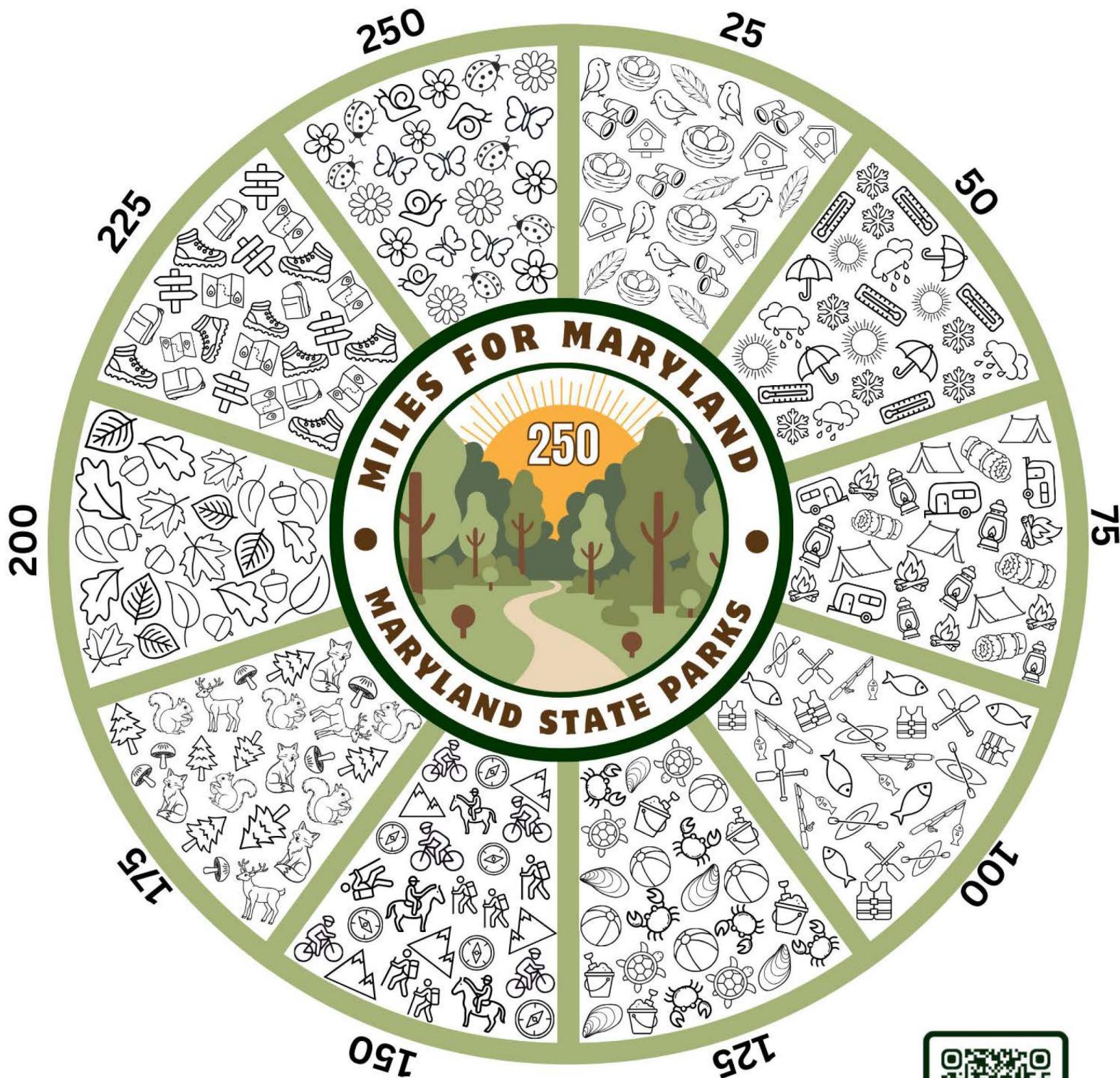


MILES FOR MARYLAND

TRACKING SHEET

To keep track of your progress, shade in one symbol for every mile you hike.



Find out all of the details about the Miles for Maryland Trail Challenge and submit your monthly mileage online at <https://mddnr.info/miles-for-maryland>





MILES FOR MARYLAND TRAIL JOURNAL

Make notes on which Maryland State Park you visited, what trail you explored, how many miles you covered or any other interesting things about your adventures.

Sample: First Day Hike at Calvert Cliffs State Park- Red Trail 3.6 miles round trip- found fossils!