

SUMMER 2019

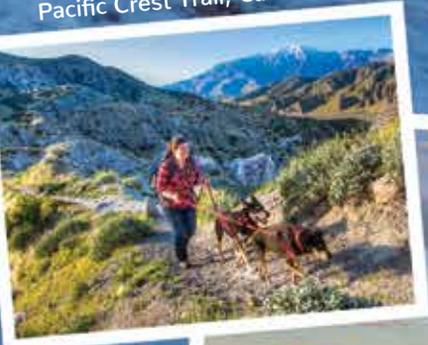
# My Public Lands

## Find Your Path!

### JUNIOR RANGER



Pacific Crest Trail, California



Oregon Trail, Wyoming



Iditarod Trail, Alaska



Historic • Scenic • Recreation

Bureau of Land Management

## What's Inside

**2**  
These are Your  
Trails, America!

**4**  
Time Travel on  
National Historic  
Trails

**6**  
Visit Your  
Historic Trails

**7**  
Food for  
Trail Travelers

**8**  
Adventure Awaits  
on National  
Scenic Trails

**9**  
Tips for Terrific  
Trail Photos

**10**  
Fun for Everyone  
on National  
Recreation Trails

**11**  
A-Mazing  
Mountain Biking

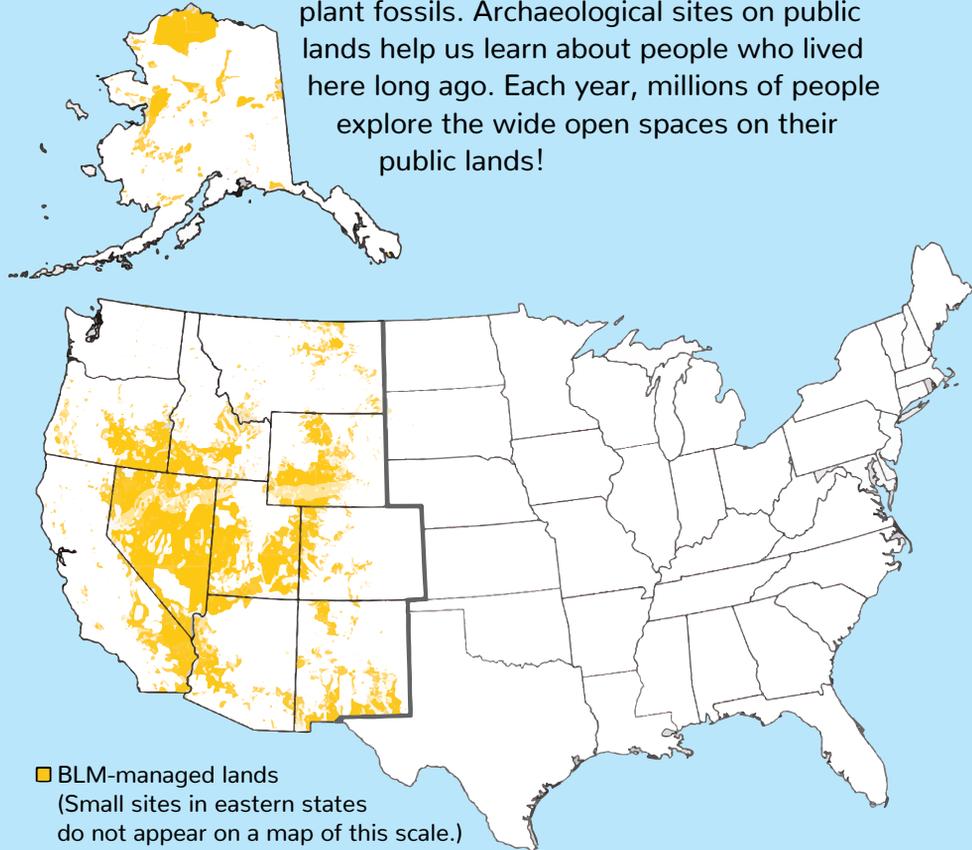
**12**  
Packing Smart for  
Your Trail Adventure

# Public Lands Belong to You!

The Bureau of Land Management (BLM) is a federal government agency that cares for public lands. These lands are managed for many different uses and belong to all Americans. BLM lands provide energy resources, such as coal, oil, and natural gas.

They provide access to outdoor recreation opportunities, like hiking, camping, hunting, and fishing. They provide habitat for wildlife, food for grazing animals, and timber for people. The lands contain evidence of the past, such as dinosaur bones and

plant fossils. Archaeological sites on public lands help us learn about people who lived here long ago. Each year, millions of people explore the wide open spaces on their public lands!



## Become a BLM Junior Ranger!

The Junior Ranger program introduces young adventurers like you to the lands and resources of the Bureau of Land Management. We invite you to join the adventure! Learn more at [blm.gov/education](https://blm.gov/education).

# Find Your Path!



**Explore 19 Historic Trails**  
Over 33,000 miles connecting to America's past!

**Discover 11 Scenic Trails**  
More than 18,000 miles of spectacular scenery!

**Play on Hundreds of Recreation Trails**  
Over 26,000 miles for fun and adventure!



# These Are Your Trails,

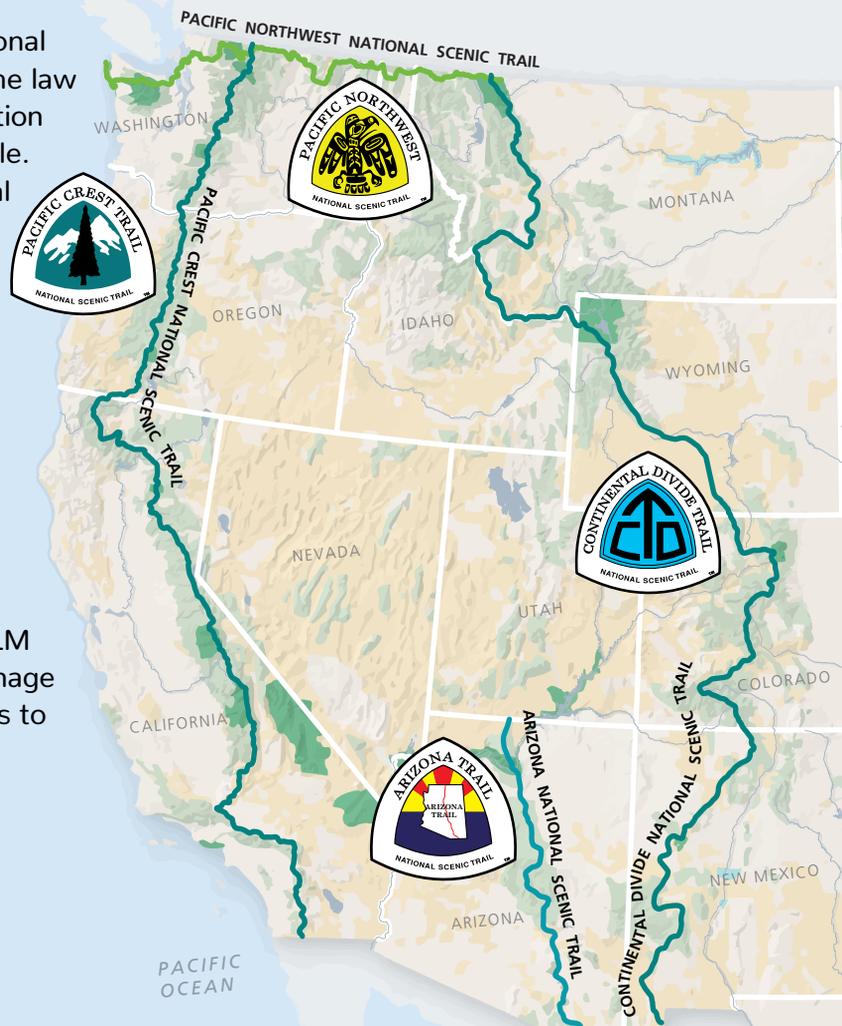
2

In 1968, President Lyndon Johnson signed a bill into law called the National Trails System Act. The purpose of the law was to provide more outdoor recreation opportunities for the American people. Two trails were designated “national scenic trails”—the Appalachian Trail in the east and the Pacific Crest Trail in the west. The law also called for more new trails to be established for people of different ages, abilities, and interests.

Since 1968, many more trails have been added to the National Trails System. Today, there are a total of 30 historic and scenic trails and hundreds of recreation trails. The BLM and other government agencies manage these national trails for all Americans to enjoy—now and in the future!



President Lyndon Johnson examines a map of trails in 1968.



## Think about it...

President Johnson said, “We can and should have an abundance of trails for walking, cycling, and horseback riding in and close to our cities.” What do you think?



#FindYourWay  
at [trails50.org](https://trails50.org).

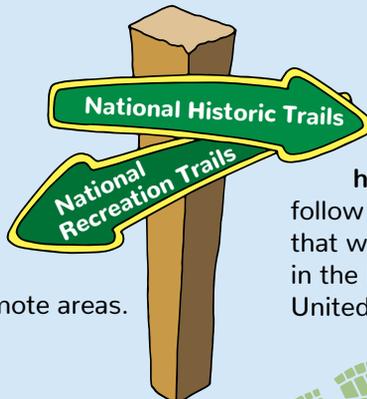
# America!



National scenic trails pass through areas that have scenic, historic, natural, or cultural qualities.



## NATIONAL SCENIC TRAILS



National recreation trails provide opportunities for fun and exploration in urban, rural, and remote areas.

National historic trails follow routes of travel that were important in the history of the United States.



# TIME TRAVEL ON NATIONAL

4

National historic trails closely follow historical travel routes. They represent important periods in United States history, from early exploration and trade to westward expansion. Historic trails celebrate the hundreds of thousands of emigrants who traveled to make their homes in the west. They also remind us of the challenges and hardships of Native Americans. Many of these trails were routes traveled by Native Americans for hundreds to thousands of years.

In the nation's early years, trails and rivers were the primary connections between towns and farms, cities, and settlements. As the nation grew in size, Americans looked westward for new opportunities. First on foot and horseback and later in wagons, people took to the trails and headed west.

## The Emigrant Trails: Moving People Westward

### ONWARD to OREGON



The trip across the Great Plains and the Rocky Mountains was difficult. Among the first to set out for the new territory were fur trappers and traders. Most covered the 2,000 miles from the Missouri River to Oregon on foot. The possibility of land, wealth, and greater freedom inspired others to follow. In the 1840s, thousands of families loaded their belongings into covered wagons. Joining other emigrants, they formed wagon trains for the long journey west on the Oregon Trail.

### GOING for GOLD



In 1848, gold was discovered in California. Fortune seekers from all over the world set out by land and sea for the new territory. For those in the Eastern United States, the fastest and cheapest route was overland, following the Oregon Trail before heading southwest on the California Trail. The route crossed rugged mountains and harsh deserts. Winter weather presented more perils and sometimes closed off the main trail. Determined travelers took detours and shortcuts, creating many new paths. Still, all the branches of the California Trail ended in the gold fields.

### Destination: GREAT SALT LAKE



For Mormons in the Eastern United States, the 1840s were a difficult time. In 1846, thousands fled persecution in Nauvoo, Illinois, and headed west. In Nebraska, they followed the Oregon Trail along the Platte River. Near Fort Casper, in Wyoming, they crossed the North Platte River before climbing into the Rockies. After crossing the Continental Divide (at South Pass), the weary travelers began the long descent to their final destination—the Great Salt Lake Valley. More than 70,000 people migrated to Utah on the Mormon Trail.



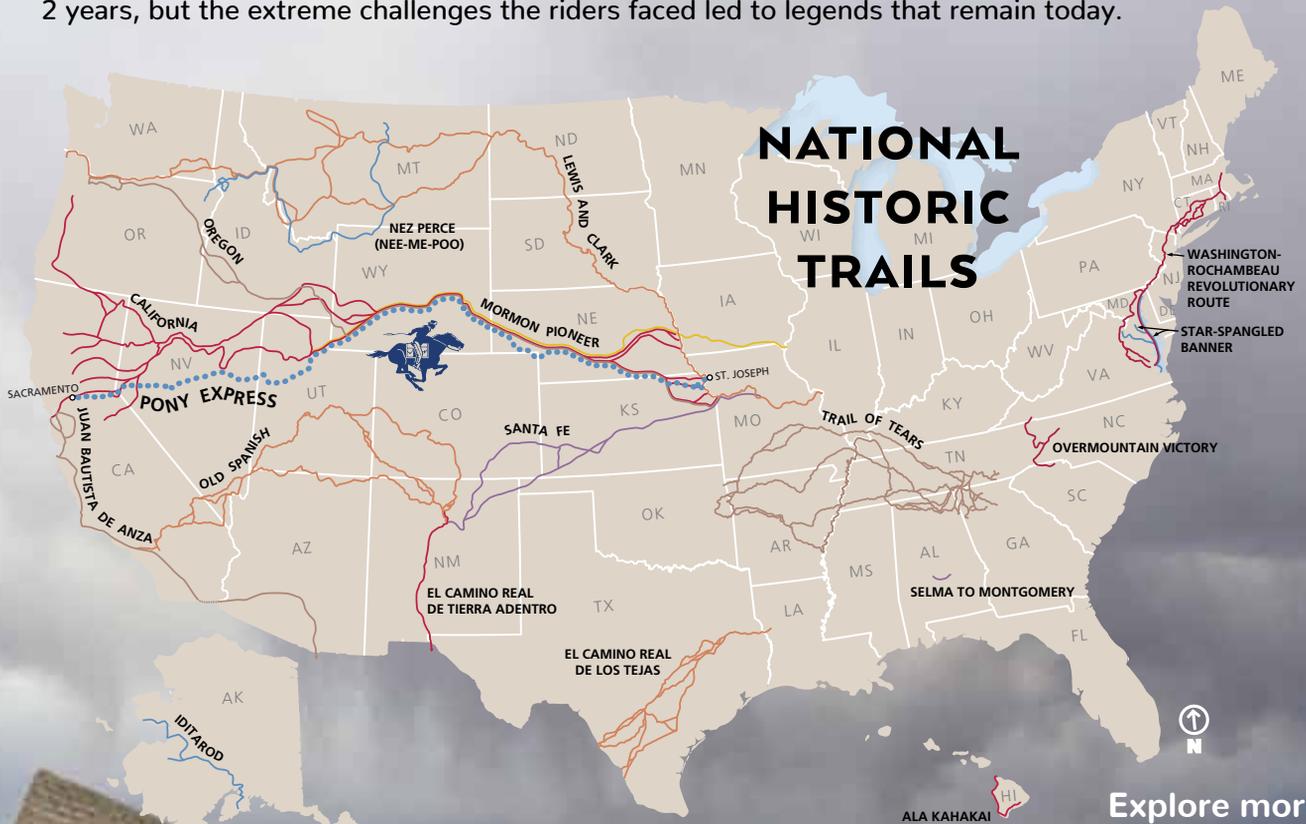
# HISTORIC TRAILS

## THE PONY EXPRESS TRAIL



After the California Gold Rush, thousands of newcomers from the east had settled in the new states of California and Oregon, and they needed a way to communicate with people back home. In April 1860, the Pony Express was established to fill that need. A relay team of Pony Express riders could carry a letter from St. Joseph, Missouri, to Sacramento, California, in a record 10 days, providing a key link in east-west communication. Along the route, about every 10 miles, were stations where the riders could change horses and exchange mail. A new rider would take over after about 100 miles. The job required riders who were young, lightweight, and extremely tough. The Pony Express operated for less than 2 years, but the extreme challenges the riders faced led to legends that remain today.

5



## NATIONAL HISTORIC TRAILS

## END OF THE TRAILS

On October 24, 1861, the nation's transcontinental telegraph system was completed. News and other messages could be sent cross country almost instantaneously. The Pony Express was no match for the speed of the telegraph. It went out of business just 2 days later. In 1869, the transcontinental railroad opened, providing a faster and safer way to carry mail and people across the country. Before long, the overland trails had faded into history.

ALA KAHAKAI

Explore more  
at [trails50.org/  
national-historic-trails](https://trails50.org/national-historic-trails).



# Visit Your Historic Trails

Thanks to the National Trails System Act, you can explore national historic trails and visit historic sites, such as Pony Express stations, forts, and gravesites. The BLM manages sections of 18 national historic trails—more miles of historic trails than any other agency! It also manages several interpretive centers where you can learn more about the trails and their impact on our history.

6

## National Historic Trails Interpretive Center, Casper, Wyoming

Portions of the original Oregon, Mormon Pioneer, California, and Pony Express Trails remain today. They are evidence of the mass migration of Americans to the west and the huge changes that happened over a period of just 30 years. The National Historic Trails Interpretive Center sits above the North Platte River, near the place where these trails converge. Hands-on activities, interactive exhibits, movies, and special events help tell the stories of the people who passed through on foot, in wagons, and on horseback so long ago. There is even a simulated bumpy wagon ride.

## California Trail Interpretive Center, Elko, Nevada

Not all of the travelers on the California Trail crossed into California. Many pioneers chose to settle in Nevada. At the California Trail Interpretive Center, visitors learn about the lives of the pioneers and the experiences of the Native Americans who lived there. You can also take part in living history events and special programs for Junior Rangers. Every May, the California Trail Days celebration brings history to life.

## National Historic Oregon Trail Interpretive Center, Baker City, Oregon

The National Historic Oregon Trail Interpretive Center offers activities the whole family can enjoy. Living history demonstrations, life-size displays, and movies tell about the explorers, miners, pioneers, and settlers who found their way to Oregon. The site includes the abandoned 500-acre Flagstaff Gold Mine. You can see actual wagon ruts left more than 100 years ago. Hiking trails lead to magnificent views of the mountains. Special events throughout the year offer opportunities to meet reenactors portraying pioneers, visit a simulated wagon encampment, or witness a cookoff.



# Food for Trail Travelers

Explorers, trappers, and traders who traveled the trails knew food sources might be scarce, especially in winter. The ultimate travel food was “pemmican,” a mixture of dried lean meat and grease invented by Native Americans.

Pemmican packed a lot of energy and could last for years. Why not pack some pemmican for your trail adventure?

## MOCK PEMMICAN

### Ingredients:

- 1 cup beef, bison, or turkey jerky
- 1 cup dried cherries, cranberries, apples, or other dried fruit

Optional: ½ cup dried nuts or seeds

### Directions:

Tear or cut large pieces of jerky or fruit into smaller pieces. Mix ingredients together and store in an airtight container.

For a more authentic pemmican, add a little coconut oil or nut butter. Mix together with your hands and mold into balls or patties. Add spices such as cinnamon, chili powder, or hot pepper flakes to create your signature pemmican.

# Adventure Awaits on National Scenic Trails

In 1968, there were only two scenic trails—the Appalachian Trail and the Pacific Crest Trail. Now there are 11 scenic trails across the country.

8



## King of Trails

The Continental Divide National Scenic

Trail begins in Montana at the Canadian border. After skimming the Idaho border, it crosses Wyoming, Colorado, and New Mexico. More than 3,100 miles long, the trail climbs granite peaks, meanders through mountain meadows, and crosses high deserts before reaching the Mexico border.

Hundreds of people, including kids, have hiked the entire trail. These through-hikers are called “3,000 milers.” To learn more about the Continental Divide Trail and to see the list of through-hikers, go to [continentaldividetrail.org](http://continentaldividetrail.org). Maybe you will be a 3,000-miler some day!

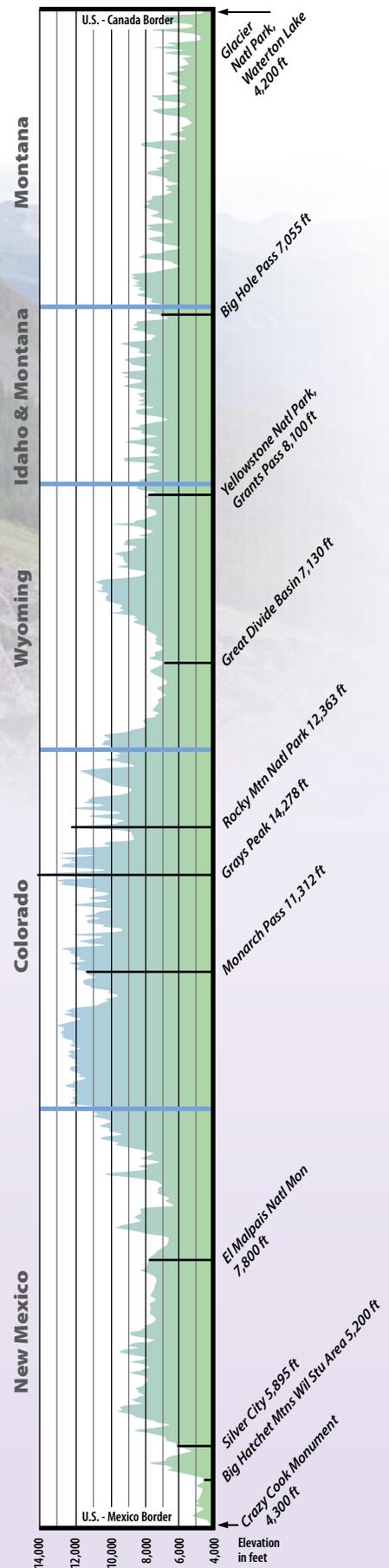
Most people explore the Continental Divide Trail a section at a time. There are great places for short day hikes and weekend camping. Some sections are open for mountain biking, horseback riding, and motorcycling. The Teton Reservoir Recreation Site in Wyoming is a favorite for families. From the reservoir, you can hike 5 miles to the Atlantic Rim of the Continental Divide. Back at the reservoir, you can go swimming, fishing, and camp under the stars.



Using the elevation profile graph to the right, find the locations of the highest and lowest points on the Continental Divide Trail. What is the approximate difference in elevation?

Discover more at [trails50.org/national-scenic-trails](http://trails50.org/national-scenic-trails).

### CONTINENTAL DIVIDE TRAIL ELEVATION PROFILE





# Tips for Terrific Trail Photos

Photos are a great way to remember the amazing sights you will see when you visit a national trail. Take your photography skills to the next level by following these simple tips.

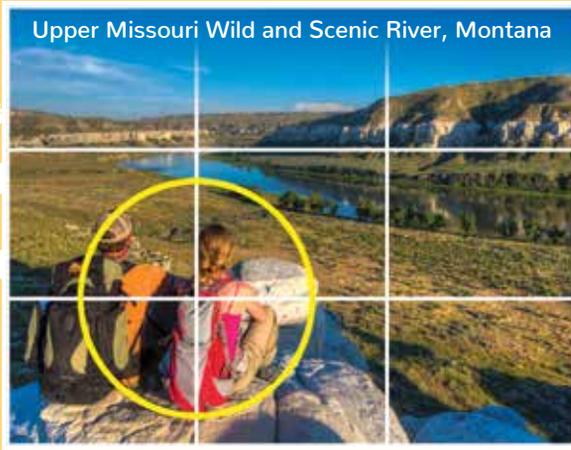
## Looking at Light

When the sun is lower in the sky, long shadows and color variations add interest and drama. For this reason, the time around sunrise and sunset is called the golden hour of photography. To see how the sun's position affects the view, take photos of the same scene at different times of day.

For photos of people, notice how the light and shadows fall on their faces. When the sun is in front of them, the bright light might make them squint. But if the sun is behind them, their faces might be too dark. Experiment with different positions until the light and shadows are just right.



Continental Divide National Scenic Trail, New Mexico



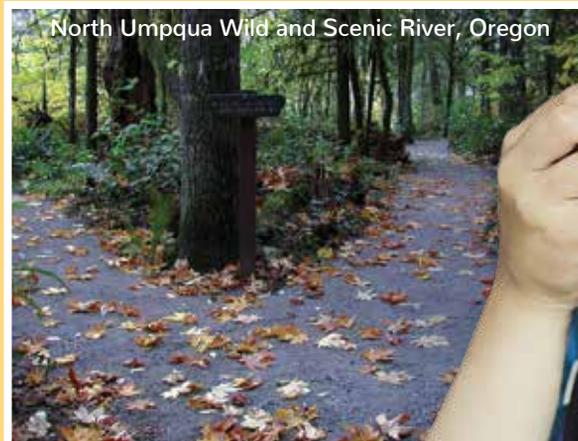
Upper Missouri Wild and Scenic River, Montana

## Rule of Thirds

Imagine drawing a tic-tac-toe board over the scene. Instead of positioning the subject in the middle of the picture, turn slightly so it is near one of the points where two lines cross. This will bring more attention to the background scenery.

## Leading Lines

Natural lines, such as roads, streams, fences, tree trunks, and waterfalls, lead the viewer's eyes through a picture. These "leading lines" make a photo more interesting by ensuring the viewer scans the entire scene. They can even take the viewer on an imaginary adventure.



North Umpqua Wild and Scenic River, Oregon



# Fun for Everyone on National Recreation Trails



The BLM manages thousands of miles of national recreation trails! Here are some fun ways to experience them.

10

- The Sacramento River Rail Trail connects the city of Redding, **California**, to the Shasta Dam. The trail is a favorite for walking, running, biking, and finding the perfect place to fish.
- In **Nevada**, the Grimes Point Petroglyph Trail goes through one of the largest rock art sites in the country. Boulders inscribed with ancient designs and pictures can be viewed from the trail. Some areas can be accessed by wheelchair. Twice a month, the BLM leads a hike up to Hidden Cave.
- One of the highest peaks in the Hoodoo Mountains of **Idaho** is Bald Mountain. Hikers can ride a ski lift in the summer to reach the Bald Mountain Trail.
- From Trailhead Park in Cottage Grove, **Oregon**, the Row River Trail follows an abandoned railroad track. This 17-mile trail is fully paved, and there are places to park along the way. A trek by foot, bike, or inline skates takes you past three historic bridges, through forests, and along a lake.
- In Garnet Ghost Town, **Montana**, the Garnet National Winter Recreation Trail has 32 miles perfect for cross-country skis, snowshoes, snowmobiles, and dogsleds. Visitors can rent cabins in the historic ghost town.
- The Gooseberry Mesa National Recreation Trail in **Utah** is a system of mountain bike trails. Bike to the mesa rim for a spectacular view of Zion National Park.



Find a trail near you at [americantrails.org/nrt](http://americantrails.org/nrt).



National Recreation Trails



View of Zion National Park from Gooseberry Mesa Trail.

# A-Mazing Mountain Biking



The Sand Flats Recreation Area near Moab, Utah, has trails for hiking, mountain biking, and off-highway vehicles, including motorcycles, dirt bikes, and snowmobiles. Everyone in the family is invited, even the dog! Pitch a tent at one of the campsites, and enjoy a night sky sparkling with stars.



The Slickrock National Recreation Trail has made Sand Flats a destination for world-class mountain biking. Almost entirely on sandstone, the trail features “domes” and “fins” and rock outcrops. With deep canyons and steep cliffs, Slickrock gives thrills to skilled mountain bikers!



Starting at the trailhead, find your way through the Slickrock Trail to the canyon overlook.



# Packing Smart for Your

Plan and prepare for a safer and more enjoyable adventure. Know where you are going, and share your plans with someone who is not going. Never venture out alone.

Read the checklist on the next page. For each category, find and circle at least one item, and then check off the category. Put an X through the things you should probably leave at home.

12



# Trail Adventure



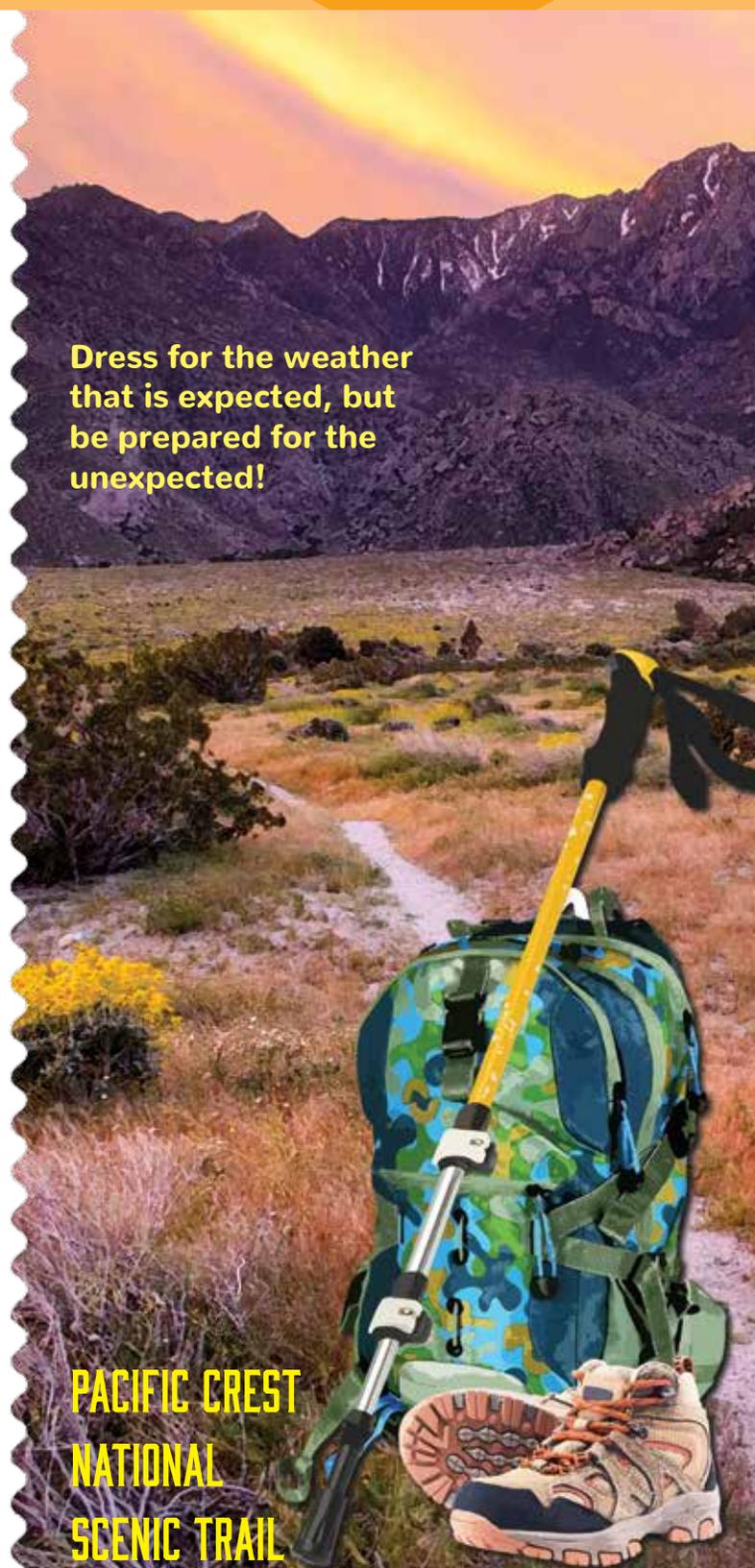
## CHECKLIST

- Navigation (GPS, map, compass)
- Hydration (water bottles)
- Nutrition (sandwich, trail mix, granola bar)
- Insulation (fleece pullover, long pants, socks)
- Sun protection (hat, sunglasses, sunblock, lip balm)
- Bug protection (bug spray, long sleeves, long pants)
- Illumination (flashlight, headlamp, extra batteries)
- Communication (cell phone, external charger, whistle)
- First aid and medication (bandages, hand sanitizer, allergy medicine, antibiotic cream)

Remember, what you pack for your adventure depends on a number of things, including where you are going, how long you will be out, the time of year, and the activities you have planned. Helmets are required or recommended for biking, horseback riding, and off-highway vehicle use. If there is a chance you could get wet, bring a towel and a change of clothes.

**Dress for the weather that is expected, but be prepared for the unexpected!**

**PACIFIC CREST  
NATIONAL  
SCENIC TRAIL**



**For additional copies, contact:**

Bureau of Land Management  
Division of Education, Interpretation, and Partnerships  
1849 C Street, NW, LM 2134  
Washington, DC 20240  
(202) 912-7457  
kids@blm.gov

This publication was produced by the  
BLM Division of Education, Interpretation, and  
Partnerships.

Production services were provided by the  
BLM National Operations Center,  
Information and Publishing Services Section.

**Learn more about  
your national trails at  
[blm.gov/rivers-trails-50](http://blm.gov/rivers-trails-50).**

EE2038G  
BLM/WO/GI-19/006+1115



Juan Bautista  
de Anza Trail,  
California

Old Spanish Trail,  
Utah