

Appalachian Trail Conservancy Celebrates 3rd Annual Family Hiking Day

Written by Australian Business

BOILING SPRINGS, PA, September 21, 2013 **/24-7PressRelease/** -- On Saturday, September 28 at 4 East First Street, Boiling Springs, Pennsylvania, the Appalachian Trail Conservancy (ATC), invites families to venture out on the Appalachian Trail (A.T.) for the 3rd Annual Family Hiking Day. Held on National Public Lands Day, Family Hiking Day is an initiative developed by the ATC to introduce families to the A.T. and the benefits that come from spending time outdoors.

Families will have their choice of finding their own adventure or participating in one of the three guided hikes led by volunteers from the Cumberland Valley and Susquehanna A.T. clubs. These events are free and open to the public. However space will fill up quickly and registration is required for a guided hike. Guided hikes begin at 9:00am. To prepare for Family Hiking Day, families can receive a free Adventure Packet that will aid in planning local day hikes. The guide includes suggestions for local hikes, a list of the guided hikes scheduled for Family Hiking Day, safety tips and much more.

"The Appalachian Trail Conservancy's Family Hiking Day provides an opportunity to create lasting memories on the Appalachian Trail and encourages long-term appreciation of protected public lands," said Karen Lutz, Mid-Atlantic regional director of the ATC.

After enjoying a hike on the A.T., participants can turn in their "Family Hike Wrap Up" sheet from their Adventure Packet and be entered into a prize drawing during the closing celebration. The closing celebration will take place from 2:00 p.m. - 4:00 p.m. at the ATC's regional office. The celebration will include family friendly entertainment, nature activities for all ages and a visit from Smokey Bear.

The ATC was founded in 1925 by volunteers and federal officials working to build a continuous footpath along the Appalachian Mountains. Stretching from Georgia to Maine, the A.T. is approximately 2,180 miles in length, making it one of the longest, continuously marked footpaths in the world. Volunteers typically donate more than 230,000 hours of their time doing trail-related work each year, and about 2 to 3 million visitors walk a portion of the A.T. each year.

To register for a guided hike, visit atcfamilyhikingday.eventbrite.com. For more information about Family Hiking Day, to receive an Adventure Packet, or for resources about hiking with your family, call the ATC at 717.258.5771, e-mail atc-marco@appalachiantrail.org, or visit <http://www.appalachiantrail.org/FamilyHike>.

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