



BUSHKILL FALLS

The Niagara of Pennsylvania

P.O. BOX 151 • BUSHKILL, PA . 18324 • (570) 588-6682 • FAX: (570) 588-9060 •

Contact: Diane Hannan, APR
(570) 223-0730

BUSHKILL FALLS PARTNERS WITH AMERICAN HIKING SOCIETY'S NATIONAL TRAILS DAY

BUSHKILL FALLS, PA...2007

Bushkill Falls, the “Niagara of Pennsylvania” is partnering with the American Hiking Society (AHS) by presenting *Fitness at the Falls* from noon until 4:00 p.m. on Saturday, June 2, 2007 during the 15th anniversary of the AHS National Trails Day.

“We’re excited to be partnering with the American Hiking Society,” said Donna Smith, Bushkill Falls’ general manager. “For more than a century visitors have been hiking the trails at Bushkill Falls. Our goal has always been to be good stewards of the land by maintaining the more than three miles of trails for visitors to enjoy nature and the eight beautiful waterfalls,” she stated.

The day’s activities will include lectures on fitness, nutrition, how to calibrate a pedometer, a question and answer session, and giveaways. Presented by Don Messing, a certified fitness and triathlon trainer, visitors will be able to rent a pedometer, walk the trails, and register for prizes for the most steps walked. Hiking sticks will be available to rent or purchase. A *Fitness at the Falls* souvenir backpack kit, filled with hiker goodies, official trail map, and bottled water will be available to purchase.

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Open daily at 9 a.m. Bushkill Falls' parking is always free. Admission to the falls and exhibits is \$9.00 for adults, \$8.00 for seniors and groups of 25 or more, \$4.00 for ages 4 to 10, and free for children under four. It is located on Bushkill Falls Road just off Rt. 209 in Bushkill, PA. For additional information contact Bushkill Falls, P.O. Box 151, Bushkill, PA 18324 or call (570) 588-6682. The web address is www.visitbushkillfalls.com.

(the following information is provided by the American Hiking Society...NTD@AmericanHiking.org)

What Is National Trails Day?

National Trails Day is a celebration of trails that evolved from the report of President Ronald Reagan's President's Commission on Americans Outdoors. In 1987, the report recommended that all Americans be able to go out their front doors and within fifteen minutes, be on trails that wind through their cities, towns or villages and bring them back without retracing steps. The recommendation, dubbed Trails for All Americans, became the impetus behind several public and private parties joining American Hiking Society in launching National Trails Day in 1993. NTD was started to both increase the awareness of community trails but also provide a helping hand for the hundreds of volunteer trail clubs for which every day is National Trails Day.

With 1,210 registered events in 2006, the awareness of trails was brought to thousands of people through dedications, hikes, nature walks, bikes, paddles, horse rides, trail maintenance trips, and many other activities. Event hosts include local hiking clubs, federal agencies, municipal parks, retailers, land trusts and many other businesses and organizations.

Why Celebrate Trails?

America's 200,000 miles of trails allow us access to the natural world for exercise, study, photography, camping, relaxing or solitude. Trails take us to good physical and mental health by providing us with a chance to breathe fresh air, get our hearts pumping, and to escape from our daily challenges and stresses.

The Outdoor Industry Association's annual Outdoor Recreation Participation Study for the United States 2004 reports that 71.6% of all Americans 16 and older (or 159 million people) participate in at least one of the 22 outdoor activities they track,

which include: 75.3 million hiking; 13.3 million backpacking; 39.5 million trail running; and 9.8 million cross country skiing.

How do Trails make You Healthy?

Trails give you the opportunity to get your heart pumping, lungs expanding, and muscles working at various levels of ease or difficulty; improving your mental as well as physical well being. By walking to the store, library, or any errand, instead of using a gas-powered vehicle, keeps the air pollution level down which benefits everyone. With the obesity rates skyrocketing, exercise is becoming increasingly important and trails provide a wide variety of opportunities for being physically active.

Why Celebrate National Trails Day?

Trails do not just appear for our enjoyment, it takes many hours of planning, labor, and negotiating, to develop them. National Trails Day, the only nationwide celebration of trails, is a day that brings awareness to trails and thanks the many people for their support and hard work, including volunteers, land agencies, and outdoor minded businesses. It is also a day to introduce people to the many enjoyments and benefits of trails.

How Successful Is National Trails Day?

Since 1993, National Trails Day has grown to inspire nearly a million people to enjoy trails on the same day nationwide. All 50 states have participated in events, as well as the District of Columbia, Puerto Rico, Canada, Guam and the Virgin Islands. National Trails Day is now a permanent fixture on the calendars of trail clubs, businesses, and government agencies. For National Trails Day 2005 a record 1,132 events registered with American Hiking Society for national sanctioning and to receive special updates, promotional items, publicity tips, and listings in local media.

Who are the Leaders of National Trails Day?

National Trails Day is made possible thanks to the volunteer efforts of American Hiking Society's individual and Alliance members as well as our generous corporate sponsors: Adventure Medical Kits, Backpacker, Eastern Mountain Sports, Merrell, REI, Royal Robbins, and Thorlos; and our committed federal partners: Bureau of Land Management, Centers for Disease Control and Prevention, Federal Highway Administration, National Park Service, USDA Forest Service and U.S. Fish and Wildlife Service.

