



Take a Hike!







Learning to Read Trail Signs

Outdoor recreation is encouraged, not just now, but always. Maybe you haven't gone walking in a wildlife management area, park or forest before. You certainly don't need to be an expert, just lace up your shoes and hit the trails!

We recommend nice sturdy shoes or hiking boots, especially if you will be walking on rough terrain. These shoes will help protect your feet as your walking. They are more sturdy than sneakers and will help protect the feet against rocks, sticks, stumps and other obstacles.

As you are walking, look at the trees along the trail. Do you see marks on some of them? These are trail markers or blazes. They help hikers know which way to go on a given path. They indicate things like the beginning and end of a trail, a turn in the trail or even an intersection.

Painted blazes on trees are very common. The color doesn't mean anything, but rather indicates which trail you are on. There are six (6) ways that these marks are configured to tell hikers different things.

| Straight | Right Turn | Left Turn | Trail Beginning | Trail Ending | Intersection |
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Ask A Naturalist

Before planning a hike, do your research.

Get a trail map for where you are going.

Know where the nearest emergency facilities are and bring a small first aid kit with you.

Plan for plenty of stops—whether it's to catch your breath, look at the view off the mountain or study a plant or wildlife sign.

Now is the perfect time to explore and learn. Hit the trails!