

To know your parks, write for information.

The nearly 300 areas of the National Park System are organized into 8 regions, plus a group in the Nation's Capital. For details about features, accommodations, and facilities, write to the park which interests you or to a National Park Service public information office at one of these addresses:

North Atlantic Regional Office

150 Causeway Street, Boston, Massachusetts 02114
Telephone: (617) 223-3767
(Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, New Jersey)

Mid-Atlantic Regional Office

143 South Third Street, Philadelphia, Pennsylvania 19106
Telephone: (215) 597-7018
(Pennsylvania, Maryland, West Virginia, Delaware, Virginia)

Southeast Regional Office

3401 Whipple Avenue, Atlanta, Georgia 30344
Telephone: (404) 526-7574
(Kentucky, Tennessee, North Carolina, South Carolina, Georgia, Alabama, Mississippi, Florida, Puerto Rico, Virgin Islands)

Midwest Regional Office

1709 Jackson Street, Omaha, Nebraska 68102
Telephone: (402) 221-3471
(Ohio, Indiana, Michigan, Wisconsin, Illinois, Minnesota, Iowa, Missouri, Nebraska, Kansas)

Rocky Mountain Regional Office

655 Parfet Street, P.O. Box 25287, Denver, Colorado 80225
Telephone: (303) 234-3095
(Montana, North Dakota, South Dakota, Wyoming, Utah, Colorado, Arizona)

Southwest Regional Office

Old Santa Fe Trail, P.O. Box 728, Santa Fe, New Mexico 87501
Telephone: (505) 988-6375
(Arkansas, Louisiana, Oklahoma, Texas, New Mexico, Arizona)

Western Regional Office

450 Golden Gate Avenue, San Francisco, California 94102
Telephone: (415) 556-4122
(Arizona, Nevada, California, Hawaii)

Pacific Northwest Regional Office

Fourth & Pike Building, Room 927
1424 Fourth Avenue, Seattle, Washington 98101
Telephone: (206) 442-5585
(Idaho, Oregon, Washington, Alaska, California)

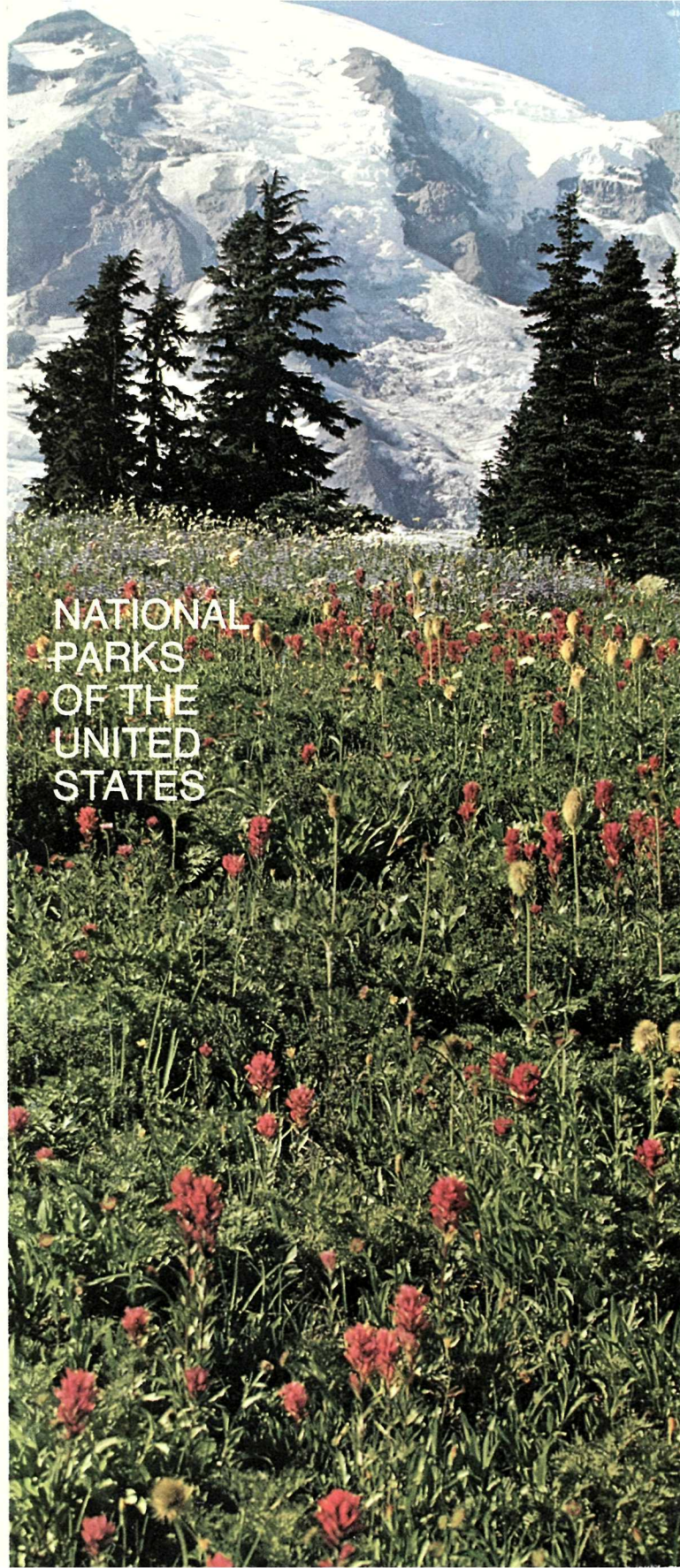
National Capital Parks

1100 Ohio Drive, SW., Washington, D.C. 20242
Telephone: (202) 426-6700
(District of Columbia, Maryland, Virginia, West Virginia)

As the Nation's principal conservation agency, the Department of the Interior has basic responsibilities to protect and conserve our land and water, energy and minerals, fish and wildlife, park and recreation areas, and for the wise use of all those resources. The Department also has a major responsibility for American Indian reservation communities and for people who live in Island Territories under U.S. administration.

National Park Service U.S. Department of the Interior

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**NATIONAL
PARKS
OF THE
UNITED
STATES**

**IN EVERY TIME
AND SEASON,
OUR PARKS GIVE
OF THEIR JOYS
AND BEAUTIES.**

Richard M. Nixon



Yellowstone. Grand Canyon. Yosemite. Great Smokies. Nearly everyone recognizes these places as great national parks.

But how many people know that Tuzigoot, Pecos, and Tumacacori are part of the National Park System, too? Not many, probably.

For years, millions of Americans and people from around the world have crowded into the well-known major parks. They have read the travel literature or heard firsthand reports about these wonders, and naturally they've had to see them for themselves.

At times, visiting some of our parks has become more like rubbing elbows at a jam-packed Major League baseball game than sensing the solitude of the wilderness. We have tried to see the most and the best in the least amount of time. We have jumped into cars and campers and rushed off to cover a dozen parks in a week or two—madly snapping photographs as we go.

One result of the energy shortage might be that more people will slow down a little, get out of their vehicles more often, and rather than trying to see several parks superficially spend some time getting to know one park really well. Energy problem or not, we in the National Park Service urge you to do so. We also suggest that you visit a park close to your home rather than one hundreds of miles away.

The Park Service is taking steps to enhance your opportunities for a memorable experience, whether it be in a scenic, historical, or recreational area. A campsite reservation system is being developed for some parks to cut down on the crowding and to eliminate the disappointment of families arriving at a filled campground.

We are prohibiting the use of cars in parts of some parks to sustain the natural or historic setting. Instead, visitors ride shuttle buses, getting on and off where they want to.

They thus spend less time thinking about driving and more time thinking about the park itself.

We also are encouraging the use of canoes, bicycles, and horses as alternate ways to get around many of the parks. Besides reducing the number of motor vehicles, these changes should have a far-reaching effect on the attitude of park visitors. It's far more exhilarating, for example, to canoe through a park than to ride through in an air-conditioned car.

But most important of all in this re-emphasis of basic values is the use of one's eyes and feet. You'll be surprised how much you see when walking and how much better you feel. You start noticing the animals, the shapes of leaves, the soil, rock outcroppings, and architectural details. You sense the subtle changes of the seasons as you get off the beaten track. You smell the salt air of the ocean and let yourself become captivated by the changing patterns of surf on the beach. You feel things you can't possibly experience whizzing by in a car.

What we are urging is that you see the parks in leisure. Although you may be visiting an area for a variety of reasons, hurrying will diminish every one of them. When you go to a park to fish, canoe, climb a mountain, or ski, take the time to absorb the natural scene around you. Study the geological formations and ponder the natural forces at work. When you go looking for wildlife, don't expect to come across a moose or an elk with each turn of the road. Instead, hike into the back country in the early morning and late in the afternoon. By traveling on foot you'll increase your chances of seeing an array of birds and mammals and have the opportunity of seeing their habitat firsthand.

Should you visit a national seashore or lakeshore to swim or to boat, take a moment to learn something about the life

of the beach, the crabs, the insects, the grasses, and their communities.

And when you tour a battlefield, a prehistoric Indian ruin, or the home of a national figure from the past, take yourself back and visualize the day-to-day living conditions of those times and how they influenced personal relationships.

"Climb the mountains," John Muir said, "and get their good tidings. Nature's peace will flow into you as the sunshine into the trees. The winds will blow their freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

Heed his advice whether you are in the hills, on the plains, or in the desert. You'll discover that the parks can be more than a diversion from everyday toils. You'll find that they can be a restoration of the mind and the spirit.

Welcome, then, to the areas of the National Park System of the United States. Pick the place that appeals most to you and enjoy it—in leisure.

Ronald H. Walker
Director, National Park Service



In the National Park System you can find parks that range in size from large expanses of primeval forests to small city plots that nurture the memories of great men and times past.

Altogether, there are about 300 parklands totaling 30 million acres in the United States, Puerto Rico, and the Virgin Islands.



They include mountain ranges, volcanoes, long stretches of shorelines along oceans and lakes, deserts, caves, glacial fields, and near-tropical swamps.

The parks preserve lands once the home of Indians and pioneers. They protect buildings and other sites associated with American poets, artists, scientists, inventors, soldiers, and statesmen. And they provide opportunities for presentations of the arts and the folkways of America for all to enjoy.

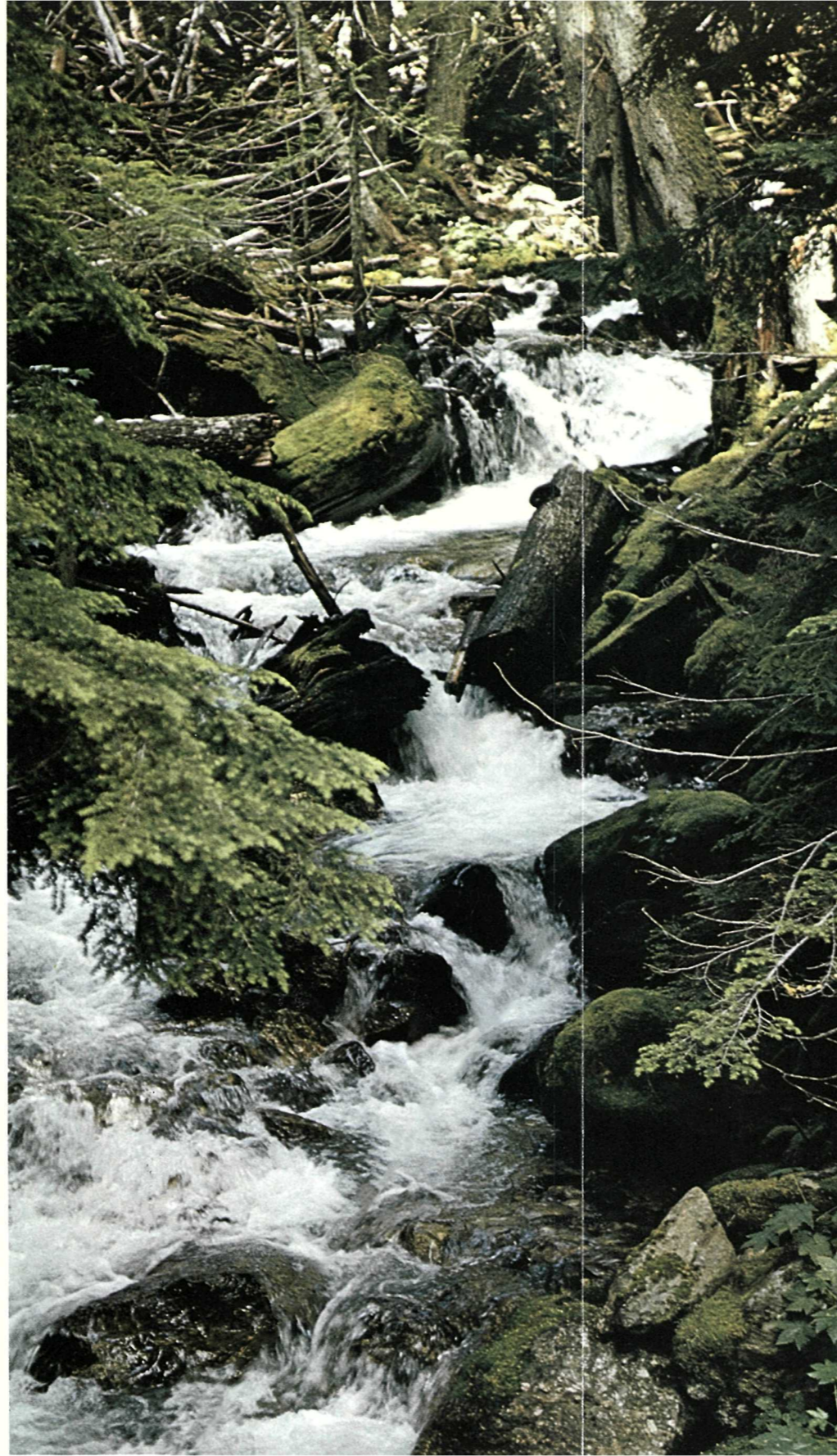
This diversity of the parks is reflected in their titles. Gen-



erally, the natural areas are called parks or monuments, and the historical areas are called historic sites, battlefields, monuments, memorials, military parks, or shrines. Some of the other titles are scenic riverways, seashores, lake-shores, scenic trails, parkways, recreation areas, and centers for the performing arts.

In a broad sense, of course, they are all parks, and they all perpetuate ingredients of our national heritage. They protect the wilderness so that nature—whether it be in the form of grizzly bears, trumpeter swans, or deer—may perpetuate itself unhindered as much as possible by man but recognizing that man, too, is a part of the natural process.

Parks perpetuate experiences we long remember: the exhilaration of coming across the cool, clear, rushing waters of a mountain stream after an arduous hike; the joy of discovering a natural stone arch on an ocean beach; the thrill of unexpectedly seeing a moose march into a backwoods lake. Such experiences benefit our physical, intellec-



tual, and spiritual well-being.

The National Park System presents historic places so that their stories and significance can continue to be heard, understood, and recalled. These are the places where our ancestors lived, worked, hoped, and died. And gazing upon or walking through ancient cliff dwellings in the Southwest can help us gain a perspective of ourselves and our civilization.

Thus, the parks are places to celebrate all life. Perpetuated, the parks will be places where our children and their offspring can come to know, understand, and cherish planet Earth.

