

National Trails System Map and Guide

National Park Service
U.S. Department of the Interior
Federal Highway Administration
U.S. Department of Transportation

Forest Service
U.S. Department of Agriculture
U.S. Army Corps of Engineers
Department of Defense

Note: Abbreviations at right are for federal lands shown on this map. In many places, exact trail locations have not yet been determined. Portions of the trails indicated on this map may not be accessible for public use. Please check with individual trail clubs and managing offices for the latest available trail locations.

National Park System

MEM	Memorial	NP	National Park
NB	National Battlefield	N PRES	National Preserve
NBP	National Battlefield Park	NRA	National Recreation Area
NHP	National Historical Park	NRR	National Recreational River
NHS	National Historic Site	N RES	National Reserve
NL	National Lakeshore	NS	National Seashore
NM	National Monument	NSR	National Scenic Riverway
N MEM	National Memorial	PKWY	Parkway
NMP	National Military Park		

National Forest System

NF	National Forest
NG	National Grassland

Only national park, forest areas, and wildlife refuges that relate to the National Trails System are shown.

Fish and Wildlife Service

NWR	National Wildlife Refuge
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Bureau of Land Management

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- Chesapeake Bay area National Wildlife Refuges**
- 1 Blackwater
 - 2 Eastern Neck
 - 3 Eastern Shore of Virginia
 - 4 Featherstone
 - 5 Fisherman Island
 - 6 James River
 - 7 Martin
 - 8 Mason Neck
 - 9 Nansemond
 - 10 Occoquan Bay
 - 11 Plum Tree Island
 - 12 Presque Isle
 - 13 Rappahannock River Valley
 - 14 Susquehanna
- National Park sites**
- 15 Colonial NHP
 - 16 Fort Mifflin NM
 - 17 George Washington Birthplace NM
 - 18 Piscataway Park
 - 19 Prince William Forest Park
 - 20 Richmond NHP



Scale for all areas except Alaska
0 100 200 Kilometers
0 100 200 Miles
Map revised April 2010.

9780917627000



Reenactors on the Oregon Trail, South Pass, Wyoming
© JANE LAMBERT

The 1968 National Trails System Act established a national system of trails and created the Appalachian and Pacific Crest national scenic trails. It also proposed studying 14 trails for addition to the System. Today the Act authorizes four trail categories: national scenic trails, national historic trails, national recreation trails, and connecting (or side) trails. This brochure describes only national scenic and historic trails. Federal agencies administer both categories through many partnerships with public and private entities. A trail's establishment date shows below (in parentheses) after the administering agency.

National Scenic Trails



Continental Divide in Rocky Mountain National Park
NPS

Appalachian National Scenic Trail
National Park Service (1968)
2,175 miles

First envisioned in 1921 by regional planner Benton MacKaye, this hiking trail links the crests of mountain chains from Maine to Georgia. The Appalachian Trail Conservancy, founded in 1925, developed the trail by 1937 and now manages it with 6,000 volunteers working in 30 different clubs. About 500 people a year complete hiking the trail, and millions more enjoy shorter hikes.

Appalachian Trail Conservancy
P.O. Box 807
Harpers Ferry, WV 25425
304-535-6331
www.appalachiantrail.org

NPS Appalachian Trail
Park Office
P.O. Box 50
Harpers Ferry, WV 25425
304-535-6278
www.nps.gov/appa

Arizona National Scenic Trail
Forest Service (2009)
817 miles

First explored in 1985 by teacher Dale Shewalter, this north-south non-motorized primitive trail explores many distinct ecosystems the length of Arizona, from barren deserts to mountaintop alpine areas. This trail is easily accessible to residents of Flagstaff, Phoenix, and Tucson. Volunteers offer over 40,000 hours of service a year to keep the trail available to the public.

Arizona Trail Association
P.O. Box 36736
Phoenix, AZ 85067
602-252-4794
www.aztrail.org

Southwestern Region
USDA Forest Service
333 Broadway, S.E.
Albuquerque, NM 87102

Continental Divide National Scenic Trail
Forest Service (1978)
3,200 miles

This rugged high-altitude trail explores Rocky Mountain highlands from Mexico to Canada. Many sections are accessible only for a short summer season. The trail is open to hikers, pack and saddle animals, and in some places, to off-road mountain bikes and motorized vehicles. About 2,000 miles are built and open for public use.

Continental Divide Trail Alliance
1200 Arapahoe Street
Golden, CO 80401
303-838-3760
www.cdtrail.org

Continental Divide Trail Society
3704 N. Charles Street, #601
Baltimore, MD 21218-2300
www.cdtsociety.org

Continental Divide Trail
Administrator
USDA Forest Service
740 Simms Street
Golden, CO 80401
303-275-5054
www.fs.fed.us/cdt



Boardwalk in Ocala National Forest, Florida NST
COURTESY FPA/SABINA HENDRICK

Florida National Scenic Trail
Forest Service (1983)
1,400 miles

Spanning the length and breadth of Florida's interior, this footpath joins the Everglades to Pensacola Bay, exploring along the way a great variety of different natural communities. Hiking is best October through April. Over 1,250 miles are certified and open to use, while land acquisition efforts continue to complete this protected corridor.

Florida Trail Association
5415 SW 13th Street
Gainesville, FL 32608
877-HIKE-FLA or 352-378-8823
www.floridatrail.org

Florida Trail Administrator
USDA Forest Service
National Forests in Florida
325 John Knox Road, Bldg. F-100
Tallahassee, FL 32303-4160
850-523-8538
www.fs.fed.us/r8/florida/fnst

Ice Age National Scenic Trail
National Park Service (1980)
1,000 miles

North America's Ice Age ended 10,000 years ago, leaving a chain of moraines, kames, and eskers across what is now Wisconsin. This trail, conceived in the 1950s by Ray Zillmer, traces these glacial landforms from Lake Michigan to the St. Croix River. A three-way partnership of NPS, the Alliance, and Wisconsin Department of Natural Resources protects, develops, and maintains this footpath. Over 620 miles are completed.

Ice Age Trail Alliance
2110 Main Street
Cross Plains, WI 53528
800-227-0046
www.iceagetrail.org

NPS Ice Age National Scenic Trail
700 Rayovac Drive, Suite 100
Madison, WI 53711
608-441-5610
www.nps.gov/iatr

Natchez Trace National Scenic Trail
National Park Service (1983)
65 miles

Once an Indian trade route, then an early, primitive way to explore "the Old Southwest," this route joins Nashville on the Cumberland River to Natchez on the Mississippi River bluffs. After the American Revolution, "kaintuck boatmen" from the Ohio Valley floated goods south and returned home on this trail. Four segments are now open to hikers and equestrians. The 444-mile Natchez Trace Parkway runs alongside.

NPS Natchez Trace
NST Coordinator
2680 Natchez Trace Parkway
Tupelo, MS 38804
662-680-4014
www.nps.gov/natt

New England National Scenic Trail
National Park Service (2009)
220 miles



Horseshoe Lake along the Ice Age NST
© RICHARD SMITH

Based on a route envisioned in the 1930s, this hiking trail links 39 central Connecticut and Massachusetts communities. Hikers enjoy classic New England scenes—mountain summits and traprock ridges, forest glades, farms, waterfalls, river valleys—and rural townscapes and historic landmarks.

New England NST Administrator
National Park Service
15 State Street, Boston, MA 02109
www.newenglandtrail.org

Appalachian Mountain Club
5 Joy Street
Boston, MA 02108
617-391-6586
www.outdoors.org

Connecticut Forest and Park Association
16 Meriden Road
Rockfall, CT 06481-2961
860-346-2372
www.ctwoodlands.org

North Country National Scenic Trail
National Park Service (1980)
4,200 miles

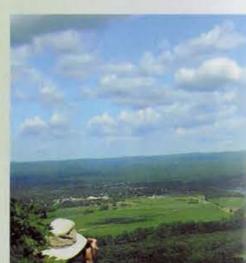
Conceived in the 1960s, this trail traverses seven northern states, linking New York's Adirondack Mountains to the Missouri River in North Dakota. Hikers enjoy mountains, forests, historic canals, Great Lakes shorelines, glacier-carved lakes and streams, and prairies of the Great Plains. A little over half of the eventual trail length is now open for public use.

North Country Trail Association
229 E. Main Street
Lowell, MI 49331
888-454-NCTA
www.northcountrytrail.org

NPS North Country National Scenic Trail
700 Rayovac Drive, Suite 100
Madison, WI 53711
608-441-5610
www.nps.gov/noco

Pacific Crest National Scenic Trail
Forest Service (1968), 2,650 miles

Extending border-to-border along the Cascade and Sierra Nevada mountains, this hiking and equestrian trail was first laid out in the 1930s. Citizen activists and the Forest Service had most sections open and maintained by the mid-1960s. It crosses 25 national forests, nine national parks, and several BLM districts. In a recent year, volunteers contributed 80,000 hours to build and maintain it.



Connecticut River Valley, from the New England NST
NPS

National Scenic Trails are continuous protected scenic corridors that offer superlative recreational experiences.

National Historic Trails commemorate prominent routes of exploration, migration, trade, communication, or military action. Today they generally consist of remnant sites, trail segments, or associated structures. Most are linked together by auto tour routes.



College students do trail maintenance on the Pacific Crest NST
COURTESY FPA/SABINA HENDRICK

Pacific Crest Trail Association
1331 Garden Highway
Sacramento, CA 95833
916-285-1846
www.pcta.org

Pacific Crest NST Manager
USDA Forest Service
1323 Club Drive
Vallejo, CA 94592
707-562-8881
www.fs.fed.us/pct

Pacific Northwest National Scenic Trail
Forest Service (2009)
1,200 miles

Set mostly in wilderness areas, this hiking trail connects the Olympic Peninsula in Washington to Glacier National Park in Montana, some of America's most breathtaking and varied landscapes. First conceived and scouted by writer Ron Strickland in the early 1980s, the trail today attracts volunteers from around the world and boasts innovative youth programs to build tomorrow's conservation leaders.

Pacific Northwest Trail Association
24854 C J Memorial Circle #4
Sedro-Woolley, WA 98284
360-854-9415
www.pnt.org

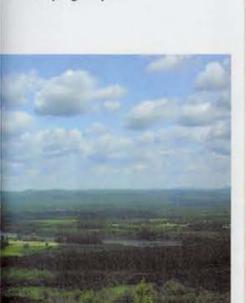
Pacific Northwest NST
USDA Forest Service
Pacific Northwest Region
333 W. First Avenue
Portland, OR 97208

Potomac Heritage National Scenic Trail
National Park Service (1983)
1,100 miles

The Trail corridor spans two watersheds and a wealth of landscapes that have inspired and shaped many generations. With the 184-mile Chesapeake and Ohio Canal Towpath as the geographical heart, the existing and planned segments of this growing Trail network include the Laurel Highlands Hiking Trail, Great Allegheny Passage, Mount Vernon Trail, Tidewater Potomac bicycling routes, Alexandria Heritage Trail, and hiking trails in Northern Virginia and in the Nation's Capital. Various segments accommodate different types and combinations of uses.

Potomac Heritage National Scenic Trail Office
P.O. Box B
Harpers Ferry, WV 25425
304-535-4014
www.nps.gov/pohe

Among Jamestown's first settlers, John Smith and crew explored and mapped the Chesapeake Bay and tributaries from 1607 to 1609. The trail recognizes 1600s American Indian culture and societies and, with Chesapeake Bay Gateways



Oregon National Historic Trail
ASBURY BEARDSLEY; EMIGRANTS CROSSING THE PLAINS; THE NATIONAL COWBOY HALL OF FAME, OKLAHOMA CITY, OKLA.
© BROWN COLLECTION

National Historic Trails



Hikers on the El Camino Real de Tierra Adentro NHT near Socorro, N.Mex.
NPS

Ala Kahakai National Historic Trail
National Park Service (2000)
175 miles

This "trail by the sea" connects and preserves ancient Hawaiian foot trails, some parts dating back 600 years. The rise of King Kamehameha I, the death of Captain Cook, and other events are linked along this trail of superb beaches, freshwater springs, luxury resorts, evocative petroglyphs, and remote wild areas. Please ask about sections open to the public.

Ala Kahakai Trail Association
P.O. Box 6030
Kamuela, HI 96743

E Mau Na Ala Hele
P.O. Box 6384, Kamuela, HI 96743
www.emaunaalahale.org

NPS Ala Kahakai NHT Office
P.O. Box 6384, Kamuela, HI 96743
73-4786 Kananani St., #14
Kailua Kona, HI 96740-2608
808-326-6012
www.nps.gov/alka

California National Historic Trail
National Park Service (1992)
5,665 miles

In just two years, 1849 and 1850, over 70,000 gold-seeking "49ers" rushed this braided trail system to get to the California gold fields. Weather, water, and feed conditions resulted in varied routes. Most people set out from the Missouri River and headed west across South Pass to the Sierra. This migration anchored California to the rest of the United States and precipitated statehood in 1850.

Oregon-California Trails Association
P.O. Box 1019
Independence, MO 64051-0519
816-252-2276
www.octa-trails.org

NPS National Trails System Office
—Salt Lake City
324 S. State Street, Suite 200
Salt Lake City, UT 84111
801-741-1012
www.nps.gov/cali

Captain John Smith Chesapeake National Historic Trail
National Park Service (2006)
3,000 miles

Among Jamestown's first settlers, John Smith and crew explored and mapped the Chesapeake Bay and tributaries from 1607 to 1609. The trail recognizes 1600s American Indian culture and societies and, with Chesapeake Bay Gateways



Oregon National Historic Trail
ASBURY BEARDSLEY; EMIGRANTS CROSSING THE PLAINS; THE NATIONAL COWBOY HALL OF FAME, OKLAHOMA CITY, OKLA.
© BROWN COLLECTION

How To Learn More About Trails

For information on the entire National Trails System see:
• National Park Service: www.nps.gov/ntr
• National Recreation Trails: http://americantrails.org/nationalrecreationtrails
• Forest Service: www.fs.fed.us/recreation/programs/trails/index.shtml
• Bureau of Land Management (BLM): www.blm.gov/nlcs/trails.htm
• U.S. Department of Transportation, Federal Highway Administration, Recreational Trails Program: www.fhwa.dot.gov/environment/recretrails



Poster calling settlers to California
HARTFORD LIBRARY

and Watertrails Networks, helps us understand the bay's rich history.

Friends of the Captain John Smith Trail
www.friendsofthecaptainjohnsmithtrail.org

NPS Chesapeake Bay Program Office
410 Severn Ave., Suite 314
Annapolis, MD 21403
410-260-2471
www.nps.gov/cajo
www.smithtrail.net

El Camino Real de los Tejas National Historic Trail
National Park Service (2004)
2,580 miles

Starting in the early 1700s this route connected a string of Spanish missions across southeastern Texas into what is now Louisiana. Most noted are those in and near San Antonio. Later, U.S. settlers poured in from the northeast, spurring Texas' independence in 1836 and U.S. annexation in 1850.

El Camino Real de los Tejas NHT Association
P.O. Box 2220
San Marcos, TX 78667
512-245-7551
www.elcaminoarealdelostejas.org

NPS National Trails System Office
—Santa Fe
P.O. Box 728
Santa Fe, NM 87504-0728
505-988-6098
www.nps.gov/elte

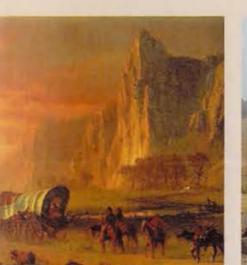
El Camino Real de Tierra Adentro National Historic Trail
Bureau of Land Management and National Park Service (2000)
404 miles

Longest and oldest of European roads in North America, this route linked Mexico City to Santa Fe and the Ohkay Owingeh pueblo. Formally opened in 1958, this vital link spurred settlement, revolt, conquest, and trade and helped create the vibrant mix of cultures of today's U.S. Southwest.

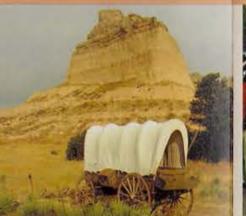
El Camino Real de Tierra Adentro Trail Association
P.O. Box 15162
Las Cruces, NM 88004-5162
575-528-8267
www.caminorealcarta.org

BLM Division of Resources
301 Dinosaur Trail, P.O. Box 27115
Santa Fe, NM 87505-0115
505-954-2169
and

Lewis and Clark National Historic Trail
National Park Service (1978)
4,400 miles



Re-enactor on the Pony Express NHT
© BROWN COLLECTION



Scotts Bluff National Monument, on the California NHT
NPS

NPS National Trails System Office
—Santa Fe
P.O. Box 728
Santa Fe, NM 87504-0728
505-988-6098
www.nps.gov/elca

Iditarod National Historic Trail
Bureau of Land Management (1978)
2,450 miles

This route commemorates the role sled dogs played in Alaska's 1910 Gold Rush, although Native Alaskans established many parts of it centuries before. It was used well into the 1930s by gold-seekers. Much of the route is open for public use, for subsistence, recreation, inter-village travel, and several famous long-distance winter races.

Iditarod Historic Trail Alliance
P.O. Box 2323, Seward, AK 99664
907-267-1246
www.iditarodnationalhistorictrail.org

BLM Anchorage Field Office
4800 BLM Road
Anchorage, AK 99507
907-267-1246
www.blm.gov/ak/st/en/prog/sa/ iditarod.html

Juan Bautista de Anza National Historic Trail
National Park Service (1990)
1,200 miles

This trail commemorates an epic 1775-76 journey of 300 settlers and soldiers from northern Mexico to San Francisco Bay, led by Lt. Col. Juan Bautista de Anza. The expedition crossed desert and wilderness to establish the Presidio at the entrance to the Golden Gate. Visitors today retrace the trail by auto route in California and Arizona.

Juan Bautista de Anza NHT Office
NPS Pacific West Region
1111 Jackson St., Suite 700
Oakland, CA 94607
510-817-1438
en español: 510-817-1323

Anza Trail Coalition of Arizona
P.O. Box 4711
Tubac, Arizona 85646
520-841-6944
www.anzatrail.com

Anza Trail Foundation
13133 Franceschi Road
Twain Oaks, CA 93518
661-867-2577
www.anzatrailfoundation.com

Lewis and Clark National Historic Trail
National Park Service (1978)
4,400 miles



Re-enactor on the Pony Express NHT
© BROWN COLLECTION

This brochure helps carry out Executive Order 13195, *Trails for America in the 21st Century*, and the six-agency National Trails System Memorandum of Understanding dated December 2006.



Near the Washington-Rochambeau Revolutionary Route NHT at Yorktown
NPS

One of America's great adventures, the 1804-06 Lewis and Clark Expedition, commissioned by President Thomas Jefferson, explored the Louisiana Purchase, following the Missouri River upstream. Helped by native people to cross the mountains, the Expedition wintered near the Oregon coast and returned. Marked auto routes, visitor centers, and local events continue this story.

Lewis & Clark Trail Heritage Foundation
P.O. Box 3434
Great Falls, MT 59403
406-454-1234
www.lewisandclark.org

NPS Lewis and Clark NHT Office
601 Riverfront Dr.
Omaha, NE 68102-4226
402-661-1804
www.nps.gov/lecl

Mormon Pioneer National Historic Trail
National Park Service (1978)
1,300 miles

Forced from Nauvoo, Ill., in February 1846, thousands of Mormons went west seeking freedom from persecution. In 1847 Brigham Young led a pioneer company up the Platte River, paralleling the Oregon Trail, and, once across the Rockies, southwest to the Great Salt Lake valley. This became a two-way trail as the first wave returned to escort others.

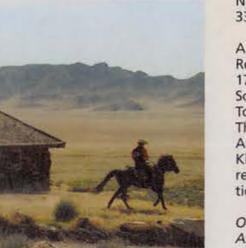
Mormon Trails Association
3651 Jasmine Street
West Valley City, UT 84120
www.mormontrails.org

NPS National Trails System Office
—Salt Lake City
324 S. State Street, Suite 200
Salt Lake City, UT 84111
801-741-1012
www.nps.gov/mopi

Nez Perce (Nee-Me-Poo) National Historic Trail
Forest Service (1986)
1,170 miles

In 1877 Nez Perce people were forced to leave their homelands for a reservation. Hostilities broke out, and many fled east to escape the U.S. Army. Crossing the Bitterroot Mountains and Yellowstone National Park they were overtaken in Montana's Bear Paw Mountains. Chief Joseph's eloquent and desperate surrender speech helped end U.S. Indian removal policy.

Nez Perce Trail Foundation
194 Highway 28, Salmon, ID 83467
208-940-0053
www.nezpercetrail.net



Overmountain Victory National Historic Trail
© GPO 2010-357-940/80106 Reprint 2010
Printed on recycled paper.



Fort McHenry National Monument and Historic Shrine, on Star-Spangled Banner NHT
NPS

Nez Perce NHT Administrator
USDA Forest Service
200 E. Broadway
Missoula, MT 59802
www.fs.fed.us/npnht/news

Nez Perce National Historic Park
Route 1, Box 100, U.S. Highway 95
Spalding, ID 83540
208-843-2261
www.nps.gov/nepe

Old Spanish National Historic Trail
Bureau of Land Management and National Park Service (2002)
2,700 miles

Opened in 1829 by Santa Fe trader Antonio Armiño, this trade route through Santa Fe and Los Angeles hosted Mexicans, Americans, and Indians trading wool goods, horses, mules, and human captives. Trail use declined after the 1846-48 U.S.-Mexican War.

Old Spanish Trail Association
P.O. Box 1189, Pueblo, CO 81001
719-242-8619
www.oldspanishtrail.org

BLM Division of Resources
301 Dinosaur Trail
P.O. Box 27115
Santa Fe, NM 87505-0115
505-954-2169
and
NPS National Trails System Office
—Santa Fe
P.O. Box 728
Santa Fe, NM 87504-0728
505-988-6098
www.nps.gov/olsp

Oregon National Historic Trail
National Park Service (1978)
2,170 miles

Key to U.S. westward expansion, this route followed earlier paths used by American Indians and fur trappers from the early 1840s. Some 300,000 people attempted this arduous "Road to Oregon," usually taking five to six months. Today the Trail links 300 miles of wagon ruts and many historic sites.

Oregon-California Trails Association
P.O. Box 1019
Independence, MO 64051-0519
816-252-2276
www.octa-trails.org

NPS National Trails System Office
—Salt Lake City
324 S. State Street, Suite 200
Salt Lake City, UT 84111
801-741-1012
www.nps.gov/oreg

Overmountain Victory National Historic Trail
National Park Service (1980)
330 miles

A turning point in the American Revolution occurred in early fall 1780 when patriot militias in the South organized to repel a large Tory force in the Carolina Piedmont. Their 14-day campaign led to the American victory at the Battle of Kings Mountain. Re-enactors yearly retrace this route, offering educational programs along the way.

Overmountain Victory Trail Association
2517 Shippe Road
Knoxville, TN 37924
www.ovta.org

Star-Spangled Banner National Historic Trail
National Park Service (2008)
290 miles

NPS Washington-Rochambeau NHT Office
200 Chestnut Street
3rd Floor
Philadelphia, PA 19106
215-597-1581
www.nps.gov/waro



Columbia River Gorge, on Lewis and Clark and Oregon NHTs
NPS

NPS Overmountain Victory NHT Office
2635 Park Road
Blacksburg, SC 29702
864-936-3477
www.nps.gov/ovvi

Pony Express National Historic Trail
National Park Service (1992)
1,855 miles

Operating just 18 months in 1860-61, this perilous mail route connected the new state of California to the rest of the United States. Adventurous young riders proved that the 15-day journey could provide regular overland communications before they were supplanted by telegraph wires as the Civil War began. Highway signs mark many parts of the route.

National Pony Express Association
P.O. Box 757
Glenrock, WY 82637-0757
www.xph