



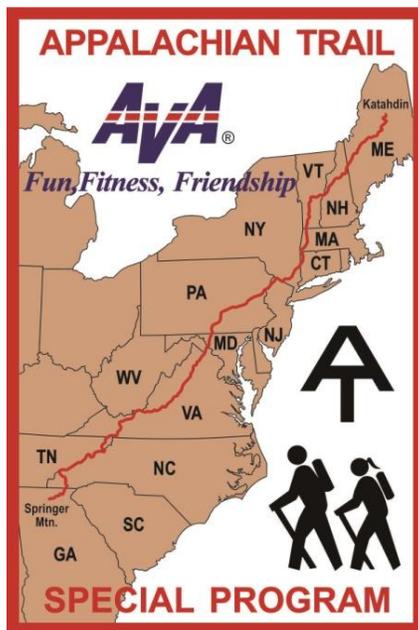
**Fun, Fitness, Friendship**

## Walking the Appalachian Trail with AVA: America's Walking Club

The Appalachian National Scenic Trail is a 3,524 kilometers footpath along ridge crests and across the major valleys of the Appalachian Mountains. The trail is used by day, weekend and other short-term hikers, section-hikers and thru-hikers (who hike the entire length of the trail in one season). The Appalachian Trail began as a vision of Forester Benton MacKaye, was developed by volunteers, and opened as a continuous trail in 1937. It was designated as the first National Scenic Trail by the National Trails System Act of 1968. The Trail is currently protected along more than 99 percent of its course by federal or state ownership of the land or by rights-of-way.

For our Appalachian Trail program, you will be hiking/walking a section of the trail in each of the 14 states. To find the trails, log to **AVA.org**. Click on the **Events** tab and select **Search Events**. Click on the **Special Programs** box, and select **Appalachian Trail**. You can then click on the walks and find out the information you need to locate and complete the walk. Complete the 14 required events; Traditional, Seasonal, or YRE as indicated in the booklet. You must pay \$3 for each event. Each AVA stamp can only appear once in the book. Due to the unique nature of this program, we give participants space to add other local stamps such as the Park or AT Passport stamp.

Use of the On Line Start Box is approved. The online start box is provided by the California Volkssport Association website (**www.cva4u.org**). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use PayPal. The directions and insert cards are PDFs that you download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.



This program is sponsored by AVA: America's Walking Club. Book sales end December 31, 2028 and all completed books should be turned in by 31 December 2029.

**To order the Appalachian Trail special event book, mail a \$10 check made out to AVA to:**

**Susan Medlin  
12527 Fern Creek  
San Antonio, TX 78253.**

Submit your completed books to the same address. Direct questions to Susan Medlin at 210-325-3523 or sueammed@aol.com.