

Did you know?

The Long Trail, established in 1910, is the oldest hiking trail in the United States.

Walking is good for both your body and your brain.

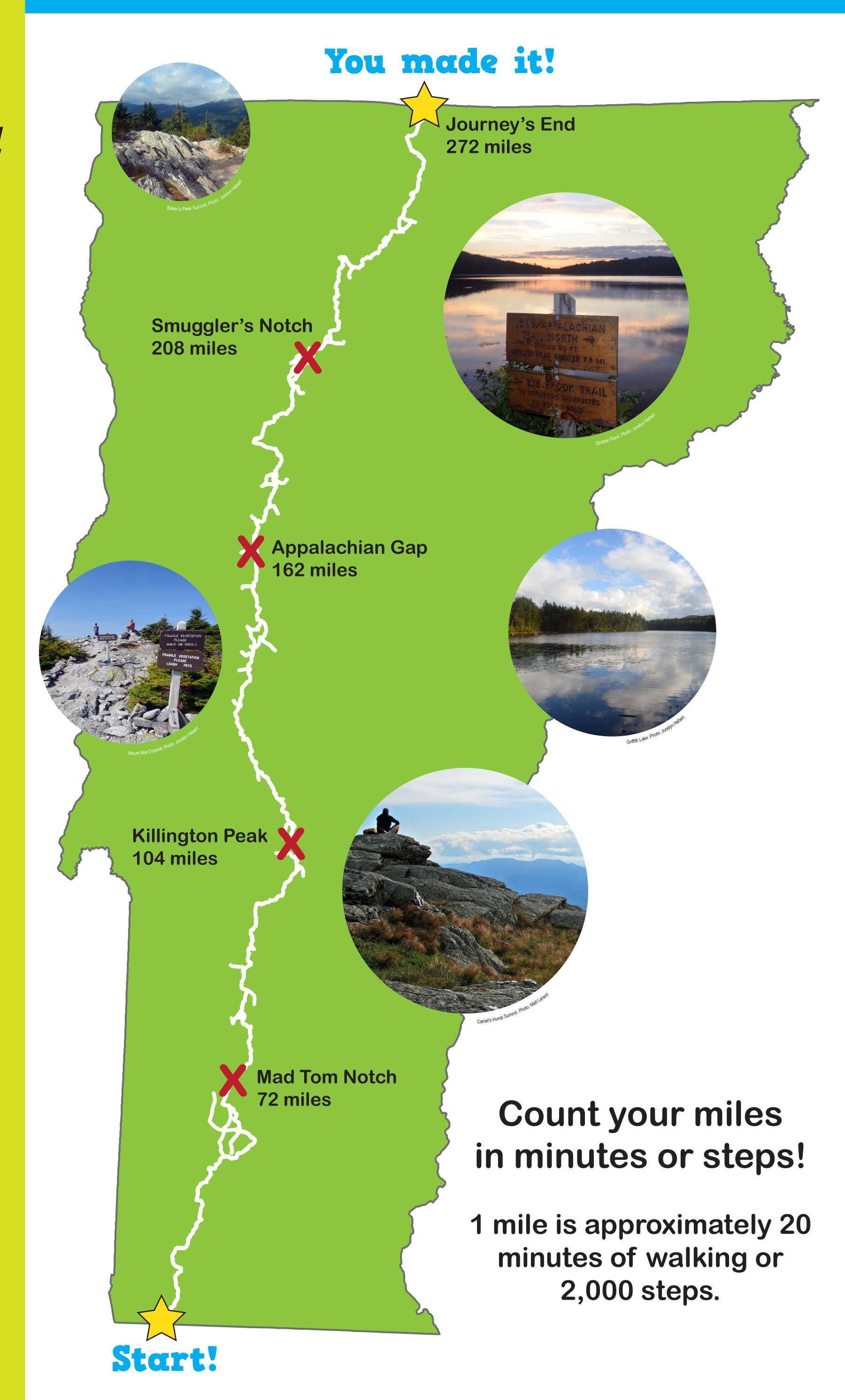
Through-hikers
typically hike
the Long Trail in
2-4 weeks.
How long will it
take you?

Walking or biking to school before an exam can improve your test score.

The Green
Mountain Club
is the official
steward of the
Long Trail.

Walking school
buses are a
great way to
have fun with
your friends on
your way to
school.

Let's Walk the Long Trail!



Learn more about walking and biking to school by visiting the Vermont Safe Routes to School website: www.SafeRoutes.Vermont.Gov