



Let's Walk the Long Trail!

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.

You made it!



Count your miles in minutes or steps!

1 mile is approximately 20 minutes of walking or 2,000 steps.

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