



WALKING

"Walking is man's best medicine."

Hippocrates, Greek physician (460 BC - 377 BC)

Table of Contents:

WALK!

WALKING – OUTDOOR ACTIVITIES HOUSTON

ENJOY A GOOD WALK – ARTICLE

LONG-DISTANCE TRAILS IN THE U.S.

See also:

Mindfulness

Books:

[***The Complete Guide to Walking by Mark Fenton***](#)

[***A Walk in the Woods by Bill Bryson***](#)

[***The Long Road Turns to Joy by Thich Nhat Hanh***](#)

[***Peace Pilgrim: Her Life and Work in Her Own Words***](#)

[***The Wilderness World of John Muir edited by Edwin Teale***](#)

Articles:

Websites:

BioMotion Lab 1.8

<http://biomotionlab.ca/Demos/BMLwalker.html>

Long Distance Footpaths

http://en.wikipedia.org/wiki/List_of_long-distance_footpaths

<http://www.thewalkingsite.com/>

Run/Walk Without Injury: How to Train for a Marathon by Jeff Galloway: <http://www.jeffgalloway.com/training/marathon.html>

Audio/Video:

[***Walking Meditation by Thich Nhat Hanh***](#)

[***Walking: The Ultimate Exercise for Optimum Health by Andrew Weil and Mark Fenton***](#)

Publications:

Organizations:

People:

Henry David Thoreau

John Muir

Thich Nhat Hanh



Jon Kabat-Zinn
Jeff Galloway
Bill Bryson

Integral Nutrition:

Conventional:

Terms:

"No one in our society needs to be told that exercise is good for us. Whether you are overweight or have a chronic illness or are a slim couch potato, you've probably heard or read this dictum countless times throughout your life. *But has anyone told you – indeed, guaranteed you – that regular physical activity will make you happier? I swear by it.*" – Sonja Lyubomirsky

WALK!

Source: http://www.garynull.com/live_healthy/lesson_2_ex1.htm

Next to diet, exercise is the simplest and most effective way to prevent illness, yet fewer than 20% of healthy Americans exercise regularly. Drug companies have no financial incentive to fund research into the healing effects of exercise, and without large, controlled studies documenting exercise's healing power, many doctors opt to dole out drugs rather than urge patients to break a sweat. Despite this undeserved lack of attention, more and more studies are emerging that back the use of exercise for prevention and cure of disease.

- A 16,000-person study of twins at the University of Helsinki found that taking brisk, half-hour walks just six times a month cut the risk of early death by 44%. Even those who exercised occasionally—less than six times a month—were 30% less likely to die early than their sedentary twin.

Medical research has focused a great deal on the identification of specific disease-causing genes, leading some people to mistakenly believe that health is primarily determined by heredity. But this twin study, the first to separate out mortality due to genetics, versus mortality due to fitness, clearly shows that exercise can have dramatic benefits.

- A study of 707 healthy older men found that, over a 12-year period, 41% of the men who walked less than a mile a day died, but only 24% of the men who walked more than two miles a day died (the average of the latter group was 3.7 miles). Cancer was the disease that walking was most likely to prevent.

- Women who walked an hour every day had only about half the colon cancer risk than did sedentary women. The same risk reduction was found for those women who engaged in more vigorous forms of exercise.
- A group of overweight, sedentary women suffering from a condition called insulin resistance were put on a program in which they worked out for 50 minutes each day. Half of these women experienced a complete reversal of their conditions in only one week, while the remainder had lowered their resistance to a level sufficient to avoid developing diabetes, if that level were maintained.
- Researchers in Britain enrolled 66 patients suffering from chronic fatigue syndrome in a 12-week program of either aerobic exercise or flexibility training. At the end of the study period, those doing aerobic exercises showed more improvement on measurements of fatigue than those doing flexibility training.
- Scientists at Brigham and Women's Hospital discovered that men who exercised once or twice a week lowered their risk of heart attack by an average of 28% over sedentary men, and those exercising five times a week cut their risk by 44%. When looking at the length of the workouts, those who exercised 11 to 24 minutes reduced risk by 35% over those doing shorter workouts; exercising for longer than 24 minutes, however, did not bring any added advantage. For exercise to be effective it apparently doesn't have to be lengthy.

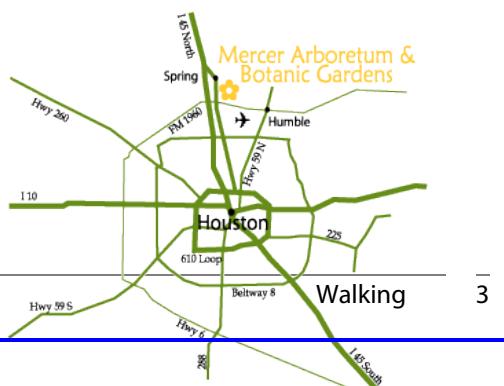
In addition to the benefits outlined in the studies above, exercise has also proven helpful in relieving the pain of arthritis, halting bone loss (some people can even rebuild bone), and alleviating the symptoms of depression. Based on information in: San Luis Obispo County Telegram-Tribute, 2-11-98; The New England Journal of Medicine, 1-8-98; Health, Mar 1998; Prevention, Jan 1998; Health, Oct 1997

WALKING – OUTDOOR ACTIVITIES IN HOUSTON

David Rainoshek, M.A.: Obviously, you probably do not live in Houston, Texas. This is where I started my coaching practice and did much of my initial research in nutrition.

This part of the file is to illustrate that even in an urban city of 4 million people, there are beautiful places to discover and walk. Please find your own places to enjoy contemplative walking and exercise in your own town or city, and enjoy the delight of seeing where you live in new ways while supporting your Juice Feast!

Mercer Arboretum





Address/Location

22306 Aldine Westfield Road
Humble, Texas 77338-1071

Contact us

Phone: (281) 443-8731
Fax: (281) 209-9767
E-mail: mercerarboretum@hcp4.net

Park Hours

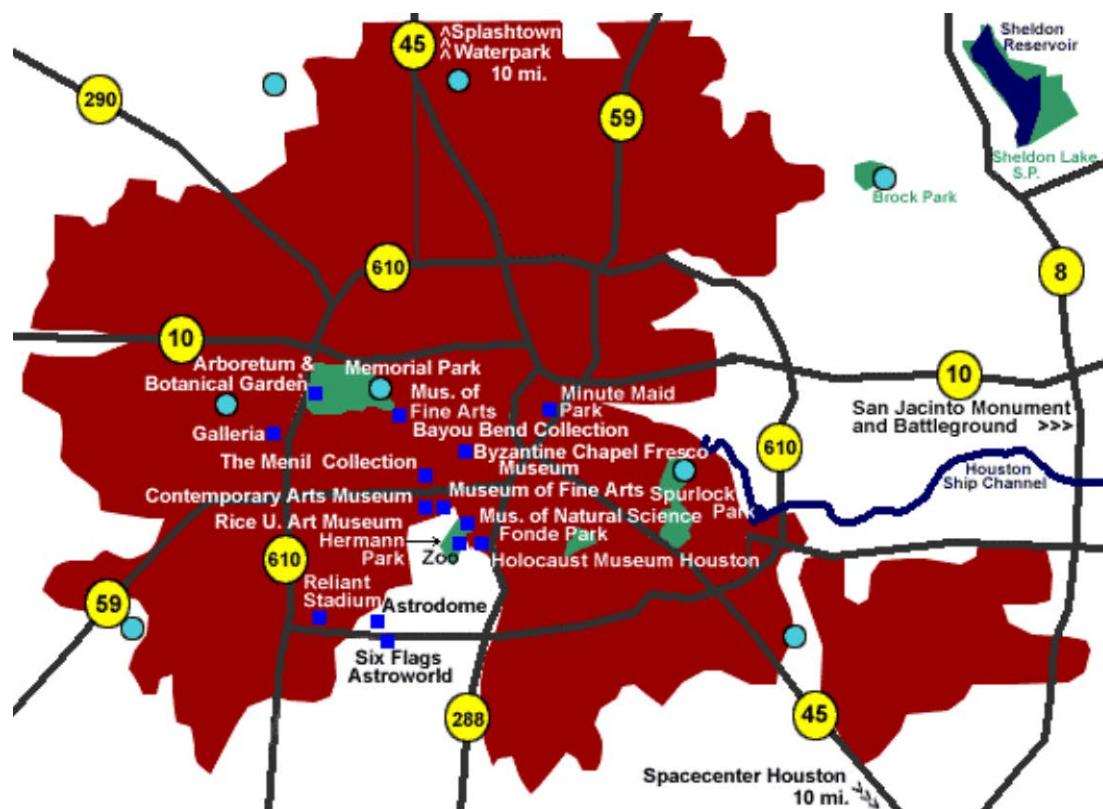
Summer Hours

Monday - Saturday: 8 a.m. - 7 p.m.

Sunday: 10 a.m. - 7 p.m.

Winter Hours

Daily: 8 a.m. - 5 p.m.



Houston Memorial Park

6501 Memorial Drive

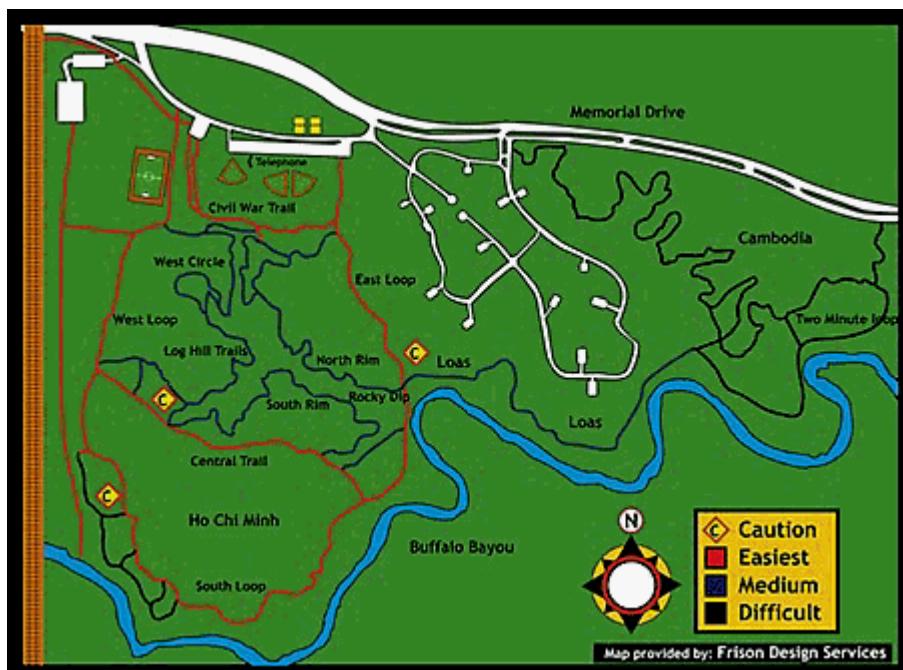
Houston, TX 77001
713-845-1000

Dubbed "the largest urban park in Texas," Houston's Memorial Park covers approximately 1,466 acres just inside Loop 610 at Woodway. The park includes Texas' top-rated municipal 18-hole golf course, as well as facilities for tennis, softball, swimming, track, croquet, volleyball, in-line skating, cycling and a popular three-mile running course.

History: Camp Logan, an emergency training center in World War I was earlier a National Guard camp just beyond the western city limits of Houston. Construction of the center began on July 24, 1917. In the Houston Riot of 1917, trouble between local police and black soldiers quartered at the camp resulted in a riot on August 23 and the declaration of martial law in Houston. The camp was used for hospitalization of wounded men in 1918. At the close of the war the site was acquired by William C. Hogg and his brother, Mike, who turned over to the city of Houston, at cost, more than 1,000 acres. Memorial Park, the city's largest recreational area, is on the site.

Directions: From Loop 610 West turn east (toward downtown) to the first light after the railroad underpass. Portions of the park are now on your right and left. Turn right at the light and park along the road or in the lots around the baseball fields. If you're approaching Memorial Park on Memorial Drive from the east, bear left onto the loop road. If you miss this turn, continue to the traffic light and turn left.

Facilities: Bike Trails: Bikers have a great selection of riding here, from flat paved trails to more difficult, twisting mountain-bike runs. The trails have been marked with a color code according to skill level, so riders can easily find the path that will suit them best. Hiking and runners are welcome to use the biker trails. There are many miles of running trails in the park as well. It should be noted that there is heavy car traffic through the park. People with respiratory conditions such as asthma are warned to consider selecting someplace else to exercise. The total length of bike trails in Memorial Park reaches nearly six miles.



Trail Information: Memorial Park is a roughly square section of land that is about **1600 acres in size**. It is bordered to the north by the I-10 Interstate, to the west by the I-610 Loop, and to the south by Buffalo Bayou. All the wooded areas in Memorial Park are criss-crossed by trails. The section of trails located at the park's southern border along Buffalo Bayou -- collectively known around Houston as the Ho Chi Minh Trail -- is heavily traversed by mountain bikers, as well as runners and hikers. The woods and trails in the park's SW and NW quadrants are less biked. All the trails vary in size from narrow footpaths to wide, unused fire roads. The terrain varies from extremely undulating (with "camel hump" sequences rising and falling sharply anywhere from 5 to 40 feet) to perfectly flat. Besides the Bayou itself, there are creeks, ponds, a few open fields, a railroad, and a couple of swamps to run through, beside, or around. The woods are dense, and populated particularly with tall pines. The trails take you adjacent to an equestrian center, as well as the Houston Nature Center and Arboretum. There are also tunnels underneath the two major thoroughfares traversing the park (Memorial and Woodway). These tunnels connect the various trails and allow runners to avoid negotiating directly across traffic, which can be both thick and speedy at times. Runners keeping a steady pace of 8-9 minutes/mile can easily run these trails for as much as 2 hours with little or no backtracking. Be prepared to bring water -- Houston weather is notoriously scalding and humid (even during the "winter" months) and, as of yet, there are no water stops directly on the trails -- though the park itself has many.



Miscellaneous Information: In addition to the off-road running trails, Memorial Park also has a three-mile-loop running path that is paved with crushed granite. It is lighted for night-time running and is used heavily pretty much 24 hours a day. Along the path, runners can find both restrooms and water fountains.

Flora & Fauna: These mixed pine/oak woodlands, fenced in by urban sprawl from all directions, still support a diverse population of eastern woodland birds. Pine, Swainson's, Kentucky, and Hooded warblers breed within this park. In late winter, American Woodcocks (a rare breeder on the upper coast) have displayed here. Watch for Mississippi Kites feeding on dragonflies as they skim the treetops along Buffalo Bayou in late August and early September.

Additional Memorial Park Contact Information:

Memorial Park Golf Course 713-862-4033

Memorial Park Tennis Center 713-867-0440

Memorial Park Swimming and Fitness Center 713-802-1662

Houston Arboretum and Nature Center 713-681-8433

Nearby Attractions: [NASA-Space Center Houston](#). The cities of [Galveston](#) and [Kemah](#) and the [Kemah Boardwalk](#) are less than an hour drive south of the site. Nearby Texas Parks and Wildlife facilities include [Brazos Bend](#), [Galveston Island](#), [Lake Houston](#), and [Village Creek State Parks](#); [Sheldon Lake State Park](#) and [Environmental Education Center](#); [Varner-Hogg Plantation State Historic Site](#). [The Houston Arboretum & Nature Center](#) is located within the confines of [Memorial Park](#).

Houston's Memorial Park encompasses 1,466 acres of coastal woodlands, making it larger than many state parks and one of the largest urban spaces in America. The park is tucked into a lush and humid

forest belt at the confluence of loop 610 and I-10. Size is not the only aspect of Memorial Park that rivals many state parks; the trail systems in Memorial are both extensive and challenging.



The most visible activity in Memorial Park is jogging, Houstonians flock here in droves to run on well kept trails of crushed pebble and packed earth. The park's official "jogging" trails circle the golf course providing a popular 2.7 mile loop. This trail also runs parallel to Memorial and Woodway boulevards. Due to the amount of traffic in the area persons with respiratory illnesses and sensitivity should be cautious to observe ozone and smog alerts before exercising here.

A well maintained tennis court is popular as well as the **Memorial Park Municipal Golf Course**; rated one of the top municipal courses in the country. A popular local restaurant runs a concession adjacent to the **tennis court and golf course, public showers** and **restroom facilities** are available as well. The second most popular trail system in Memorial Park are the bike trails. While being marked as "bike" trails, they are in fact open to runners and hikers alike.

Common sense and safety rules should be followed by all who use these trails, and bike riders are required to announce that they are passing through tight areas or around corners. A circular driving area known as the picnic loop is popular with roller-bladers and has many day use picnic tables with barbecue grills.

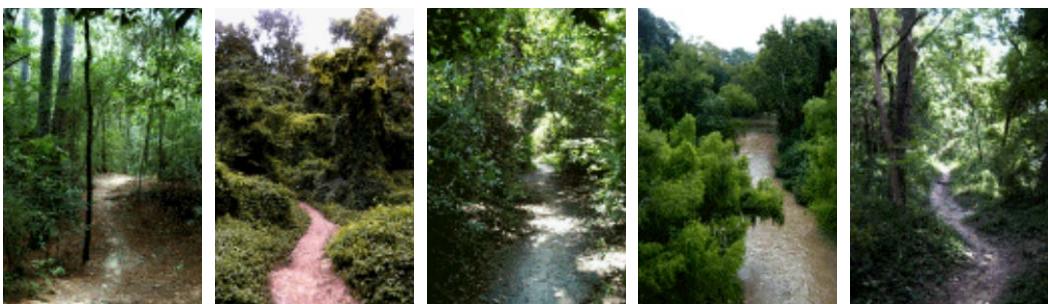
In addition to the many trails the park is host to several softball/baseball fields, as well as a soccer/football field. The park is also host to Houston's annual Bayou City Art Festival, which was formerly known as the Westheimer Arts Festival.

The bike trails are said to equal roughly eight miles in total, people who wish to extend their mileage can simply follow the myriad of trail junctions and pathways that make up Memorial Park's trail system. Because these are "bike" trails they are designed to be challenging.

These trails are second to none in the quality of exercise they offer anyone using them, be they on wheels or foot. There are numerous hills with ample up and down courses, runs and straight-aways. Many sections of the trailway parallel creek beds and Buffalo Bayou, where steep drops of twenty to thirty feet greet unwary trekkers. The trails pitch up and down many slopes, with sharp turns and zig-zag patterned trails requiring constant effort and activity. Hikers and bikers will feel the burn as they power their way up many steep inclines and down long plunging declines in the trails.

The trails that begin on the western side of the park, all have colorful names. A power line right away follows train tracks that lead back to the banks of Buffalo Bayou. Once near the bayou, the trail known as "Ho chi Min" begins, it snakes in and around numerous color coded paths and along the bayou. Well healed River Oaks borders the other side of the bayou, and the sight of a full grown lama "mowing" the lawn of one mansion makes for an unusual sight.

The junctions and loops that comprise this section of trailway are named variously, South Loop, Central Loop, the Civil War trail etc. The trails in this section offer the most strenuous work out along the regions which border the bayou.



There are numerous posts with color coded placards noting which trail way one is upon, red designates the "Ho Chi Min" trail. The real Ho Chi Min trail was a grueling highway of death, but at Memorial Park the Ho Chi Min trail is one of the easiest trails to follow. It joins up with the blue colored main trailway, which features sections nicknamed North Rim, South Rim and West and North Circle.

This blue section of trail is popular with mothers and children, who can be spotted riding bikes and big wheels on most days. The black color coded trails are rated most difficult, and are known as the Cambodia and Laos trails. These trails are actually more appropriate in name than the aforementioned Ho Chi Min trail. Beginning near the picnic loop driveway, this trail quickly diverts away from Memorial Drive and enter the most challenging series of trails in the park.

These trails require strenuous work from both bikers and hikers. In the summer heat they will quickly wind a person and require ample water. A small "two minute loop" section actually takes much more than that to travel on foot, and this loop is one way to find the trail called Laos. This long trailway leads along the bayou and joins up with the park's blue colored main trails after a couple of miles hiking.

The foliage is lush and plentiful, with some sections leading through densely vegetated areas offering many peaceful views. These trails pitch sharply up and down through numerous rolling and hilly landscapes. The actual possibility of a biker being able to navigate the Laos trail us minimal. Though we have seen many bikers along the rest of the trails, we have never seen any on the Laos section. One would rarely think they were in the center of the fourth largest American city if they did not know better.

We have found the trails at Memorial Park to be fulfilling and challenging, and surprisingly some of the best we have ever hiked. On several recent trips we make the effort to hike each trail and connecting trail, the task took between three and half to four hours each time.

Millions of Houstonians have no idea how varied and challenging a set of trails lie within a short drive of their home. Memorial Park offers a multitude of exercising opportunities and some of the best hiking trails in the Houston area.

Terry Hershey Park

The land occupied by Precinct 3's Terry Hershey Park was acquired by the U.S. Army Corps of Engineers in the 1940s as part of the Addicks and Barker Reservoirs project. The Corps of Engineers later deeded this land to the Harris County Flood Control District. Harris County began planning to develop a park on the property in 1985 and eventually leased 500 acres along the banks of Buffalo Bayou and South Mayde Creek from the Flood Control District in 1987.

Development of the first section of the hike and bike trail here was started by Commissioner Bob Eckels and continued by his successor, Elizabeth Ghrist. The park was then known as Buffalo Bayou Park. Commissioner Ghrist's successor, Steve Radack, initiated a major expansion of the trail system after he took office in 1989. It was Commissioner Radack who proposed changing the name to Terry Hershey Park to honor the conservationist who led the campaign in the 1960s to derail a plan to pave the banks of Buffalo Bayou as had been done earlier to portions of the banks of White Oak Bayou and Bray's Bayou.

Additions to the trail since 1989 have brought the length of the system, including side trails, to approximately 12-1/2 miles. The layout extends from the Barker Dam on the west to Beltway 8 on the east. There are ten bridges. There are five grade separations: at Highway 6; at Eldridge Parkway; at Dairy Ashford; at Kirkwood and at Wilcrest. Parking lots are provided at Highway 6 and Beltway 8 (access off southbound tollway service road). Also, there are parking lots on Dairy Ashford on the south side of the bayou, and on the north and south sides of Memorial Drive at South Mayde Creek, and off the east bound I-10 service road at South Mayde Creek. Work will begin soon on an extension of this trail that will take it under I-10, north to the top of the Addicks Dam where it will branch. There will be a branch to the east to Eldridge Parkway and a branch to the west connecting with Metro's Addicks Park and Ride Lot. This will make it possible for people to travel by bicycle from the neighborhoods around Wilcrest, Kirkwood, and Dairy Ashford to the park and ride lot, or to jobs in the oil company offices around Eldridge Parkway, if they choose to.



The Hike and Bike Trail is the main element in Terry Hershey Park. But there are other features, including [restrooms](#), [gazebos](#), a [lighted walking trail](#), exercise stations, [playground](#), and [picnic sites](#). There is a [walk-in sundial](#) where your shadow will tell you the time if you stand on the appropriate stone (and if the sun is shining). This feature is in the section of the park between Memorial Drive and Interstate 10. It was suggested by Ormonde Smith, one of the regular users of Terry Hershey Park.

Terese "Terry" Hershey and her late husband Jacob "Jake" Hershey devoted a great deal of time, energy and money to conservation causes. They were founders of the Bayou Preservation Association. Mrs. Hershey is a former member of the Texas Parks and Wildlife Commission. She has been honored by many state and national organizations for her efforts to protect the environment. She and then



Terry Hershey

Congressman George Bush defeated a proposal to channelize and pave Buffalo Bayou, in the 1960s, by persuading Congress not to provide the money for it.

Houston Arboretum and Nature Center



Located on the western edge of Memorial Park, the **Houston Arboretum and Nature Center** offers an escape from the hustle and bustle of city life and the opportunity to experience the natural world. This **155-acre** non-profit urban nature sanctuary provides education about the natural environment to Houstonians of all ages. It plays a vital role in protecting native plants and animals in the heart of the city where development threatens their survival.

Visitors can walk **five miles of trails free of charge**. Each summer children gain in-depth knowledge leading to life-long appreciation of the natural world through week long Discovery Classes. Thousands of school children visit HANC on field trips designed for their age and grade level.

The Nature Center building includes the Discovery Room with interactive exhibits and activities and the Nature Shop filled with items for nature lovers of all ages. It is a unique place for special events such as meetings, weddings and birthday parties.

Learn More

- [Mission](#)
- [History](#)
- [Hours, Map and Admission](#)
- [HANC Events](#)
- [Education](#)
- [Conservation](#)
- [Nature Center](#)
- [Special Facts](#)

Hours

Gates	Open 7 days/week
Grounds & Trails	8:30 a.m. to 6 p.m.
Building	9 a.m. to 5 p.m.
Gift Shop	10 a.m. to 4 p.m.
Discovery Room	10 a.m. to 4 p.m., closed Mondays*
2006 Building Closures	January 1, 2 April 16 May 29 July 4 September 4 November 23 December 25



* Please note: Groups wishing to visit the Discovery Room must make reservations. Tuesdays - Fridays, the Discovery Room may be closed during the day for scheduled school programs. Please call to check availability.

Costs

Admission	Free, donations appreciated
Tours on weekends	Free, donations appreciated



NOTE: Traffic and construction on the 610 Loop may cause detours. The Woodway Exit ramp (both northbound) from I-610 West Loop is currently closed. When travelling northbound, exit Memorial and follow detour signs to travel back to Woodway. For more information check the [Houston TranStar Incidents & Road Closures webpage](#) or view the [Houston Transtar RealTime Construction Closure Map](#)

4501 Woodway Drive

Houston, Texas 77024-7708

Phone 713.681.8433

Toll free 866.510.7219

Fax 713.681.1191

Email arbor@houstonarboretum.org



WILDLIFE GARDEN



**HUMMINGBIRD & BUTTERFLY
ISLAND**



**CAROL TATKON SENSORY
GARDEN**

ENJOY A GOOD WALK

Source: <http://www.texasoutside.com/houston/houston.htm>

MILLIONS of people seem to think that if they can't join a spa and spend a lot of time working out, they might as well forget about health benefits from exercise. Yet, that isn't true. Dr. Russell Pate of the

University of South Carolina says: "I think we have to officially sanction the idea that a nice, comfortable walk around the block after dinner is a very desirable thing to do."

But will a walk really do you that much good? Does walking have health benefits that are truly significant?

Walking Is Good Medicine

Greek physician Hippocrates viewed walking as "man's best medicine." In fact, there is an adage that says, "I have two doctors, my left leg and my right." Is walking really that healthful?

Well, some studies suggest that people who walk consistently may develop fewer illnesses than people who are sedentary. The studies show that walking reduces the risk of heart disease and of having a stroke. It can fend off diabetes by improving the body's ability to use insulin. It keeps bones strong, preventing osteoporosis. Walking builds strength, flexibility, and stamina. It supports weight loss and weight maintenance. Additionally, walking improves sleep, enhances mental function, and can even help to counteract depression.

Some years ago researchers at the University of Southern California reportedly found that a 15-minute walk brings more relief from anxiety and tension than a mild tranquilizer! Like other physical activities, walking triggers the release of endorphins, brain chemicals that relieve pain and stimulate relaxation, producing a sense of calm and well-being.

According to *The Medical Post* of Canada, even a leisurely stroll can produce health benefits. A study published in *The New England Journal of Medicine* reveals that walking as little as half a mile [800 m] a day reduces mortality. Recent studies suggest that exercising three times in a day, for 10 minutes each time, will do you almost as much good as exercising continuously for 30 minutes. So you might think about parking farther away from your destination and walking the rest of the way. Or you could go for a miniwalk sometime during the day.

Even greater benefits can come from brisk walking. Dr. Carl Caspersen of the U.S. Centers for Disease Control and Prevention in Atlanta, Georgia, said: "Going from being sedentary to walking briskly for a half hour several days a week can drop your risk [of disease] dramatically." And what is so good about walking is that people of all ages and practically all health levels can do it. Moreover, it doesn't require special training or athletic skill—only a good pair of shoes.

Enjoy a Good Walk

Wear comfortable, loose-fitting clothing. For warmth, add layers that are easily shed. Use flexible, lightweight shoes with a cushioned low heel and roomy toe box. They should be somewhat larger than your usual dress shoe. If you plan to walk for more than half an hour and there will be no drinking water on your route, you may want to take a light container of water with you. Warm up by walking at an easy pace for the first five minutes. Maintain an upright posture, keeping the elbows and knees slightly bent and hands cupped, not clenched.

After warming up, fall into a natural, brisk stride in which the heel of the foot strikes the ground first, rolling through the step to the toes. Flexible shoes are thus needed. Does all this sound like a lot to remember? Relax—most people walk this way naturally. Your pace should allow you to carry on a full

conversation without getting breathless. If you are new at walking, build up your time, distance, and speed gradually. Cool down by slowing your pace near the end of your walk.*

Increased heart and breathing rates are normal signs of exertion, as is mild-to-moderate sweating. You may feel some muscle aches and tenderness the first few days. Pay attention to your body's response. If you feel as though you are pushing too hard, slow down or take a short break. However, if you experience such symptoms as tightness or pain in your chest, palpitations, severe shortness of breath, dizziness, or nausea, stop walking and seek immediate care.

Because it is low impact, walking can have a definite advantage over such activities as running and aerobics. As a result, there is less chance of injury to joints and muscles. Indeed, walking is the number one activity recommended by fitness experts. So, for your well-being, take a walk!

LONG-DISTANCE TRAILS IN THE UNITED STATES

Source: http://en.wikipedia.org/wiki/Long-distance_trails_in_the_United_States

The following is a partial list of **long-distance trails in the United States**:

- [American Discovery Trail](#): Coast-to-coast, from the [Delmarva Peninsula](#) on the [Atlantic Ocean](#) to the northern [California](#) coast on the [Pacific Ocean](#)
- [Appalachian Trail](#): Along the length of the [Appalachian Mountains](#) in the United States, from [Georgia](#) to [Maine](#) (and passing through [North Carolina](#), [Tennessee](#), [Virginia](#), [West Virginia](#), [Maryland](#), [Pennsylvania](#), [New Jersey](#), [New York](#), [Connecticut](#), [Massachusetts](#), [Vermont](#), and [New Hampshire](#))
- [Arizona Trail](#): 790-mile trail from Mexico to Utah, crossing Arizona's mountains and canyons
- [Bay Area Ridge Trail](#): 500-mile trail circling the [San Francisco Bay Area](#) (under development)
- [Buckeye Trail](#): Circling the state of [Ohio](#)
- [Chief Ladiga Trail](#): [Alabama](#)'s longest [rails-to-trails](#) project
- [Chilkoot Trail](#): An international historical trail that begins in Alaska and continues into [British Columbia](#), [Canada](#)
- [C&O Canal Trail](#): Along the old [Chesapeake and Ohio Canal](#) along the [Potomac River](#) in [Maryland](#) and [Washington, DC](#)
- [Cohos Trail](#): Through [New Hampshire](#)
- [Continental Divide Trail](#): Along the length of the [Rocky Mountains](#)
- [Cumberland Trail](#): Along the [Cumberland Plateau](#) in [Tennessee](#)
- [East Coast Greenway](#): Maine to Florida (under development)
- [Finger Lakes Trail](#): from the [Catskills](#) to [Western New York](#)
- [Florida Trail](#): 1,400-mile [National Scenic Trail](#) from [Gulf Islands National Seashore](#) in [Florida](#)'s western panhandle to [Big Cypress National Preserve](#) in south Florida.
- [Highlands Trail](#): from [Storm King Mountain](#) on the [Hudson River](#) to the [Delaware Water Gap](#)
- [Ice Age Trail](#): Through [Wisconsin](#)
- [John Muir Trail](#): In [California](#)
- [Katy Trail](#): Across [Missouri](#)
- [Lone Star Hiking Trail](#): 90 mile trail through the [Sam Houston National Forest](#) north of [Houston Texas](#).
- [Long Path](#): from the [New Jersey](#) side of the [George Washington Bridge](#) to (currently) the [Mohawk River](#).
- [Long Trail](#): The length of [Vermont](#), from [Massachusetts](#) to [Canada](#).

* For those interested in burning calories, going from a 20-minute mile [12-minute km] to a 15-minute per minute. Increasing the pace from a 15-minute mile [9-minute km] to a 12-minute mile [7-minute Most fitness walkers cover a mile in about 12 to 15 [a kilometer in about 7 to 9] minutes.



- [Michigan Shore-to-Shore Trail](#): Linking [Lake Michigan](#) and [Lake Huron](#), in [Michigan](#) state
- [Mountains-to-Sea Trail](#): Crosses [North Carolina](#) going from the [Great Smoky Mountains](#) to the [Outer Banks](#).
- [Natchez Trace Trail](#): In [Tennessee](#), [Alabama](#) and [Mississippi](#)
- [North Country Trail](#): Northern tier of states in United States, [New York](#) to [North Dakota](#).
- [Oregon Coast Trail](#): Entire 362-mi [Pacific](#) coast of [Oregon](#)
- [Ouachita National Recreation Trail](#): In Oklahoma, This is the longest trail in the Ouachita National Forest spanning 192 miles across its entire length. In the west, the trail begins at Talimena State Park on U.S. Hwy. 271 near Talihina, Oklahoma. The eastern boundary is south of Perryville, Arkansas on Hwy. 9.
- [Ozark Highlands Trail](#): In [Arkansas](#), 180 miles through the [Ozark National Forest](#)
- [Ozark Trail](#): In [Missouri](#)
- [Pacific Crest Trail](#): The [Sierra Nevada](#) and the [Cascade Range](#) near west coast of the [United States \(California, Oregon and Washington\)](#)
- [Potomac Heritage Trail](#): In the [Potomac River](#) basin (under development)
- [Seaway Trail](#)
- [Sheltowee Trace Trail](#): In the [Daniel Boone National Forest](#) in [Kentucky](#)
- [Silver Comet Trail](#): West of [Atlanta](#), a [rails-to-trails](#) project
- [Skyline-to-the-Sea Trail](#): From the ridge of the coastal mountains in [California](#) to the [Pacific Ocean](#).
- [Superior Hiking Trail](#): In [Minnesota](#)
- [Susquehannock Trail](#): Circular trail in the [Susquehannock State Forest](#) in north-central [Pennsylvania](#)
- [Tahoe Rim Trail](#): Loop trail on the mountains and ridges surrounding [Lake Tahoe](#) in [California](#) and [Nevada](#)
- [Tuscarora Trail](#): Parallel to [Appalachian Trail](#) in [Pennsylvania](#), [Maryland](#), [Virginia](#) and [West Virginia](#)
- [Wonderland Trail](#) A ring around [Mount Rainier](#) in [Washington \(state\)](#)

[\[edit\]](#)

See also

- [National Millennium Trail](#) project - 16 long-distance trails selected in [2000](#) as visionary trails that reflect defining aspects America's history and culture
- [Trail, Long-distance trail](#)
- [List of long-distance trails](#)
- [Walking, Hiking, Backpacking](#)

[\[edit\]](#)

External links

- [American Trails](#)
- [American Long Distance Hiking Association- West](#)
- [Appalachian Long Distance Hikers Association](#)
- [American Hiking Society](#)