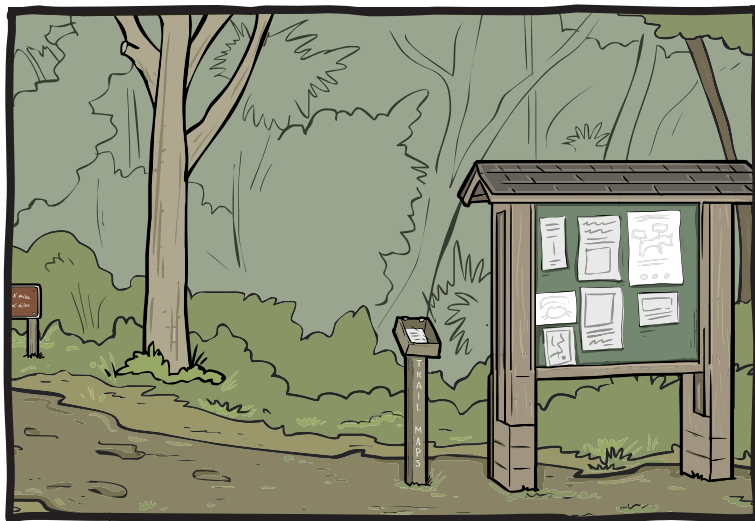


ON THE TRAIL

Name _____

Date _____ Park _____



Trails are a great way to experience nature while exercising your body and brain. Trails also help limit the impact of recreation on the environment by creating designated places where people can explore natural areas without disturbing the plants and animals which live there.

You should always stay on the trail while in a Florida State Park. Always use the correct safety equipment when you are on the trail and remember to bring insect repellent, sunscreen and water.

Share the Path

Many trails in Florida State Parks are shared use trails. This means you can hike, bike or horse-back ride using the same trail. For safety, it is important to know when to yield. Yield means to slow down allowing another person to pass. Examine the following icon and use it to help fill in the blanks below with the words in the word bank. Some have been done for you.



1. When on the trail,

and _____ cyclists _____

yield to _____.

2. When on the trail,

yield to _____ hikers _____

and _____ horses _____.

WORD BANK

Cyclists

Hikers

Horses



There is more this way!



RECREATION ACTIVITY

ON THE TRAIL

Answer the questions below about trails in Florida State Parks.

1. If you used a trail today, what is the name of the trail?

2. How did you use the trail?

A. Hike, Walk or Run

C. Paddle

B. Bike

D. Other: _____

3. Circle the type of recreator you may have shared the trail with.

Cyclists

Hikers

Horseback Riders

Other: _____



Florida State Parks have more than 1,600 miles of trails for everyone to enjoy. If 1 mile equals 5,280 feet, then how many feet make up the park trails?

1,600 miles

x

$\frac{5,280 \text{ feet}}{1 \text{ mile}}$

= 8,448,000 feet!

3. How many miles of trails are at the park you are visiting. How many feet is this? Hint* You can look at a map, brochure or ask park staff.

_____ miles of trails x 5,280 feet = _____ feet of trails

4. How many miles of trails are in the park you are visiting? How many feet is this? Hint* You can look at a map or brochure or you can ask park staff.

number of yous!

your height
in feet

_____ feet of trails