



Get outside, challenge your body, and appreciate where we live!
July 1-August 20th

Choose your challenge! Bronze? Silver? Gold? Decide which goal is best for **YOU!** Adventurers of all ages welcome to participate!

Gold 100 miles *This is a lot of miles, but if you are already pretty fit and have time to hike every day or the stamina to do long hikes this is for you!*

Silver 75 miles *This is still a lot of miles. (1.5 miles a day, every day, for 50 days or 3 long hikes a week) But if you like a challenge, this may be for you!*

Bronze 50 miles *About a mile a day, or 2 longer hikes a week. (Most of us can do this if we put our minds to it!)*

Earn Extra Miles

- If you are under 12 or over 80 earn double miles for every mile you hike.
- Choose from a list of Alternative activities to replace hiking time with other outdoor explorations.
- Check Facebook or your "inbox" weekly for a **Bonus challenge!**

Create a TEAM

Another option is to hike 100 miles as a family or small team, each member collecting miles that add together to 100 miles.

Honor system! Track your miles each time...if you don't know your mileage, time yourself and convert to miles. It takes the average hiker 30 minutes to hike a mile, but varies with fitness level and terrain. Take your best guess.

We'd love to hear about your adventures! (Optional)

Students can join our Hike 100 lunch hour on **Google Meets Mondays at noon**
Everyone can join our **Private Facebook group** to share pics, tips, progress, ideas.
<https://www.facebook.com/groups/1313605228836730/>

Track your miles using our hard copy mile tracker or sign up for the electronic version!

- Hardcopy Mile Tracker will be available at Bartleby's books after July 2nd!
- A techy electronic option will be sent to you via email.

Hiking Tracker



Hike More...Worry Less!

Hike 100 Places to go!

Local Trails

We are lucky here in Southern Vermont to have so many to choose from. Explore the maps and choose some you haven't tried before or choose from the ones listed here.

Catamount Trail: This trail goes from Massachusetts all the way to Canada! Locally, it is a great, mostly flat, long trail connecting Wilmington & Whitingham along the West side of Harriman reservoir... This trail is also bikeable if you have big enough tires... Park at the Dam in Whitingham or Mountain Mills Picnic area in Meadburyville. Or you can do the stretch from the Dam to Readsboro and beyond!

Valley Trail: This trail connects Dover to Wilmington and could be fun to do a few sections at a time. If you are creative, you may even loop your way to ice cream!

Hogback Trail System: Access these trails from the Southern Vermont Natural History Museum. So much to Explore!

Favorite Roads

Maybe you can walk every dirt road in your town this summer! We are lucky to have so many dirt roads that lead to stunning views and secret ponds. Go out and explore roads you haven't taken before and see what magic you can find!

Best Sunsets: White's rd, Wilmington

Best Lake View: Stimpson Hill, Whitingham Chase Hill, Whitingham

Best Boulder: The Green Mountain Giant, Whitingham

Great Loop: Reardon Bridge, Wilmington to Lake to Fairview Rd Back through town

Favorite Day Trip: Jamaica State Park

*Share **your** favorites with our Facebook Group

<https://www.facebook.com/groups/1313605228836730/>

Lap your miles

If you need to stay closer to home, do some laps around a field or school or sidewalk. How many laps equal 1 mile? Do it a few times, **EVERY DAY, and you are on your way to Gold!**

Trail Maps & Useful Links

Keep it Fun!

- Did you know? Our local libraries offer a free pass to use at any Vermont State Park for the day. Check it out like a book, and a carload can go Free!
- Pick a Trail Name! It's a tradition for Trail Hikers to pick a Trail Name to use when hiking, what's your trail name?

Loops are convenient because you can start & stop at the same place.

One way hikes, when reading a map be sure to note mileage and calculate for a round trip. (Or get someone to pick you up at the end)

Coordinate with someone else, if there is a parking option, start at opposite ends of the trail or road, meet in the middle for a break and switch car keys ...

MAPS:

Valley Trails Wilmington/Dover

<http://wilmingtonvermont.us/about/trails/>

Hogback Trails Marlboro

<https://www.hogbackvt.org/>

Catamount Trail Wilmington/Whitingham/Readsboro

<https://catamounttrail.org/ski-the-ct/trail-sections/section-2/>

Halifax Road Map

https://halifaxvermont.com/wp-content/uploads/2014/02/RoadMap_11x171.pdf

Hike 100 Facebook Group: Join to get updates, share your progress, pics, & ideas

<https://www.facebook.com/groups/1313605228836730/>

“Green Mountain Giant” (Hike from Harriman Dam for a longer hike, or Rt 100 for a short trip)

<https://dec.vermont.gov/geological-survey/vermont-geology/gmtngiant>

Hiker Safety Interactive Site to explore, great info!

<https://hikesafe.com/>

Safety Tips Hiking with Kids

<https://www.yourhikeguide.com/safety-tips-when-hiking-with-children/>

Alternative Activities

* Some of these are designed especially for our younger participants in order to independently increase mileage by getting outdoors. Anyone can substitute miles, just make sure you are challenging yourself to Gold!

Alternative Outdoor Exercise: (1 mile per 30 minutes) Grab your bike, skates, frisbee, or go for a swim, paddle, etc and let those miles add up!

Keep a Journal /scrapbook: (5 miles) Take some time to reflect on your adventures using words, or art. Where did you go? Who was with you? How long did it take? Did you discover something new? What did you see? Did you have any mishaps?

Backyard Campout (5 miles) Sleep in your backyard and enjoy your very own "Staycation". Try your best to set up the tent yourself. (Or at least help) Maybe you can stay outside for a whole 24 hours if you bring enough food & water with you!

Gardening: Grow your own Food (1 mile per 30 minutes) Homegrown food tastes so good. Plant, weed, water, pick & eat. Let us know what you are growing...flowers count too.

Catch a Sunrise/Sunset (1 mile each) Set your alarm and wake up in time to watch the sunrise. Sunrise is often the most beautiful part of the day, but happens around 5:15 am in July. How many different birds can you hear? What time will the sun rise tomorrow? What time will it rise on your birthday? What time will it rise on December 21st? Consider checking out the sunrise at the Hogback lookout on Route 9. SPECTACULAR! Let us know your favorite places for sunsets!

Nature Exploration: (1 mile per 30 minutes) Spend some time by a river, pond or lake. What can you learn? How many different kinds of bugs can you find? How tall a rock Cairn can you build without it toppling over? Is there enough water here for fish? Identify trees and plants that are in your yard or neighborhood.

