

TRAILS AND HEALTH

DNREC Division of Parks and Recreation has joined Nemours Health & Prevention Services (NHPS) in supporting the Campaign to Make Delaware's Kids the Healthiest in the Nation.

NHPS is committed to working with families and communities to help children grow up healthy. To address the problem of childhood obesity, NHPS developed *5-2-1-Almost None*,* a formula for a healthy lifestyle.

The Trail Challenge supports the *5-2-1-Almost None** healthy lifestyle by providing a fun way for individuals and families to be physically active!

HEALTH BENEFITS OF PHYSICAL ACTIVITY

- Helps build and maintain healthy bones, muscles, and joints;
- Controls weight and high blood pressure;
- Reduces symptoms of depression and anxiety;
- Increases energy levels; and
- Increases self-esteem, confidence, and a sense of well-being.

Adults and children should strive for at least 60 minutes of physical activity or 10,000 steps every day.

PHYSICAL ACTIVITY AND FAMILY

Kids can't do it alone. Parents and guardians can be good role models by being active with their children taking them to trails and using the trails to encourage physical activity. Here are some ideas for families:

- Complete the trail challenge as a family;
- Plan an entire family outing (walk the trail, then enjoy a healthy picnic);
- Challenge other families to see who can complete the most trails.

Trails give individuals and families a safe and scenic place to be physically active.

Have fun on the trail to good health!

*Learn more about NHPS and the *5-2-1-Almost None* healthy lifestyle at www.GrowUpHealthy.org

With more than 140 scenic miles of trails in ten state parks, hiking is easily accessible to all Delawareans. The state's relatively mild terrain makes hiking here something that everyone can do, whether you're young or old, a novice or a fitness fanatic. And it doesn't require a lot of expensive equipment. All you really need is a good pair of shoes — sneakers are fine for short hikes.

Once you're hooked on hiking, you'll want to take the **TRAIL CHALLENGE**. Hike 15 designated state park trails, measuring almost 40 miles, within twelve months and receive the **GOLDEN BOOT AWARD!** Successful efforts will be rewarded with a patch, certificate, and pedometer. To complete the challenge, simply take along your **TRAIL CHALLENGE** card, locate the trail punch station along each trail, and use the coded punch to mark the appropriate space on your card. If you miss the marker at any park, contact the park office. When the card is completed, send it to:

TRAIL CHALLENGE

Division of Parks and Recreation

89 Kings Highway, Dover, Delaware 19901

If you have any questions, please call (302) 739-4413. Please allow two weeks for delivery of your certificate, patch and pedometer. And keep hiking!

Indian Springs Trail, 1.8 miles

**BRANDYWINE CREEK STATE PARK
ROUTES 100 AND 92, ROCKLAND
(302) 577-3534**

Find the start of the trail at the rear of the Nature Center. Following the yellow markers, head down the hill toward Brandywine Creek, past an old springhouse, and on to the riverbank. Continue along the river until the yellow trail turns left and heads up a steep hill. This trail finishes by taking you through a stand of towering tulip trees in the Tulip Tree Woods Nature Preserve.

Rocky Run Trail, 1.9 miles

**BRANDYWINE CREEK STATE PARK
ROUTES 100 AND 92, ROCKLAND
(302) 577-3534**

Begin at Thompson Bridge parking lot. Green swatches mark the trail, which crosses and recrosses Rocky Run. It makes its way through pine forest and open meadows and offers scenic river views. This trail offers a moderately difficult hike along the steep slopes of the Brandywine.



Delaware State Parks

DIVISION OF PARKS AND RECREATION
89 KINGS HIGHWAY, DOVER, DE 19901
(302) 739-9191

WWW.DESTATEPARKS.COM



OFFICIAL GUIDE

DELAWARE STATE PARKS

TRAIL CHALLENGE



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The Department of Natural Resources and Environmental Control is committed to affirmative action, equal opportunity and the diversity of its workforce.

Hike Your Way to Fun and Fitness



Hidden Pond Trail, 2.1 miles

BRANDYWINE CREEK STATE PARK
ROUTES 100 AND 92, ROCKLAND
(302) 577-3534

Pick up this white-marked trail at the Nature Center parking lot. Hike along the banks of the Brandywine, up and down hills, through large open meadows and quiet, shaded woods. The well-named Hidden Pond is a favorite habitat for amphibious creatures, and deer are often spotted in the area. Enjoy the springtime tapestry of wildflowers. Return past Salamander Run and exit near the lower end of the Nature Center.

Twin Valley Trail, 3.9 miles

WHITE CLAY CREEK STATE PARK
ROUTE 896, NORTH OF NEWARK
(302) 368-6900

Starting from the main parking lot, this trail winds through portions of the White Clay Creek Natural Area. As you hike the hills and valleys, you will pass the Mason-Dixon monument that marks the beginning of the 12-mile arc that forms Delaware's northern boundary. Enjoy the beauty of the park's valleys, woods, and fields. This trail always gets high marks from hikers.

David English Trail, 2.4 miles

WHITE CLAY CREEK STATE PARK
FOUR MILES NORTHWEST OF NEWARK
(302) 368-6900

The park office located on Thompson Station Road is the starting point for this energetic walk. You'll hike up challenging hills to a tranquil meadow with two farm ponds. The deep woods flora is abundant with wildflowers and ferns. This was the home site of David English, a lease holder of the William Penn Family.



Swamp Forest Nature Trail, 7.3 miles

LUMS POND STATE PARK
ROUTE 896, KIRKWOOD
(302) 368-6989

This trail circles 200-acre Lums Pond, which was built by the Army Corps of Engineers to hold water for the locks of the original C&D Canal. The main starting point is by the pond near the Nature Center, but there is access from many points along the loop. Hike through woods and fields and across 26 bridges. Keep your eyes open for beaver, fox, deer, muskrat and large wading birds. Be aware that following heavy rain, this trail remains very wet.

Sensory Trail, 0.1 mile

LUMS POND STATE PARK
ROUTE 896, KIRKWOOD
(302) 368-6989

Stop by the Nature Center and pick up a blindfold and tape recorder (available Memorial Day through Labor Day). The aim of this short, wooden-railed boardwalk is to let you use senses other than sight to experience nature. "Touch, Sound or Smell" stations along the way are part of the fun. Afterwards, remove your blindfold and enjoy the view of the "whale wallow," a seasonally flooded coastal plain pond that is home to a host of interesting plants and animals. This handicapped-accessible trail begins and ends behind the Nature Center.

Prison Camp Trail, 0.8 mile

FORT DELAWARE STATE PARK
DELAWARE CITY, PEA PATCH ISLAND
(302) 834-7941

In addition to its Civil War fort, Pea Patch Island boasts the state's largest nesting site for egrets, herons, and ibis. For spectacular views of the birds, hike the nature trail that winds through the woods to an observation platform overlooking the northern side of the island. Begin to the north of the fort. It's important to note that the boat to the island runs on weekends from late April through September, and Wednesday through Sunday from mid-June through Labor Day.

The Wetlands of Port Penn Trail, 1.5 miles

PORT PENN INTERPRETIVE CENTER
ON ROUTE 9, PORT PENN
(302) 836-2533 — (302) 834-7941

Begin the interpretive trail on Route 9, across from the Port Penn Interpretive Center. On this easy trail, you can take a closer look at the relationship that existed between the wetlands and Port Penners in the past, and recognize how the land continues to influence the lives of the people here today.

Pondside Trail, 2.6 miles

KILLENS POND STATE PARK
ROAD 384, SOUTH OF FELTON
(302) 284-4526

Pine needles carpet the nature trail that winds along the banks of the park's picturesque 66-acre mill pond. You'll begin in the main parking lot and hike through areas that are surprisingly hilly for central Delaware. Observe the meeting of the northern forest and southern forest and keep your eyes out for the secretive river otter. In the winter, the pond is a haven for geese and swans.

Pinelands Nature Trail, 1.7 miles

CAPE HENLOPEN STATE PARK
LEWES
(302) 645-8983

Sand dunes, unusual flora, windswept pine woods and cranberry bogs along the trail give hikers a great way to enjoy the natural world of the Delaware shore. Trailside World War II bunkers provide a bit of history. Begin your trek on this National Recreation Trail across the road from the Seaside Nature Center.

Dune Overlook Trail, 2.5 miles

CAPE HENLOPEN STATE PARK
LEWES
(302) 645-8983

This trail begins across from the 24-hour beach access road, down Dune Road, past the campground and tower. Don't miss the three spurs along the trail. The first spur leads you to a restored World War II observation tower; the second leads you to our famous "Walking Dunes." At the tip of the third spur, you will be surrounded on three sides by a fascinating marsh.

Junction and Breakwater, 3.6 miles

CAPE HENLOPEN STATE PARK
LEWES
(302) 645-8983

This new trail will take you through woods and across bridges that offer outstanding views of coastal wetlands, and a World War II observation tower. The trail is 12 feet wide with a crushed stone surface that is suited for walking and biking, and will also accommodate wheelchairs. The northern trailhead features a 56-car parking lot, restrooms, information center, bike rack, and new landscaping. The trail can also be accessed from Wolfe Neck Road or Holland Glade Road, behind the Ocean Outlets.

Sea Hawk Trail, 1.3 miles

HOLTS LANDING STATE PARK
SEVEN MILES WEST OF
BETHANY BEACH, OFF ROUTE 26
(302) 227-2800

Start this short but interesting trail at the Holts Landing parking lot. The trail starts to the left of the comfort station as you are looking at Indian River Bay. Ospreys, alias sea hawks, are always in the air over the bay or are nesting in the tall pines. As you walk along the beach you can see lots of sea life that had washed in on the tide. Turning south, the trail goes through a once cultivated field that is reverting to forest. Entering the woods you will see a change in the undergrowth with lots of bay, poison ivy and green briar. The ponds in the woods are borrow pits from road construction.

Boundary Trail, 4.9 miles

TRAP POND STATE PARK
ROUTE 24, EAST OF LAUREL
(302) 875-5153

Flat and easy to walk, this trail skirts 90-acre Trap Pond and its breathtaking woodland setting. It offers spectacular views of baldcypress "knees" and trees, plus opportunities to spot lily pads, turtles basking on logs, plus an occasional great blue heron or white tailed deer. Pick up the trail near the park office.

CHALLENGE TRAILS

Take 15 designated state park trails, measuring almost 40 miles, within twelve months

and win the Golden Boot Award!