



For immediate release
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American Hiking Society's National Trails Day® 2010 "Find Your Happy Place ☺" on Saturday, June 5th

Happy Place (defined by Urban Dictionary)- 1. anywhere you feel the most "at home" and yourself. It is where you can have fun, smile, laugh, and get excited. a destination, location, world, where all your friends and loved ones are together. 2. a place inside all of us where we are all happy and get the warm and fuzzies.

On June 5, 2010, American Hiking Society and outdoor enthusiasts across the country will celebrate the 18th annual National Trails Day® (NTD), a long-standing celebration of America's magnificent trail system and its countless supporters and volunteers. More than 1,500 events will take place around the country including trail maintenance, hiking, paddling, biking, horseback riding, bird watching, running and trail celebrations.

Where do you go to find peace and quiet and make your troubles melt away? Do you bike to a historic site on a rail trail? Or hike to a mountain vista? Maybe you paddle to a swimming hole or walk in your local park? The theme for NTD 2010, *Find Your Happy Place ☺*, encourages all Americans to get outside, connect with local hiking clubs, outdoor retailers, local parks and recreation departments or federal land managing agencies to experience, appreciate and celebrate the outdoor places that make us happy. "Whether you're an avid outdoor adventure seeker or new to our nation's network of trails, American Hiking Society's National Trails Day connects children and adults with nature so all may experience the joy and happiness that the outdoors elicits in each of us," said Gregory Miller, American Hiking Society president.

Since 1993, National Trails Day has inspired thousands of individuals and community groups to take part in activities that promote healthy living and mental well being, protect green space, educate youth and adults on the importance of trails, and instill excitement for the outdoors. Plan now to host or attend an event in your area. Help others experience the joy of the outdoors. Find Your Happy Place ☺ on Saturday, June 5th!

Join American Hiking Society and our sponsors, Nature Valley, AccuTerra by Intermap, *Backpacker* Magazine, Columbia, Fetzer Vineyards and Merrell, and partners REI, YMCA of the USA, and American Park Network for a National Trails Day event near you. If your community organization would like to host an event or to find out more about NTD 2010, contact Heather Sable, Trail Programs Manager, at hsable@AmericanHiking.org or (800) 972-8608 x 208 or visit www.AmericanHiking.org.

Founded in 1976, American Hiking Society is the only national, recreation-based nonprofit organization dedicated to promoting and protecting America's hiking trails, their surrounding natural areas and the hiking experience. To learn more about American Hiking Society and its mission and programs, visit www.AmericanHiking.org or call (301) 565-6704.