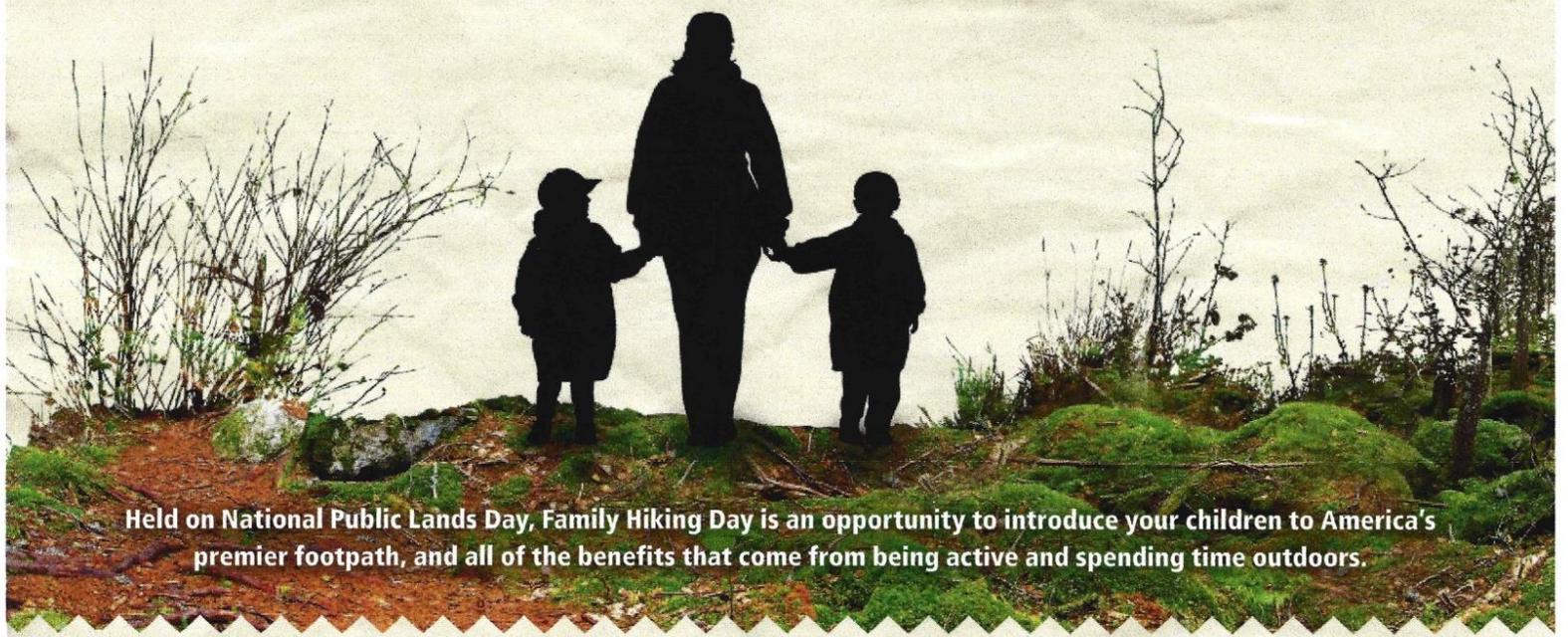


# September 24, 2016

The Appalachian Trail Conservancy invites families of all ages and hiking abilities to get outside and experience the adventure of being active on the Appalachian Trail.



Held on National Public Lands Day, Family Hiking Day is an opportunity to introduce your children to America's premier footpath, and all of the benefits that come from being active and spending time outdoors.



To plan an A.T. hike for your family visit: [appalachiantrail.org/FamilyHikingDay](http://appalachiantrail.org/FamilyHikingDay)