



100 Mile Challenge Log Form

Challenge:

Hikers must walk 100 miles or more on hiking trails in New River Gorge National River and/or Bluestone National Scenic River.

Participants:

No need to register. Get a copy of the park trails map at one of the following locations:

- FREE mobile app for iPhones and Android devices: www.i-treks.com/app/rtts/2
- Stop by a park visitor center listed below to pick up a trails newsletter
- Visit to park website: www.nps.gov/neri/planyourvisit/hiking.htm

Pick a trail and hike away! Log each walk below, adding up your miles as you go. Once you've hiked 100 total miles on trails in New River Gorge National River and/or Bluestone National Scenic River, return this completed log form to one of the National Park Service visitor centers listed below to claim your award, a 100 Mile Challenge completion sticker (pictured to left).

- Canyon Rim Visitor Center, Route 19, Lansing, West Virginia (open daily 9:00 am to 5:00 pm)
- Sandstone Visitor Center, Route 7, Sandstone, West Virginia (open daily 9:00 am to 5:00 pm)

Share Trail Moments:

Tag us and share your hiking photos on our social media sites! On Facebook, go to <https://www.facebook.com/newrivergorgenps/>; on Instagram send us your photos at NewRiverNPS; on Twitter, tag us at @NewRiverNPS. Use the hashtag #NRG100mi.



Participant's Name: _____

Full Address: _____

Email: _____

Personal Goal: _____

Phone Number: _____

Pet Name: _____ Pet Species: _____



Date	Trail Name	Miles Hiked	Total Miles Hiked	Notes and Comments	✓ Pet Hiked

Continue log on next page >



New River Gorge
NATIONAL RIVER

ACTIVE
SOUTHERN WEST VIRGINIA



- www.nps.gov/neri
- www.activeswv.org
- www.ymcaswv.com

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Total Challenge miles hiked >