

## **TIPS for completing your trails**

Here are a few things to consider before embarking on a hike:

**Always start small.** Several greenways are less than one mile, one way. Let one of these trails be your first excursion.

**Food and Water.** Taking plenty of water so you don't get dehydrated is essential. It is also a good idea to pack some snacks to keep you sustained on your trip.

**Always carry out what you carry in.** The first rule with interacting with the environment is: Leave it as you found it.

**Take Care of Your Feet.** We generally suggest that you wear hiking boots instead of shoes.

**Be organized.** Make sure you don't lock your keys in your vehicle. Take your trail guide with you for reference. Let someone know where you're going and when you should be returning.

**Think before you step.** Keep an eye on the trail well in front of where you are walking.

**Pace Yourself!** Remember: it is not the destination that teaches, but the journey itself!



Become a Secret City Trekker!!!!

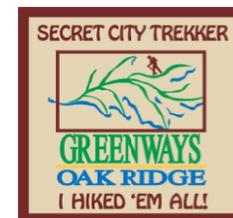
Hiking is a fun outdoor sport. It not only offers good exercise, but it also involves getting out and enjoying nature and the outdoors.

Oak Ridge has over 35 miles of trails within its Greenways System.

Greenways Oak Ridge, in conjunction with the City Recreation & Parks Department, developed a detailed trail guide of the eleven existing trails.

Now, Greenways Oak Ridge encourages you to **Hike 'Em All!**

This brochure provides you a log to track your accomplishments. It also provides hiking tips and information on where to send your completed log to earn a special certificate and a Secret City Trekker patch.



### General Information

Recreational hikers of all abilities are welcome to join in and experience one of Oak Ridge's best kept secrets – the Oak Ridge Greenways System

We encourage you to Hike 'Em All! Use the trail log provided in this brochure to record when you hiked each trail. Please comment on the trail conditions, difficulty, or highlights in the Comments section.

If you have any questions, please contact Greenways at [www.greenwaysoakridge.org](http://www.greenwaysoakridge.org).

To report downed trees on a trail or other hazards, contact the City Recreation and Parks Department at 865-425-3450.

To receive your Secret City Trekker patch and certificate from Greenways Oak Ridge, complete the information below and provide a copy of this page to

Secret City Trekker Program  
Recreation and Parks Department  
P.O. Box 1  
Oak Ridge, Tennessee 37831

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Name as you want it to appear on certificate

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Address

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City State Zip

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Phone and E-mail

### HAVE YOU HIKED ALL THE TRAILS IN THE CITY OF OAK RIDGE GREENWAY SYSTEM?

If so, you may qualify for a special certificate and a Secret City Trekker patch and become a member of this accomplished group!

You must have hiked all of the trails listed in the official City of Oak Ridge Greenways trail brochure.

<u>Trail Name</u> <u>(mileage)</u>	<u>Date</u> <u>Hiked</u>	<u>Comments</u>
1. North Ridge Trail (7.7)		
2. Cedar Hill (2.5)		
3. Pine Grove (1.2)		
4. Emory Valley (0.7)		
5. Gallaher Bend (up to 5)		
6. Melton Lake (3.4)		
7. Big Turtle Park (0.8)		
8. Worthington (0.7)		
9. North Boundary (7)		
10. Wildflower (1)		
11. Haw Ridge* (2.5)		

\*Haw Ridge Park has over 20 miles of trails. To qualify as a Secret City Trekker you must hike a distance equal to the length of the greenway, 2.5 miles one way. See the Haw Ridge web site for more information: [www.HawRidge.org](http://www.HawRidge.org)