

FOR IMMEDIATE RELEASE: 5/27/09

Editor's Note:

WORD document attached titled: PR Trails Day 09.doc

2 Photos attached titled: Sinks Canyon1.jpg, Miners Cabin.jpg

Note: Higher resolution image available upon request.

Photo Caption: Enjoy a hike on June 6, during National Trails Day on a an accredited Volksmarch in Sinks Canyon State Park or Atlantic City, Wyoming.

Photo Credit: Wyoming's Wind River Country

Take a Hike During American Hiking Society's National Trails Day June 6, 2009.



Wind River Country, WY – Enjoy a hike on June 6, during National Trails Day on one of four accredited Volksmarches in Wyoming's Wind River Country. In the spirit of European noncompetitive hikes through gorgeous country settings, the American Volkssport Association Volkswanderung, German for “people’s walk,” began more than four decades ago to promote health and fellowship. The walks are not races, and they are designed to accommodate walkers of all athletic abilities.

Let mountain air brush your cheeks and comb your hair as you stroll past historic gold mines on one of the two events in Atlantic City. There is also a sanctioned Volksmarch at South Pass City State Historic Site and Sinks Canyon State Park. Walkers should wear good shoes and a hat, carry water and snacks, and consider the near-8,000-foot elevations as they stroll in the Wind River Country’s high-altitude beauty.

The two Atlantic City events offer walkers two routes along gravel roads maintained by Fremont County and Bureau of Land Management crews. The 15-kilometer (9.3 mile) walk travels west out of town. Walkers pass the Carissa gold mine, go into South Pass City, and return to Atlantic City via Pick Axe Road, where they come within a nugget’s throw of the Duncan and Mary Ellen gold mines. A shorter, 7 kilometer (4.3 mile) option loops back to Atlantic City via Pick Axe Road without going to South Pass City.



The second walk leaves Atlantic City’s north boundary, turns east onto Fort Stambaugh Loop Road, passes Miners Delight mine / Hamilton City, and returns to Miner’s Delight Inn B&B through Beer Garden Gulch. The 20 kilometer (12.4 mile) walk offers spectacular views of undulating hills east through south and the Rocky Mountains’ Wind River Range to the west.

The Sinks Canyon Volksmarch follows established trails through forests and meadows, and crosses a suspension bridge over the Popo Agie River. At the 10km turn-around point, the 15 km trail continues on to Popo Agie Falls and returns via the same trail. The

park's centerpiece is where the river disappears in a cavern (the "Sinks") to emerge 1/2 mile away (the "Rise"). Watch for moose, bighorn sheep, and black bears.

The South Pass City Volksmarch Trail is accessed at the end of Main Street within the South Pass City Wyoming State Historic Site. This 4.5 mile-long loop trail follows Willow Creek downstream before ascending 600 feet to pass by the historic B&H Mine. The trail continues along a primitive two-track road past the historic Shields Mine before descending to the path along Willow Creek and back to the historic site. The first half-mile of the trail from the historic site has numbered posts that correspond to a trail brochure describing plant species and historical features found in the area. The signed route of the Continental Divide National Scenic Trail leaves Willow Creek one-half mile downstream from the historic site. It ascends past the Shields Mine and leaves the Volksmarch Trail one-third of a mile northeast of the mine.

Club membership is not required to complete the walks, and walkers may track the number of events and distances in special Volksmarch event and distance books. Although folks may complete the walks without paying a fee, a small fee allows participants to use the event stamps to document their Volksmarch books and receive American Volkssport Association (AVA) credit.

For more information on these hikes www.minersdelightinn.com For a complete list of events and attractions in beautiful Wind River Country visit Wind River Visitors Council's website at <http://www.wind-river.org> or call 1-800-645-6233.

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