

Hiking

From A to Z

Access The opportunity to approach, enter, or make use of public lands.

Access Points Designated areas and passageways that allow the public to reach a trail from adjacent streets or community facilities.

Access Trail Any trail that connects the main trail to a town, road, or another trail system.

Accessible A term used to describe a site, building, facility, or trail that complies with the Americans with Disabilities Act (ADA) Accessibility Guidelines and can be approached, entered, and used by people with disabilities.

Acclimatization The gradual process of becoming physiologically accustomed to high altitude.

Acre A measure of area equal to 43,560 square feet. One square mile equals 640 acres.

Acute Mountain Sickness (AMS) A condition characterized by shortness of breath, fatigue, headache, nausea, and other flu-like symptoms. It occurs at high altitude and is attributed to a

shortage of oxygen. Most people don't experience symptoms until they reach heights well above 5,000 feet.

Adopt-A-Trail A program in which groups or businesses “adopt” trails, providing volunteer work parties at periodic intervals to help maintain the trail. Though no special trail privileges are granted, the trail manager generally acknowledges that a trail has been “adopted” by erecting signs that indicate the trail is part of an Adopt-A-Trail program and include the name of the adopter.

Adz (Adze) An ax-like tool for dressing wood.

Aerobic An intensity of exercise that allows the body's need for oxygen to be continually met. This intensity can be sustained for long periods.

Aesthetics Relates to the pleasurable characteristics of a physical environment as perceived through the five senses of sight, sound, smell, taste, and touch.

Aiming Off The technique of purposefully erring to one side when following a compass bearing. Always try to go around obstacles on one side. When you arrive at a baseline, you will know in which direction to look for your intended destination.

Alignment The layout of the trail in horizontal and vertical planes. The bends, curves, and ups and downs of the trail. The more the alignment

varies, the more challenging the trail.

Alluvial Pertaining to material that is carried and deposited by running water.

Alluvial Fan A low, outspread, relatively flat to gently sloping mass of loose rock material deposited by a stream where it flows from a narrow mountain valley onto a plain or broad valley.

Alluvium Sand, mud, and other sediments deposited on land by streams.

Alpine Of, or relating to, or characteristic of the Alps or their inhabitants. Of or relating to high mountains. Living or growing on mountains above the timberline—for example, alpine plants. Intended or concerned with mountaineering.

Alpine Start Predawn departure from camp in order to reach a summit before snowmelt becomes problematic.

Altimeter An instrument for measuring altitude.

Altitude: The height of a thing or place measured Above Ground Level or from Mean Sea Level.

Amenities Any element used to enhance the user's experience and comfort along a trail.

Americans with Disabilities Act of 1990 (ADA) A federal law prohibiting discrimination against people with disabilities. Requires public entities and public accommodations to provide accessible accommodations for people with disabilities.

Americans with Disabilities Act Accessibility Guidelines (ADAAG) Design guidelines for pro-

viding access to a range of indoor and outdoor settings by people with disabilities.

Anaerobic An intensity of exercise above that at which the body's need for oxygen can be continually met. This intensity can be sustained only briefly.

Anaphylactic Shock An extreme allergic reaction in some people (caused by the body producing too much histamine) when stung by bees, wasps, yellow jackets, etc. Reactions include red skin, itchy hives, and the closing of the airways. If susceptible to anaphylaxis it would be wise to carry an Anakit prescribed by your doctor.

Ancient Forest A forest that is typically older than 200 years with large trees, dense canopies and an abundance of diverse wildlife.

Angle of Repose The steepest slope angle (measured from the horizon) at which material will rest without moving or sliding down the slope. Loose material would slide across the trail or roll downhill at any steeper angle. For large blocky rocks, the angle of repose will be much higher than for sand or small round rocks.

Anorak Wind-proof jacket with hood attached. No front zipper.

Aquatic Habitat Areas associated with water that provide food and shelter and other elements critical to completion of an organism's life cycle. Aquatic habitats include streams, wetlands,

marshes, bogs, estuaries, and riparian areas, as well as large fresh and salt-water bodies.

Aquifer Underground bodies of water. There are two types of aquifers. Open aquifers have permeable materials overlying them, e.g. soil with underlying loose gravel. Closed aquifers are capped with an impervious layer of material, such as clay, which prevents water from penetrating from the soils directly above. The water level in aquifers rises and falls in response to water removal and infiltration.

Arborist An individual trained in arboriculture, forestry, landscape architecture, horticulture, or related fields and experienced in the conservation and preservation of native and ornamental trees.

Archaeological Resources (Cultural, Heritage) Any material of past human life, activities, or habitation that are of historic or prehistoric significance. Such materials include, but are not limited to, pottery, basketry, bottles, weapon projectiles, tools, structures, pit houses, rock paintings, rock carvings, graves, skeletal remains, personal items and clothing, household or business refuse, or any piece of the foregoing.

Archaeological Site A concentration of material remains of past human life or activities that is of historic or prehistoric significance and that has been surveyed by a qualified archeologist.

Arête French term for a narrow or pointy spot on a ridge.

- Arid** A climate or region in which precipitation is deficient in quantity or occurs infrequently.
- Arroyo** A dry creek bed that fills with water after a heavy rain.
- Artifacts** Any object made, modified, or used by humans.
- Ascent** An upward slope or incline or process of rising or going upward.
- Ascent, First** A much-coveted prize; first to climb a certain peak or climbing route.
- Aspect** The particular compass direction a trail or site faces. Aspect affects the amount of solar radiation and year-round moisture to which a trail is subjected.
- Axe (Ax)** A tool with a long handle and bladed head (single bit—one sharp side or double bit—sharp sides) for chopping deadfall from trails.
- Azimuth** The degree of bearing from your current position to a landmark.
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- Backcountry** An area where there are no maintained roads or permanent buildings—just primitive roads and trails.
- Backpack (Backpacking)** A large pack worn on the back to carry camping supplies. To go on an overnight hike carrying your supplies in a backpack.
- Backpack, External Frame** A backpack supported by an exposed frame.

- Backpack, Internal Frame** Concealed frame supports pack.
- Bail (Bail Out)** To halt (perhaps temporarily) one's planned or intended outdoor trip, often due to sickness, injury, exhaustion, or change in weather conditions.
- Balaclava** A form-fitting hood (fleece, wool, or synthetic) that covers not only the head but also the face and neck, it can be worn as a cap or pulled down over the ears to protect your face from wind.
- Bald** Mountain with an open, grassy summit that's void of trees.
- Bandanna** A square of cloth, usually cotton, with many more uses than just a scarf.
- Bank (Embankment, Creek Bank)** The part of the soil next to a creek, lake, or body of water where the soil elevation adjacent to the water is higher than the water level.
- Bar** A sand or gravel deposit in a streambed that is often exposed only during low water periods.
- Barricade** A portable or fixed barrier having object markings, used to close all or a portion of the trail right-of-way to traffic.
- Barrier-Free Design** A trail design that promotes the elimination of physical barriers that reduce access by people with disabilities.
- Basalt** The most common type of solidified lava; a hard, dense, dark gray fine-grained igneous rock,

often having a glassy appearance.

Base Camp A semi-permanent camp set up after traveling into an area from which day trips for trail work or enjoyment can be made. This allows hikers to leave heavy gear in one place for several days.

Base Layer The layer of clothing closest to the skin.

Base Map A map showing the important natural and built features of an area. (Such maps are used to establish consistency when maps are used for various purposes.)

Baseline A line of reference crossing your path of travel used to make following a compass bearing closer to foolproof. Baselines include roads, powerlines, railroad tracks, and rivers. If you are heading to a bridge over a river, set the compass bearing for the bridge. If you are off by several degrees, you will arrive at your baseline of the river, knowing that you need to look for the bridge.

Basin Bowl-shaped depression in the surface of the earth, often shaped by glaciers.

Bear Bag (Bear-bagging) Practice of suspending a food bag in a manner meant to protect it from bears, on a sturdy limb at least fifteen feet from the ground and at least six feet from the trunk.

Bear Bells Safety device worn by hikers to alert bears of their presence.

Bearing, Compass The direction of travel from one

point to another. The first point is always true north (or magnetic north if your compass has not been adjusted for declination). A bearing of 90 degrees is to travel directly east. You can also “take a bearing” on an object to see in which direction it lies in relation to your location.

Bed The primary excavated surface of a trail upon which the tread or finished surface lies. Also the bottom of a channel, creek, river, stream, or other body of water.

Bedrock Solid rock material underlying soils and other earthy surface formations.

Belay Securing a climber by using a rope through one or more fixed anchors usually held by two people.

Belayer The person controlling the tension of the rope that is securing a climber.

Bench A long seat (with or without a back) for two or more people.

Benchmark A metal disk set into the ground for use as an exact reference point by surveyors. Bench marks are indicated on a topographic map with an X and the letter BM with an elevation next to it.

Bergschrund Crevasse that separates flowing ice from stagnant ice at the head of a glacier.

Berm The ridge of material formed on the outer edge of the trail that projects higher than the center of the trail tread. When improperly designed or unintentionally caused by tread com-

paction and soil displacement during trail use, a berm can trap water on the trail and lead to erosion.

Bicycle (Bike) A vehicle having two tandems wheels, propelled solely by human power, upon which a person or persons may ride.

Bicycle, Mountain (Mountain bike, All-Terrain Bicycle) Wide tires, flat handlebars, low gearing, and direct pull or disc brakes. For riding on rougher surfaces. Front suspension, or front and light-weight rear suspension.

Bicycle, Road Drop or triathlon handlebars, caliper brakes, and 700c wheels with 20-25c tires.

Bike Path (Shared Use Path, Bicycle Path, Bike Trail, Multi-use Path/Trail) Any corridor that is physically separated from motorized vehicular traffic by an open space or barrier, and that is either within the highway right-of-way or within an independent right-of-way. Bicyclists may share these paths with pedestrians, skaters, wheelchair users, joggers, and other non-motorized users. The term bicycle path is becoming less common, since such facilities are rarely used exclusively by bicyclists.

Bike Route A shared right-of-way located on lightly traveled streets and roadways designated with appropriate “bike route” directional and informational signs. These signs help encourage use, and warn motorists that bicyclists may be present.

Bikeway(s) Any road, path, or way which in some manner is specifically designated as being open to bicycle travel, regardless of whether such facilities are designated for the exclusive use of bicycles or are to be shared with other transportation modes.

Biodegradable Able to decompose when exposed to biological agents and soil chemicals.

Biodiversity The variety and variability within and among living populations and species of organisms and the ecosystems in which they occur.

Biotic Communities The assemblage of native and exotic plants of a particular site or landscape, including microorganisms, fungi, algae, vascular and herbaceous plants, invertebrates, and vertebrates. These assemblages and their biotic and abiotic relationships serve landscape and watershed functions by promoting soil properties supporting water infiltration, recycling and transfer, species survival, and sustainable population dynamics.

Bivouac The site where a tent is set up. To spend a night out without a tent.

Bivouac Sack (Bivvy Sack) A lightweight, unfilled, waterproof bag that can cover a sleeping bag. Also a type of tent for only one person. More colorfully referred to as a “body bag.”

Blaze A trail marker. Blazes can be made on a tree by scraping away some of the bark and painting a 2-

inch by 6-inch vertical rectangle. Plastic or metal triangles or diamonds (known as blazes) with the name of the trail or a directional arrow imprinted can be purchased and nailed to trees or posts to mark a trail route.

Blaze, Blue The color often used to paint blazes that mark side trails to a campsite or a town off main trails such as the Appalachian Trail. Many other trails follow the Appalachian Trail example.

Blaze, Blue When used as a verb it means to take trails other than the official trail you are on because they offer a shorter or easier alternative to your route.

Blaze, Double (Offset Blazes) Two blazes (vertical alignment) that denote a change in direction or junction in the trail ahead. Usually the top blaze is offset in the direction of the turn.

Blaze, White White blazes are generally used to mark a main or trunk trail such as the Appalachian Trail.

Blazer, Black Someone who removes or paints over trail markers.

Blazer, Blue Thru-hiker who shortcuts the main trail by using connectors and bypasses.

Blazer, Yellow A long-distance trail user taking to the road instead of sticking to the trail.

Bleeder Trail that begins in promising shape but inexplicably vanishes.

Blister The painful result of friction between your

foot and boot. As your foot rubs against the inside of the boot, the point of contact on your foot becomes red and irritated (this is often referred to as a “hot spot”) and sure enough, a pocket of fluid—a blister—then develops under the top layer of skin.

Blowdown Trees toppled over by high winds.

Blowout An area from which soil material has been removed by wind. Such an area appears as a nearly barren, shallow depression with a flat or irregular floor consisting of a resistant layer, an accumulation of pebbles, or wet soil lying just above a water table.

Blueway(s) River and stream corridors of protected open space used for conservation and recreation purposes. They protect natural, historical, cultural, and recreational resources and preserve scenic landscapes.

Bluff A steep headland, riverbank, or cliff.

Boardwalk An elevated, fixed-planked structure, usually built on pilings in areas of wet soil or water to provide dry crossings.

Bog A mucky or peaty surface soil underlain by peat where little direct sunlight reaches the trail, or where there are flat areas that are difficult to drain.

Bonk When muscles completely run out of fuel and you're tired and spacey. Can be treated by consuming carbohydrate-rich foods.

Boulder A large substrate particle that is larger than cobble.

Boulder (Bouldering) Basic or intermediate climbing carried out on relatively small rocks that can be traversed without great risk of bodily harm in case of a fall.

Boulder Field An area so densely populated by large boulders that the hiker must by necessity walk over—or around—them.

Bow Saw A 16-, 21-, or 36-inch thin bladed saw with a curved handle used to cut brush or trim small branches.

Break-in Period of time necessary for hiking boots or for a piece of equipment to adjust to ideal condition for hiking.

Breathable fabric Special fabric that keeps rain and moisture out while letting body moisture out; Gore-Tex is one of the better known varieties of this fabric.

Bridge A structure, including supports, erected over a depression (stream, river, chasm, canyon, or road) and having a deck for carrying trail traffic. If the bridge is over two feet above the surface, it should have railings.

Bridleway (Bridle Path) Public way designed and maintained primarily for equestrian use. Other nonmotorized uses may be permitted.

Brook A small natural stream of water.

Brush Vegetation or small flora.

- Brush Hook (Bank Blade)** These tools are used for clearing brush, briar, or undergrowth too heavy for a scythe and not suited for an ax. The Brush Hook with a 36-inch handle and 12-inch hooked blade (sharpened on one side) cuts easily on the “pull” stroke. The Bank Blade is similar to a Brush Hook, but its wide blade is straight and sharpened on both sides.
- Brushing** To clear the trail corridor of plants, trees, and branches, which could impede the progress of trail users.
- Brushing-In (Obliteration)** To pile logs, branches, rocks, or duff along the sides of the tread to keep users from widening the trail; or to fill in a closed trail with debris so that it will not be used.
- Buffer (Buffer Zone)** Any type of natural or constructed barrier (trees, shrubs, or wooden fences) used between the trail and adjacent lands to minimize impacts (physical or visual). Buffers also provide a transition between adjacent land uses.
- Bug Dope** Chemical or botanical substance, such as DEET, intended to deter insects.
- Bump-up Box (Bounce Box, Leapfrog Box, Floater Box)** Box containing supplies that a thru-hiker needs but doesn't want to carry (repair kit, batteries, extra glasses, or excess quantities of stuff such as coffee). It is mailed ahead to next resupply point.
- Bushwhack** Off-trail hiking (originally where the going was difficult, where many bushes had to be

whacked). Now it is often used to mean off-trail travel regardless of whether the going is difficult or not.

Butte A conspicuous hill with steep sides and a flat top. The top is usually cap-rock of resistant material. Frequently an erosional remnant in an area of flat-lying sedimentary rock.

Cache A supply of food, water, or tools, usually buried or hidden.

Cadence Stride rate measured in the number of steps you take on average per minute. Comfortable speed is 80 to 120 steps per minute.

Cagoule Long anorak descending below the knees.

Cairn (Duck) A constructed pile of rocks located adjacent to a trail used to mark the route in lieu of a blaze. Often used in open or treeless areas where trail is indistinct.

Caliche A broad term for the more or less cemented deposits of calcium carbonate in many soils of warm, temperate areas, as in the southwestern states. When it is very near the surface or exposed by erosion, the material hardens.

Call Box An emergency telephone system installed along a trail with direct connection to the local 911 network.

Cameling (Cameling Up) Drinking all the water you can while at a water source, so that you minimize the amount of water you need to carry.

Camp (Campsite, Camping) Living outdoors in a tent or trailer while on vacation or as a recreational activity. Site where overnight stays are permitted.

Camp Host (Campground Host) Many regional, state, and federal campgrounds use volunteer camp hosts whose duties can include checking campers in and out, providing information on the park and its resources, and serving as initial contact for campers in emergency situations.

Camping, Car A means of camping whereby a vehicle, carrying necessary supplies and equipment, is parked overnight in an established campsite.

Camping, Stealth Camping without leaving a trace.

Campsite, Established Campsite made obvious by de-vegetated ground.

Canal An artificial waterway for transportation or irrigation. Canal and irrigation ditch banks are often used as trails.

Canopy The more or less continuous cover of branches and foliage formed collectively by the crowns of adjacent trees and other woody growth.

Canteen A flask for carrying liquids (as on a hike).

Canyon A long, deep narrow valley with steep cliff walls cut into the earth by running and often having a creek or river at the bottom.

Cap, Hiker's A close-fitting covering for the head, usually of soft supple material, lacking a brim but

often, in its use for hikers, having a visor.

Capacity (Carrying Capacity) Maximum number of trail users that can pass through a given trail section during a given time period under existing trail conditions. Also refers to the amount of use a given resource can sustain before an irreversible deterioration in the quality of the resource begins to occur.

Cape A piece of land extending into water.

Carabiner An oblong metal clip with a spring-loaded gate used to clip slings to ropes or ropes to anchors.

Cardiovascular Pertaining to the heart, lungs, and blood vessels.

Cartographer A person who draws or makes maps.

Cascade A short, steep drop in streambed elevation often marked by boulders and agitated white water.

Cat Hole (Cathole) A hole you dig 6 to 8 inches deep, into which you deposit solid human waste at least 200 feet from water, camp, and trails. Cover and camouflage the cat hole when finished.

Cattle Guard A closely spaced group of horizontal pipes placed in a roadbed at fence line to prevent cattle from escaping and yet allow vehicles free access.

Causeway Elevated section of trail tread that is raised above the level of the surrounding ground

- by the placement and compaction of mineral soil or other material contained by rock or log, usually through permanently or seasonally wet areas.
- Cave** Any naturally occurring void, cavity, recess, or system of interconnected passages that occurs beneath the surface of the earth or within a cliff or ledge (including any cave resource therein, but not including any mine, tunnel, aqueduct, or other excavation) and which is large enough to serve as cave habitat for wildlife.
- Caving** The collapse of a stream bank by undercutting due to wearing away of the toe or an erodible soil layer above the toe.
- Cavity** A hole or hollow place in a tree.
- Center Line** An imaginary line marking the center of the trail. During construction, the center line is usually marked by placing a row of flags or stakes.
- Channel** An area that contains continuously or periodically flowing water that is confined by banks and a streambed. Also used as verb “to channel” water.
- Channelization** The process of changing (usually straightening) the natural path of a waterway.
- Characteristic** A distinguishing trait, feature, or quality.
- Chigger (Redbug)** The tiny, red larva of certain mites. Bites cause itching and red welts.
- Chink** A small fissure or crack; the space between

larger rocks used to armor a trail. Also used as a verb: to chink.

Chinking To fill the crack or space between larger rocks with smaller rocks and soil to stabilize the tread paving.

Chock Any metal device that is inserted into rock as an anchor.

Cirque A bowl-shaped depression with very steep sides that forms at the head of a mountain glacier. Forms from cold-climate weathering processes including frost.

Cistern A small collection pool constructed from rock or rot-resistant wood to help protect water quality in heavily used areas.

Clear-Cut (Clear-cutting) Removal of all trees and shrubs, not just mature growth.

Clearing Removal of windfall trees, uproots, leaning trees, loose limbs, wood chunks, etc. from both the vertical and horizontal trail corridor.

Clinometer A hand-held instrument used for measuring percent of trail grade. The user sights through the Clinometer to a reference (usually a second person) and reads the measurement directly from the internal scale.

Closed Designated areas or trails where specified trail uses are permanently or temporarily prohibited.

Coastal plain An area of low relief along a continental margin that is underlain by thick, gently dip-

ping sediments.

Col A pass between two mountain peaks; or a low spot in a mountain ridge.

Come-along (Ratchet Winch) A strong cable fitted with a ratchet to gain mechanical advantage for moving heavy objects over the ground with comparative ease. It is often used in trail work to move large rocks or bridge timbers.

Compass A direction-indicating device that is used with a map to plot a route or check your position.

Concessionaire A person or business that contracts with a trail operating agency (public or private) to operate a facility or over a service.

Concessions Facilities or services that are leased out to entities other than the trail operator, i.e., sale of food and beverages, accessories, equipment, guided trips, and souvenirs of use or interest to trail users.

Conductive Heat Loss Occurs when the body loses heat to the air, water, or fabric that is in contact with the body at a lower temperature. Falling into cold water, for example, can cause you to lose all your body heat to the water.

Conflict, Recreational A negative experience occurring when competition for shared resources prevents expected benefits of participation from accruing to an individual or group.

Confluence The act of flowing together; the meeting

or junction of two or more streams; also, the place where these streams meet. The stream or body of water formed by the junction of two or more streams; a combined flood.

Conifer A tree comprising a wide range of trees that are mostly evergreens. Conifers bear cones (hence, coniferous) and have needle-shaped or scale-like leaves.

Connectivity The ability to create functionally contiguous blocks of land or water through linkage of similar native landscapes; the linking of trails, greenways, and communities.

Connectors Paths or on-road routes in heavily built environments that provide key connections between or within trail or greenway corridors; often, links from subdivisions or neighborhoods to main trails.

Conservancy A non-profit, privately funded organization whose purpose is to acquire lands for conservation of natural elements.

Conservation Controlled use and protection of natural resources. The process or means of achieving recovery of variable populations.

Conservation Area Designated land where conservation strategies are applied for the purpose of attaining a viable plant or animal population.

Continental Divide The dividing line for a continent that determines which ocean precipitation will flow into eventually. Every continent except

for Antarctica has a continental divide. The Continental Divide in the Americas is the line that divides the flow of water between the Pacific Ocean and Atlantic Ocean.

Contour Line (Contour) A line on a topographic map connecting points of the land surface that have the same elevation.

Contour Map A map that shows the change in value of a variable over a geographic area through the use of contour lines.

Controlled Burns Nowadays called “prescribed burns,” these are periodic, intentional fires used to clear underbrush in an effort to control wildfires, open areas to wildlife, and promote germination of some species of flora.

Convective Heat Loss This most common form of heat loss occurs when air and water come into contact, or near-contact, with your body and carry heat away with them.

Corridor, Scenic Land set aside on either side of a trail to act as a buffer zone protecting the trail against impacts such as logging or development, which would detract from the quality and experience of a trail.

Corridor, Trail The full dimensions of the trail, including the area (2 to 3 feet) on either side of the tread and the space overhead (10 to 12 feet) from which brush and obstacles need to be cleared. The area of passage of the trail, including all

cleared and managed parts above, below, and adjacent to the tread.

Counter, Trail-Traffic Used to gather numbers of individuals or groups using a trail. The three most commonly used types of trail-traffic counters are loop-type, photoelectric, and seismic sensor plate counters.

Counter, Loop-Type A large loop (approximately 8" by 48") is concealed under a layer of earth in the center of the trail; impulses triggered by users passing over the loop are stored as counts in the unit's memory device.

Counter, Photoelectric Consists of a scanner that emits an infrared beam, and a reflector that returns the beam to the scanner; the counter is advanced when the beam is interrupted (active infrared detection), or if the sensor detects body heat and motion (passive infrared).

Counter, Seismic Sensor Plate Pressure-sensitive sensor plates or mats are buried in the trail; wires are connected to the counter unit concealed off-trail. The counter must be adjusted for both sensitivity and length of delay between readings; to avoid multiple counts for people, horses, or groups.

Cover, Ground Vegetation or other material providing protection to a surface; area covered by live above ground parts of plants.

Crampon(s) Spikes that attach to the soles of boots,

for traveling on hard snow or ice.

Cranking To hike at a fast pace.

Creek Small body of running water moving in a natural channel or bed.

Creek, Ephemeral A temporary or short-lived water flow only in direct response to a heavy rain. Most of the year it's a dry bed.

Creek, Intermittent Channels that naturally carry water part of the year and are dry the other part.

Creek, Perennial Creek channels that carry water year round.

Creek, Seasonal Channels that naturally carry water part of the year, typically during the winter and spring months, and are dry the other part.

Creek Bank The side slopes of an active channel between which the creek flow is normally confined.

Creel Channel A long narrow depression shaped by the concentrated flow of a creek and covered continuously or periodically by water.

Creek Crossing A trail crossing a body of running water at grade without the use of a developed structure or bridge.

Creekbed The unvegetated portion of a channel boundary below the baseflow water level. The channel through which a natural stream of water runs or used to run, as a dry creekbed.

Creekflow The rate at which water passed through a given point, usually expressed in cubic feet per second.

- Creep** Slow mass movement of soil down relatively steep slopes, primarily by gravity and water.
- Crevasse** A deep fissure, as in a glacier; a chasm. A crack or breach in a dike or levee.
- Cross-Country Travel (Off-Trail Travel)** Hiking across open country rather than on a trail.
- Cross Training** Doing two or more aerobic activities such as hiking, bicycling and swimming on a regular basis.
- Crowding** It is more than the objective density of users in a particular area, it is a subjective judgment on the part of an individual that there are too many other people there.
- Crown (Crowning)** A method of trail construction where the center portion of the tread is raised to allow water to disperse to either side of the trail.
- Crown** The branches, twigs, and leaves of a tree.
- Crown Cover** The degree to which the crowns of trees are nearing general contact with one another.
- Cryptosporidiosis** A disease of the intestinal tract caused by the parasite *Cryptosporidium parvum* occurring in untreated backcountry water sources. Common symptoms include stomach cramps and diarrhea.
- Cultural Resource(s)** The physical remains of human activity (such as artifacts, ruins, burial mounds, petroglyphs, etc.) having scientific, pre-historic, or social values.

Dam A barrier constructed across a waterway to control the flow or raise the level of water. The embankment can be used as a trail to cross a river.

Dam, Check An earthen, stone, or log, dam placed across deeply eroded trails or erosion channels to slow the flow of water enough to allow accumulation of fine fill material behind the structure.

Day Hike A hike that begins and ends during daylight hours.

Day Pack (Daypack) A soft pack (smaller than a backpack), favored by day hikers for carrying food, water, and other supplies.

Deadfall A tangled mass of fallen trees or branches.

Declination The measurement describing the difference between true north and magnetic north.

Dedication The setting apart by the owner and acceptance by the public of property for public use, in accordance with statute or common law.

Decomposition The breakdown of matter by bacteria and fungi, changing the chemical makeup and physical appearance of materials.

DEET The active ingredient (chemical name N, N-diethyl-meta-toluamide) used in many insect repellents to repel biting pests such as mosquitoes and ticks.

Dehydration A depletion of body fluids that can hinder the body's ability to regulate its own temperature.

Delta The fan-shaped area at the mouth, or lower end, of a river, formed by eroded material that has been carried downstream and dropped in quantities that can not be carried off by tides or currents.

Demand The quantity of trails or activity desired. The demand (number of visitors in relation to price) for goods or services that cannot be met because of a lack of market capacity to respond to the demand. Demand for trails that cannot be satisfied with the existing facilities. A demand approach can be used to estimate the existing and future recreation use of an area.

Descent A downward incline or passage or process of descending from a higher to a lower location.

Descent, First A much-coveted prize; first to descend into a certain canyon or via a certain route.

Designated Route (Roads and Trails) Specific roads and trails identified by the agencies where some type of use (motorized or nonmotorized) is appropriate and allowed either seasonally or yearlong and which have been inventoried and mapped and are appropriately signed on the ground.

Difficulty Levels (Ratings) A subjective rating of degree of challenge a trail presents based on an average user with average physical abilities and skills. Difficulty is a function of trail condition and route location factors such as alignment, steepness of grades, gain and loss of elevation,

and amount and kind of natural barriers that must be crossed. Snow, ice, rain, and other weather conditions may increase the level of difficulty. For example, some trail providers use Easy, Moderate, Difficult. Many other agencies use the USDA Forest Service levels:

Easiest A trail requiring limited skill with little challenge to travel

More Difficult A trail requiring some skill and challenge to travel.

Most Difficult A trail requiring a high degree of skill and challenge to travel.

Dike (Raised Causeway) A low wall, often of sod, dividing or enclosing lands. The embankment is often used as a trail.

Direction of Travel Arrow The arrow on the base plate of a compass indicating the direction you should hike when you have established a bearing.

Disturbance Any management activity that has the potential to accelerate erosion or mass movement. Also, any other activity that may tend to disrupt the normal movement or habits of a particular wildlife or plant species.

Disturbed Area Area where vegetation or topsoil has been removed, or where topsoil, spoil, or waste has been placed.

Divide A ridge that separates two adjacent drainage basins.

Down Insulation for clothing and sleeping bags

made from duck or goose feathers.

Down Tree Fallen tree that blocks the trail.

Drainage The way in which water flows downhill and/or off the trail.

Draw Small valley or gap.

Drift Material of any sort deposited by geological processes in one place after having been removed from another. Glacial drift includes the materials deposited by glaciers and by the stream and lakes associated with them.

Drop-off Slope that falls away steeply.

Drought A period of dryness, especially a long one. Usually considered to be any period of soil moisture deficiency within the plant root zone. A period of dryness of sufficient length to deplete soil moisture to the extent that plant growth is seriously retarded.

Dry Wash (Sandwash) A streambed that carries water only during and immediately following rainstorms.

Duck (Cairn) A constructed pile of rocks located adjacent to a trail used to mark the route in lieu of a blaze. Often used in open or treeless areas where trail is indistinct.

Duff (Leaf Litter, Organic Matter) Any combination of loose vegetation, vegetable matter, roots, and/or organic laden soil produced by cutting trail. Duff retains moisture and rots away quickly if not removed from trails. This results in the for-

mation of depressions and pockets, which retain water and cause erosion problems.

Dunes Ridges or mounds of loose, wind-blown material, usually sand.

Easement Grants the right to use a specific portion of land for a specific purpose or purposes. Easements may be limited to a specific period of time or may be granted in perpetuity; or the termination of the easement may be predicated upon the occurrence of a specific event. An easement agreement survives transfer of landownership and is generally binding upon future owners until it expires on its own terms.

Easement, Conservation Places permanent restrictions on property in order to protect natural resources.

Easement, Recreation Provides public access to private property while limiting or indemnifying the owner's public liability.

Easement, Scenic Places permanent restrictions on a property in order to protect the natural view.

Ecological Corridor(s) Purchased/protected primarily for natural resource protection or wildlife corridors, although they often contain trails or other amenities aimed at serving the human population.

Ecology The branch of biology that deals with the mutual relations among organisms and between

organisms and their environment.

Ecosystem A system formed by the interaction of living organisms, including people, with their environment. An ecosystem can be of any size, such as a log, pond, field, forest, or the earth's biosphere.

Eco-Tourism Nature-based tourism. Purposeful travel to natural areas to understand the culture and natural history of the environment, taking care not to alter the integrity of the ecosystem, while producing economic opportunities that make the conservation of natural resources beneficial to local people.

Eddy A current running contrary to the main current, causing water turbulence, e.g., below the bridge pier where swift current is passing through, or below a bar or point.

Elevation The height of a place (mountain or other landmark) given in the number of feet or meters above sea level.

End-to-Ender A person who has traveled the entire distance between termini of a long distance trail.

Endangered species Any plant or animal species that is in danger of extinction throughout all or a significant portion of its range, and has been officially listed as endangered by the Secretary of Interior or Commerce under the provisions of the Endangered Species Act. A final rule for the listing has been published in the Federal Register.

Environment The aggregate of external conditions (physical, biological, economic, and social) that may act upon an organism to influence its development.

Environment, Natural Those parts of the landscape with features more closely resembling what they otherwise would presumably be like if they were left undisturbed by human activities.

Environmental Education Activities that use a structured process to build knowledge, in students and others, about environmental topics.

Environmental Impact The positive or negative effect of any action upon a given area or source.

Equestrian Of horses, horseback riding, riders, and horsemanship.

Erosion Natural processes (water, wind, ice, or other physical processes) by which soil particles are detached from the ground surface and moved downslope, principally by the actions of running water (gully, rill, or sheet erosion). The combination of water falling on the trail, running down the trail, and freezing and thawing, and the wear and tear from traffic create significant erosion problems on trails.

Escarpment A steep slope or cliff formed by the erosion of the inclined strata of hard rocks.

Estuary A partially enclosed body of water freely connected to the ocean, within which the seawater is diluted by mixing with freshwater and

where tidal fluctuations affect river water levels. The estuary is a dynamic system typified by brackish water, variable and often high nutrient levels and by shallow water conditions often associated with marsh plants in upper tidal zones and eelgrass in lower tidal zones.

Evaporative Heat Loss When you sweat, you lose heat through the evaporation of the liquid. This is great in warm weather because it cools the body; but when it is cold and once you stop moving, your clothes remain wet, which can lead to chilling.

Exotic Species A plant introduced from another country or geographic region outside its natural range.

Extreme Sports Challenging, physically demanding, adrenalin-charged activities pitting the user against the terrain.

Face The steep exposed side of a rock.

Face Plant A face-first tumble.

False Summit A high point that seems to be the summit until you get close enough to see that you are not yet done climbing.

Fanny Pack A waist pack, especially as worn with the pouch over the buttocks.

Fastpacker Anyone who passes you on the trail.

Fault A fracture in rock along which movement can be demonstrated. A fracture in the earth's crust

forming a boundary between rock masses that have shifted.

Fauna The animal populations and species of a specified region.

Federal Land Land owned by the United States, without reference to how the land was acquired or which Federal Agency administers the land.

Fence A constructed barrier of wood, masonry, stone, wire, or metal, erected to screen or separate areas.

Feng Shui (pronounced “fung shway”) Literally meaning wind and water. The Chinese art and science of arranging spaces and elements in the space (in or outdoor) to create harmonious energy flows and patterns, tempering or enhancing the energy where necessary. Some trail designers use Feng Shui.

Fire Ring Circle of rocks or metal ring used to contain a fire. A proper fire ring is constructed to prevent the spread of fire above and below ground level. You should only use fire rings found in designated sites.

Fire Road Unimproved dirt road that allows fire fighting and ranger vehicles access to the backcountry.

Firebreak A strip of forest, prairie land or mountain slope cleared or plowed to stop or prevent the spread of fire.

Flagging Thin ribbon used for marking during the

location, design, construction, or maintenance of a trail project.

Flagline (Flag Line) A series of flags indicating the intended route for trail construction. Ribbon usually tied in trees or pin flags placed on the centerline, inside edge, or critical edge of the proposed trail project.

Flash Flood A sudden flood of great volume, usually caused by a heavy rain. Also, a flood that crests in a short length of time and is often characterized by high velocity flows.

Flashlight A small portable lamp usually powered by batteries.

Flip-Flop To travel on a long distance trail continuously, time-wise but not necessarily in the same direction. For example, you might flip-flop by traveling north then skipping a section of trail and traveling south until you get to where you left off.

Floodplain (Flood Plain) Flat, occasionally flooded areas, bordering streams, rivers, or other bodies of water, susceptible to changes in the surface level of the water. Floodplains are formed of fluvial sediments and are periodically flooded and modified when streams overflow. Stream channels meander within unconfined floodplains, alternately creating and isolating habitats.

Flora The plant populations and species of a specified region.

Flow The rhythm or “feel” of a trail. Two basic types

include “open and flowing” and “tight and technical.”

Footpath A path over which the public has a right-of-way on foot only.

Forage All browse and non-woody plants that are available to wildlife for grazing or harvested for feeding livestock. Normally includes only the current year’s growth.

Forbs Any herbaceous plant species other than those in *Gramineae* (grasses), *Cyperaceae* (sedges), and *Juncaceae* (rushes) families; fleshy leaved plants.

Ford A natural water level stream crossing. Can be improved to provide a level, low velocity surface for trail traffic.

Forest Canopy The combination of upper branches and leaves of trees (tree crowns) in an area.

Freshet Sudden overflow of a creek or stream caused by a heavy rain or by thawing snow and ice.

Friends of the Trail: A private, non-profit organization formed to advocate and promote a trail. They can provide assistance, whether muscle power or political power, that augments management of a trail by a public agency.

Frostbite The freezing of skin and the tissue beneath.

Frostline The maximum depth that frost can be expected to penetrate into the ground.

Fuels Living or dead plant material that will burn when weather conditions are correct.

- Gaiters (Leggings, Puttees)** Coverings that zip or snap around the ankles and lower legs to keep debris and water out of your boots.
- Game** Any species of fish or wildlife for which state or federal laws and regulations proscribe hunting seasons and bag or creel limits.
- Gate** Structure that can be swung, drawn, or lowered to block an entrance or passageway.
- Gear, Hiking** Clothes and accessories used for hiking.
- Geocaching** Involves hiding a cache (a stash of goods and a log book) in a remote location and recording its location using a GPS unit. The coordinates, along with a few helpful hints, are then posted on a website for other GPS-wielding geocachers to look up and then hunt for a cache; a modern day treasure hunt.
- Geographic Information System (GIS)** A spatial database mapping system (computer and software) that contains location data for trails and other important features.
- Giardiasis** An intestinal illness (diarrhea, excessive gas, and abdominal cramping) caused by the protozoan parasite *Giardia lamblia* occurring in untreated backcountry water sources.
- Glacier** A huge mass of ice, formed on land by the compaction and re-crystallization of snow, that moves very slowly down slope or outward due to its own weight.
- Glade** An open space in a forest.

- Glen** A narrow, deep and often secluded mountain valley, especially in Scotland or Ireland.
- Glissade** To slide down a snow slope, either sitting or standing, using an ice-axe to control speed and direction.
- Global Positioning System (GPS)** A system used to map trail locations using satellites and portable receivers. Data gathered can be downloaded directly into GIS database systems.
- Gore-Tex** A trademark used for a water-repellant, breathable laminated fabric with a micro-thin membrane used primarily in outerwear, tents, and hiking boots.
- Gorge** A deep narrow passage with steep rocky sides; a ravine.
- GORP** The original high-carbohydrate trail snack made primarily from nuts and dried fruit, an acronym for “Good Ol’ Raisins and Peanuts.”
- Grade** The vertical distance of ascent or descent of the trail expressed as a percentage of the horizontal distance, commonly measured as a ratio of rise to length or as a percent. For example, a trail that rises 8 vertical feet in 100 horizontal feet has an 8 percent grade.
- Grade, Average Trail (Overall Trail Grade)** The average steepness of a trail over its entire length.
- Grade, Change of** An abrupt difference between the grade of two adjacent surfaces.
- Grade, Maximum** The steepest grade permitted on

any part of a trail.

Grade, Negative Trail runs downhill.

Grade, Percent of Preferred method of measuring slope, or a hill's steepness. For example, a grade of 10 percent means there is a rise or fall of 10 vertical feet per 100 linear feet.

Grade, Positive Trail runs uphill.

Graffiti Any writing, printing, marks, signs, symbols, figures, designs, inscriptions, or other drawings that are scratched, scrawled, painted, drawn, or otherwise placed on any surface of a building, wall, fence, trail tread, or other structure or natural surface along trails or greenways, and which have the effect of defacing property and/or natural scene.

Grass (Forbs) Herbaceous vegetation.

Grassroots (Support) Efforts at the local level utilizing public interest groups and communities in support of trails or greenways.

Gravel Rock fragments ranging from 1/5 to 3 inches in diameter.

Great Hiking Era The period between 1890 and 1930 was such a wonderful time to hit the trail that historians in some parts of the U.S., particularly in California, refer to it as "The Great Hiking Era." Many trail camps and small-scale resorts were established during these decades and mountainous regions were crisscrossed with trails.

Green An open space available for unstructured recreation consisting of grassy areas and trees.

Green Building A philosophy of construction of buildings and development of sites that fosters environmental responsiveness, resource efficiency, and community and cultural sensitivity.

Green Infrastructure An interconnected network of waterways, wetlands, woodlands, wildlife habitats, and other natural areas; greenways, parks and other conservation lands; working farms, ranches and forests; and wilderness and other open spaces that support native species, maintain natural ecological processes, sustain air and water resources and contribute to the health and quality of life for communities and people.

Greenbelt A series of connected open spaces that may follow natural features such as ravines, creeks, or streams. May surround cities and serve to conserve and direct urban and suburban growth.

Greenhorn Inexperienced hiker.

Greenspace Natural areas, open spaces, trails, and greenways that function for both wildlife and people.

Greenway A linear open space established along a natural corridor, such as a river, stream, ridgeline, rail-trail, canal, or other route for conservation, recreation, or alternative transportation purposes. Greenways can connect parks, nature pre-

serves, cultural facilities, and historic sites with business and residential areas.

Greenway, Conservation Open space corridor that protects biodiversity and water resources by connecting natural features such as streams, wetlands, forests, and steep slopes.

Green Exercise Physical activities that give participants the benefits of exercise and direct exposure to nature. Hikers are the chief practitioners of green exercise, also practiced by kayakers, surfers and cross-country skiers.

Green Tunnel An older nickname for the Appalachian Trail, so named because much of it leads beneath a canopy of trees.

Grid A pattern of squares on a map that help find features or fix position. Coordinate numbers for horizontal and vertical lines can be traced to an intersection in a particular grid.

Groundwater Water that infiltrates through the ground surface and accumulates in underground water bodies in porous rock or gravels.

Groundwater Table (Water Table) The upper limit of the part of the soil or underlying rock material that is wholly saturated with water. In some places an upper, or perched, water table may be separated from a lower one by a dry zone.

Grub (Grubbing) Removal of roots, stumps, rocks, soil, etc., from the trail tread and corridor.

Guardrail A 36- to 42-inch high railing for guarding

against danger at the edge of a deck, bridge, or boardwalk to prevent people from falling. Also a barrier (posts and steel cables or bars) placed along the edge of a highway at dangerous points.

Gulf A large inlet of water surrounded by land; usually surrounded on three sides by land. Larger than a bay.

Gully-washer Heavy rain.

Gutter A trough or dip used for drainage purposes that runs along the edge of a trail.

Guzzler A water development for wildlife that relies on rainfall or snowmelt to recharge it, rather than springs or streams. Usually used where no other sources of wildlife water exist.

Habitat A place that supports a plant or animal population because it supplies that organism's basic requirements of food, water, shelter, living space, and security.

Habitat, Critical (Crucial or Key) Describes a particular seasonal range or other habitat component (e.g., winter range for big game, riparian habitat for dependent species, and nesting areas for sage grouse) which is a primary determining factor in a population's ability to maintain and reproduce itself.

Habitat Diversity The number of different types of habitat within a given area.

Habituated Animals that are comfortable in the

presence of humans and have become accustomed to frequenting developed areas, campsites, trails, or roadsides.

Hammock A cluster of trees, often hardwoods on higher ground.

Handrail A long stream, road, or other feature that runs parallel to your course of travel. For example, once you follow a stream bank you can hold on to that “handrail” without constantly checking your compass bearing and position on the map. You will need to first find a “check point” on the map that will indicate when to turn away from the handrail.

Hantavirus A respiratory disease that is carried in wild rodents such as deer mice. People become infected after breathing airborne particles of urine or saliva found in rodent-infested areas. The virus produces flu-like symptoms and takes one to five weeks to incubate. It is 60 percent fatal.

Hardpan A layer of nearly impermeable soil beneath a more permeable soil, formed by natural chemical cementing of the soil particles.

Harmony A combination of parts into a pleasing or orderly whole: congruity; a state of agreement of proportionate arrangement of form, line, color, and texture.

Hat, Hiker’s A covering for the head, especially one with a shaped crown and brim.

- Haze** An atmospheric condition marked by a slight reduction in atmospheric visibility, resulting from the formation of photochemical smog, radiation of heat from the ground surface on hot days, or the development of a thin mist.
- Hazard Tree (Danger Tree, Widow Maker)** Tree or limb that is either dead, or has some structural fault, that is hanging over, or leaning towards the trail or sites where people congregate.
- Hazard(s), Foreseeable** Hazards that trail builders or managers might perceive, but the average user would not see. An example is dead snags that serve as hazard trees when close to a trail.
- Headlamp** A light source worn affixed to the head for outdoor activities at night or in dark conditions for hiking and camping. Often substitutes for a flashlight in the Ten Essentials.
- Headland** A narrow area of land jutting out into a sea or lake.
- Headwaters** The area in the upper reaches of a watershed typified by unconfined surface water flows. Headwaters can coalesce to form rivulets or first order streams with distinct channels. Headwaters can often be ephemeral (wet only part of the year).
- Heat Exhaustion** The body's reaction to overheating, which includes salt-deficiency and dehydration.
- Heatstroke** A severe illness in which the body's tem-

perature rises way above normal; also called sunstroke.

Height Measure of the vertical dimension of a feature. May also be the depth of a rut or dip.

Herbaceous Plants that are green and leaf like in appearance or texture and have characteristics typical of an herb, as distinguished from a woody plant.

Heritage Resource A site, structure, object, or group of sites or structures used or created by people in the past.

Hike To walk in nature. Also, a walk in the mountains or other natural landscape for pleasure.

Hiker One who hikes (especially frequently); a foot traveler; someone who goes on a walk in the mountains or other natural landscape for pleasure.

Hike-ku A hiking-themed haiku, a form of Japanese verse, written in 17 syllables divided into three lines of 5, 7 and 5 syllables, and employing highly evocative allusions and comparison, often on the subject of nature.

Hiking Walking for pleasure in the mountains or other natural landscape.

Hiking Boots Footwear specifically designed for hiking. Considered the most important hiking gear because their fit and quality can assist or impede a hiker's speed, comfort and safety. Good hiking boots protect the hiker's feet against all manner

of natural obstacles and provide comfort for walking over rough and uneven terrain.

Hip Belt A belt on a backpack or day pack that straps around the hips, and helps transfer weight from shoulders and back to hips.

Historic Property Any prehistoric or historic district, site, building, structure, or object included in, or eligible for inclusion on the National Register; such term includes artifacts, records, and remains which are related to such a district, site, building, structure, or object.

Hoes (Grub Hoe/Adze Hoe/Hazel Hoe) A tool with a blade (various weights) set across the end of a long handle used in building and repairing trail tread and digging trenches. They usually come with a 34-inch handle and a 6-inch-wide blade set at an “adze angle” and are maintained and used like a mattock. Grub hoes are not usually sharpened.

Hogback A rounded ridge.

Hoodoo(s) A column of eccentrically shaped rock spires separated from the parent rock, produced by differential weathering.

Hostel A low-cost establishment usually offering bunks, showers, and sometimes meals or kitchen facilities to travelers.

Hot Spring A natural spring that delivers water to the surface that is of higher temperature than the human body.

Hump A low mound of earth; a hummock. A mountain range.

Hunt (Hunting) Camp Areas set up to be used by seasonal hunters for camping. May also act as a trailhead.

Hydration Bag Water bag fitted with a hose through which you can drink, usually carried on your back.

Hyperthermia Unusually high body temperature.

Hypothermia Lowering of the body's core temperature to dangerous levels. Wet conditions, wind, and exhaustion can bring on hypothermia.

Impermeable Material A soil or material whose properties prevent movement of water.

Impervious Surface Hard surfaces that do not allow absorption of water into the soil and that increase runoff. Examples of such surfaces include concrete or asphalt paved trails and parking areas.

Infrastructure The facilities, utilities, and transportation systems (road or trail) needed to meet public and administrative needs.

Inslope (Insloping) Where the trail tread is sloped downward toward the backslope of the trail; causes water to run along the inside (uphill) edge of the trail.

International Mountain Bicycling Association (IMBA) Leading resource and lobbying organization for mountain biking.

Interpretation Communicating information about the natural and/or cultural resources and their associated stories and values found at a specific site or along a trail. Tours, signs, brochures, and other means can be used to interpret a particular resource.

Interpreter Usually in state, national and regional parklands, an employee who explains an area's cultural and natural history via guided tours, trail walks, campfire programs, etc.

Interpretive Display An educational display usually in an interpretive center or at a trailhead that describes and explains a natural or cultural point of interest on or along the trail.

Intersection (Junction) Area where two or more trails or roads join together.

Jerky Meat cut into strips, salted and dried or smoked with low heat. The result is a salty savory snack that can be stored for a long time without refrigeration.

Journey The act of traveling from one place to another; a trip. Distance to be traveled or time required for trip.

Junction (Intersection) Area where two or more trails or roads join together

Kiosk (Sign) A freestanding bulletin board consisting of three to five sides housing informational or interpretive displays.

Knob Prominent rounded hill or summit on a longer ridge.

Lagoon A shallow area of water separated from the ocean by a sandbank or by a strip of low land.

Lake Large inland body of water.

Land The total natural and cultural environment of the solid surface of the earth.

Land, Private Land owned by a farmer, corporation, or individual (private landowner).

Land, Public Federal, state, or municipal land in trust for the governed populace (public landowner).

Land and Water Conservation Fund (LWCF) A federal matching assistance program that provides grants for 50 percent of the cost for the acquisition and/or development of outdoor recreation sites and facilities.

Land Ethic The desire humans have to conserve, protect, and respect the native landscape and other natural resources because their own well being is dependent upon the proper functioning of the ecosystem.

Land Management Agency Any agency or organization that manages lands, many managed as recreation and/or wilderness areas. Examples include federal agencies such as the USDA Forest Service, the USDI National Park Service, and the USDI Bureau of Land Management, as well as state,

county, and local park system agencies, plus organizations such as The Nature Conservancy.

Land Manager Any person who makes decisions regarding land use.

Land Trust A private, nonprofit conservation organization formed to protect natural resources such as forestland, natural areas, and recreational areas. Land trusts purchase and accept donations of conservation easements.

Land Use The way a section or parcel of land is used. Examples of land uses include industrial, agricultural, and residential.

Landing The transition area on a switchback.

Landmark Any monument or material mark or fixed object used to designate the location of a land boundary on the ground. Any prominent object on land that can be used in determining a location or a direction.

Landscape The sum total of the characteristics that distinguish a certain kind of area on the earth's surface and give it a distinguishing pattern in contrast to other kinds of areas.

Landscape Character The arrangement of a particular landscape as formed by the variety and intensity of the landscape features and the four basic elements of form, line, color, and texture. These factors give the area a distinctive quality which distinguishes it from its immediate surroundings.

Landscape Diversity The size, shape, and connectiv-

ity of different ecosystems across a large area.

Landscape Features The land and water form, vegetation, and structures which compose the characteristic landscape.

Landslide Dislodged rock or earth that has slipped downhill under the influence of gravity and obstructs passage on a trail.

Latitude The angular distance north or south of the equator, measured in degrees, minutes, and seconds.

Layering Just like it sounds, the hiker adds layers of clothing to stay warm and removes layers to cool off. What makes the concept seem so complex, however, is the dizzying array of fabrics and types of apparel available to hikers.

Layover Day A rest day during an extended hiking or backpacking trip.

Leaching The loss of soil minerals from upper layers of the soil to lower layers by water drainage.

Leave No Trace (LNT) Educational program designed to instill behaviors in the outdoors that leave minimum impact of human activities or occupation.

Leg In popular usage, this part of the body extends from the top of the thigh down to the foot. However, in the medical profession, the leg refers to the portion of the lower extremity from the knee to the ankle. Also a section or portion of a hike or trail.

- Legend** A listing that shows symbols and other information about a map.
- Leisure** The free or discretionary time available for people to use as they choose after meeting the biological and subsistence requirements of existence.
- Length** Dimension of a feature measured parallel to the direction of travel.
- Levee** An embankment raised to prevent a river from overflowing. A small ridge or raised area bordering an irrigated field. The embankment is often used as a trail.
- Line** The path, real or imagined, that the eye follows when perceiving abrupt differences in form, color, or texture. Within landscapes, lines may be found as ridges, skylines, structures, changes in vegetative types, or individual trees and branches.
- Linkage(s)** Connections that enable trails to function and multiply the utility of existing components by connecting them together like beads on a string.
- Litter** The uppermost layer of decaying matter in any plant community (leaf matter), or carelessly discarded trash on the trail.
- Livestock** Domestic animals kept or raised for food, by-products, work, transportation, or recreation.
- L.L. Bean** Founded in 1912 in Maine by Leon Leonard Bean, a source for quality outdoor equip-

ment and apparel.

Loam An easily crumbled soil consisting of a mixture of clay, silt, and sand.

Loft The upper floor of a hiker's shelter often accessed via a ladder. Or, the degree of fluffiness in the fill of a sleeping bag.

Log, Trail An inventory of physical features along or adjacent to a trail. An item-by-item, foot-by-foot record of trail features and structures and the improvements needed on a specific trail.

Longitude The angular distance east or west of the prime meridian, measured in degrees.

Loppers (Lopping or Pruning Shears) A long-handled tool with two opposing blades (by-pass or anvil) used for cutting heavy vegetation.

Low-impact Camping Camping that does not damage or change the land. Campers leave no sign that they were on the land.

Lowland A relatively flat area in the lower levels of regional elevation.

Lyme Disease An infection caused by a spiral-shaped bacterium called a spirochete carried by deer ticks. Symptoms associated with the early stages include fever, headache, stiffness, lethargy, and myriad other mild complaints—often dismissed as the flu. If left untreated, Lyme disease can produce lifelong impairment of muscular and nervous systems.

Machete A large knife used to clear succulent vegetation.

Machine Built Trail or feature constructed with the use of an excavator, trail dozer, or other piece of equipment.

Magnetic North A spot in northern Canada, overlying the earth's magnetic North Pole, toward which the red needle of a compass points.

Maildrop Food or sundry resupplies sent to yourself via USPS, UPS, or other carriers. There could be several maildrops on a long-distance trail trip.

Maintainer A volunteer who maintains a section of trail as part of a trail-maintenance program of a trail organization.

Maintenance Repair, improvements, or other work that is carried out on or near a trail to keep a trail in its originally constructed serviceable condition or to improve the safety and sustainability of the site. Usually limited to minor repair or improvements that do not significantly change the trail location, width, surface, or structures.

Maintenance (Annual) Involves four tasks done annually or more often as needed: cleaning drainage, clearing blowdowns, brushing, and marking.

Management Include the over-all policy, planning, design, inventorying, mapping, construction, and maintenance of trail, as well as the operational aspects of administration.

Management Area An area selected for management of an emphasized natural resource, and common management objectives.

Manager The person who has charge of a piece of land (i.e. a Park Manager).

Map A representation on a plane surface, at an established scale, of the physical features (natural, artificial, or both) of a part or the whole of the earth's surface, by means of signs and symbols, and with the means of orientation indicated.

Map Scale The relationship between distance on a map and the distance on the earth's surface.

Marker, Trail An appropriate and distinctive symbol with the name of the trail imprinted on plastic or metal triangles or diamonds and used to mark a trail route.

Marsh A mineral wetland that is permanently or seasonally inundated by standing or slow moving water. The waters are nutrient rich and the substrate is usually mineral soil. Marshes are characterized by communities of emergent rushes, grasses and reeds, and submerged or floating aquatic plants in areas of open water.

Massif A group of mountains.

Mattock A sturdy two-bladed tool with an adz blade that can be used as a hoe for digging in hard ground. The other blade may be a pick (pick mattock) for breaking or prying small rock or a cutting edge (cutter mattock) for chopping roots.

McLeod A forest fire tool that looks like an oversized hoe with tines on the opposite blade. In trail work it is used to remove slough and berm from a trail and to smooth the tread. The head can also be used for tamping soil or crusher fines.

Meadow Tract of grassland.

Meander To proceed by or take a winding or indirect course. To wander aimlessly; ramble. A winding trail or course. The winding of a stream channel, usually in an erodible alluvial valley.

Measuring Wheel (Cyclometer) A device that records the revolutions of a wheel and hence the distance traveled by the wheel on a trail or land surface.

Mesa Flat-topped elevation with one or more cliff-like sides.

Microtopography Small bumps and rises in the landscape.

Mileage Crazy (Mileage Crazyness) A serious condition that exists in many forms. It can hit travelers while driving, riding in planes, bicycling, or hiking. The symptoms are placing more importance on how many miles are traveled than on the real reason for traveling—to enjoy the journey.

Moat A gap between snow and ice.

Mode A particular form of travel, such as walking, bicycling, operating a vehicle, etc.

Moleskin Heavy cotton fabric woven and sheared to create a soft pile on one side and used in adhesive pads stuck to the feet to prevent blisters; “Dr.

Scholl's" is a well-known moleskin.

Monitor(ing) Check systematically or scrutinize for the purpose of collecting specific data along a trail in relation to a set of standards to determine whether progress is being made in achieving management objectives or goals.

Monument A physical structure, such as an iron post, marked stone, or tree in place, which marks the location of a corner point established by a Cadastral Survey. Objects, to be ranked as monuments, should have certain physical properties such as visibility, durability, and stability, and they must define location without resorting to measurements.

Moraine A ridge or pile of boulders, stones, and other debris carried along and deposited by a glacier. The most common moraines are end (or terminal) moraines and lateral (or side) moraines.

Mountaineering (Mountain Climbing, Alpinism) Climbing high mountains (for sport) where skill and gear to enable belaying, rappelling, glacier travel, and climbing over rock, snow, and ice are needed. The object is to reach summits and not simply to traverse trails and passes.

Mouse Trapeze String hung from shelter ceiling with tin can lid above food bag to deter mice from getting at food.

Mouth The exit or point of discharge of a stream

into another stream, lake, or sea.

Mud Season A “fifth season,” particularly in northern New England, sometimes extending from about mid-March to Memorial Day, characterized by muddy conditions and sometimes accompanying psychic misery.

Multiple Use A land management objective that seeks to coordinate several environmental, recreational, economic, historical, cultural and/or social values in the same geographic area in a compatible and sustainable manner.

Multiple Use Trail Network A series of trails that interconnect to form a system that, as a whole, allows for more than one use. The individual trails may be single use or multiple use.

National Conservation Area (NCA) Similar to National Monument status; applies solely to BLM lands. Granted only by Congress. These areas provide for the conservation, use, enjoyment, and enhancement of certain natural, recreational, paleontological, and other resources, including fish and wildlife habitat. Individual site determines allowable recreational activities.

National Environmental Policy Act (NEPA) Federal law (established by Congress in 1969), which requires that every Federal agency with public involvement assess the biological and cultural resources in the location of any ground-disturb-

ing activity on federal land and evaluate if there will be any significant environmental impacts of the proposed project.

National Forest or Grassland System All national forest lands and grasslands reserved or withdrawn from the public domain of the United States. Government officials decide upon appropriate resource extraction such as logging, mining, and oil and gas drilling, as well as appropriate recreational uses such as hiking, mountain biking, hunting, fishing, snowmobiling, and OHVs.

National Historic Trail (NHT) Federally designated extended trails, which closely follow original routes of nationally significant travel (explorers, emigrants, traders, military, etc.). NHTs do not have to be continuous, can be less than 100 miles in length, and can include land and water segments. The Iditarod, the Lewis and Clark, the Mormon Pioneer, and the Oregon trails were the first to be designated as NHTs in 1978.

National Monument Area of unique ecological, geological, historic, prehistoric, cultural, or scientific interest administered by the National Park Service, United States Department of Interior. Traditionally used for historic structures or landmarks on government land; more recently used to grant national park-like status to tracts of western land. Designated by Congress or the president. Indi-

vidual site determines allowable recreational activities.

National Park Designated primarily to protect resources and recreation opportunities administered by the National Park Service, United States Department of Interior. Do not allow hunting, mining, or other extractive uses.

National Preserve Often linked with a national park. Some national preserves are administered very much like national parks while others allow mineral and fuel extraction, hunting, and trapping.

National Recreation Area Federal areas that have outstanding combinations of outdoor recreation opportunities, aesthetic attractions, and proximity to potential users. They may also have cultural, historical, archaeological, pastoral, wilderness, scientific, wildlife, and other values contributing to public enjoyment. Designated by Congress. Individual location determines allowable recreational activities.

National Recreation Trail (NRT) Existing trails that provide a variety of outdoor recreation uses in or reasonably accessible to urban areas recognized by the federal government (Secretary of Interior or Secretary of Agriculture, not Congressional action) as contributing to the National Trails System.

National Resource Land Managed for grazing and extraction by the Bureau of Land Management

(BLM); often unnamed. Allows all recreational activities.

National Scenic Area Area that contains outstanding scenic characteristics, recreational values, and geological, ecological, and cultural resources.

National Scenic Trail (NST) Federally designated extended trails (over 100 miles in length), which provide for the maximum outdoor recreation potential and for the conservation and enjoyment of the significant scenic, historic, natural, or cultural qualities of the areas through which they pass. The Appalachian and the Pacific Crest trails were the first to be designated as National Scenic Trails in 1968.

National Seashore Coastal equivalent of a national park.

National Trails System A network of trails (National Scenic, Historic, or Recreation) throughout the country authorized by the 1968 National Trails System Act (16 U.S.C. 1241-51).

National Trails System Act (NSTA) Was passed as Public Law 90-543, signed by President Johnson on October 2, 1968, after several years of negotiations. It has been amended more than 20 times since.

National Wildlife Refuge Preserves wildlife habitat. Allows hunting and fishing; some allow overnight camping.

Native Species An indigenous species (a basic unit

of taxonomy) that is normally found as part of a particular ecosystem; a species that was present in a particular area at the time of the Public Land Survey (1847-1907).

Natural Bridge An arch-shaped rock formation produced by weathering and/or erosion.

Natural History The study and description of organisms and natural objects, especially their origins, evolution, and interrelationships.

Natural Resource(s) For outdoor recreation include areas of land, bodies of water, forests, swamps, and other natural features which are in demand for outdoor recreation or are likely to become so.

Nature The world of living things and the outdoors. The material world and its phenomena. The forces and processes that produce and control all the phenomena of the material world. A primitive state of existence, untouched and uninfluenced by civilization or artificiality.

Nature Deficit Disorder: A term coined by author Richard Louv in his 2005 book, "Last Child in the Woods," it refers to the decreasing amount of time children spend outdoors that may result in a wide range of physical, mental and behavioral problems. The term is applicable to adults as well.

Nonmotorized Trail recreation by modes such as hiking, biking, horseback riding, skiing, etc.

Obstacle(s) Physical objects large enough to signifi-

cantly impede or slow travel on a trail. Logs, large rocks, and rock ledges are common obstacles.

Off-Highway Vehicle (OHV) Any motorized vehicle used for travel in areas normally considered inaccessible to conventional highway vehicles. OHVs generally include dirt motorcycles, dune buggies, Jeeps, 4-wheel drive vehicles, snowmobiles, and ATVs. Used to be referred to as Off-Road Vehicles.

Old-growth A forest or woodland characterized by the presence of large old trees, numerous snags, woody debris and that is usually in a late stage of ecological succession.

Open Space Areas of natural quality, either publicly or privately owned, designated for protection of natural resources, nature-oriented outdoor recreation, or trail-related activities. In urban settings areas of land not covered by structures, driveways, or parking lots.

Orienteering A sport in which competitors must find their way across country using a map and compass.

Outcrop A rock formation that protrudes through the level of the surrounding soil.

Outdoor Recreation Leisure activities involving the enjoyment and use of natural resources primarily outdoors.

Outerwear Clothing such as jackets, parkas, vests, hats and gloves for use outdoors. This apparel is

the outermost layer of a hiker's layering scheme.

Overpass A crossing of two highways or a highway and a trail or railroad at different levels where clearance for traffic on the lower level is obtained by elevating the higher level.

Overstory The uppermost layer of foliage that forms a forest canopy.

Pace The rate of movement for a hiker, often expressed in miles per hour.

Parcourse (Vita course) A series of exercise stations located along a fitness trail. Each station is designed to exercise a different set of muscles.

Park Any area that is predominately open space with natural vegetation and landscaping used principally for active or passive recreation.

Park, Linear A linear open space established along a natural corridor, such as a river, stream, ridgeline, rail-trail, canal, or other route for passive recreation, education, and scenic purposes.

Parkway A broad roadway bordered with (and often divided by) plantings of trees, shrubs, and grass.

Pass Narrow low spot between mountain peaks; lowest point along a mountain crest. Pass is generally used in the West, while "gap" is used in the South, and "notch" in New England.

Passing Space A section of trail wide enough to allow two users to pass one another or travel abreast.

Path (Pathway) This is a temporary or permanent area that is normally dirt or gravel, although some paths are asphalt or concrete. A path typically indicates the common route taken by pedestrians between two locations.

Pathfinder One that discovers a way; explores untraveled regions to mark a new route. Someone who promotes a new process or procedure.

Pavement That part of a trail having a constructed hard paved surface for the facilitation of wheeled trail traffic.

Peak The high point of a mountain or hill.

Peak-Bagging Reaching the tops of as many peaks as possible and keeping a record of the accomplishment.

Peat Partially decomposed plants and other organic matter, usually mosses, that build up in poorly drained wetland habitats.

Pedestrian Any person traveling by foot, or any mobility-impaired person using a wheelchair, whether manually operated or motorized.

Peninsula A piece of land extending into the sea almost surrounded by water.

Percolation The downward movement of water through the soil or alluvium to a groundwater table.

Peripatetic Walking about; moving from place to place.

Permeability The capability of soil or other geologic

formations to transmit water.

Permit (System) Use-authorization forms issued by agencies to control the amount of use along trails or in wilderness areas. Permits may be obtained from the agency office, by mail, over the phone, online, or in person, or they may be self-issued; self-issued permits are usually obtained at the trailhead or immediately outside agency offices. They can be used to increase visitor knowledge about regulations, recommended low-impact behaviors, and potential hazards.

Physical Feature A land shape formed by nature.

Pick (Pick-ax, Pick-axe) A tool with a 36-inch handle and a head that has a point at one end and a chisel-like edge at the other. Used to loosen soil or rock.

Picnic Area Day-use area with one or more picnic tables where meals can be eaten outdoors.

Pilgrimage A journey to a sacred place or shrine. Often a long journey or search, and one of exalted purpose and moral/religious significance.

Pitch An increase in the prevailing grade of a trail.

Pitch A section of ice or rock that is difficult to climb, may be from 10 to 120 feet in height.

Piton A spike (driven into rock) to which ropes are attached during climbing or rigging.

Plateau An elevated area of mostly level land, sometimes containing deep canyons.

Playa The usually dry and very level lake-plain that

- occupies the lowest part of a closed depression.
- Poach (Poacher)** To nab a campsite without a permit.
- Point(s) of Interest** Ecological, historic, cultural, and recreational features or sites that may contribute to the quality of a trail user's experience.
- Poison ivy** A North American shrub or vine that has compound leaves with three leaflets, small green flowers and whitish berries that cause a rash on contact. Also a skin rash caused by contact with this plant.
- Poison oak** A shrub or vine that has compound leaves and three lobed leaflets that grows in western North America, primarily west of the Rocky Mountains. Also a skin rash caused by contact with this plant.
- Pole Saw (Tree Pruner)** A pruning saw with a telescoping handle to trim branches that would otherwise be out of arm's reach. Some models have built-in loppers that can be operated from the ground with a rope.
- Pond** Still body of water smaller than a lake, often artificially formed, that is shallow enough to permit sunlight to reach the bottom, thus allowing plant growth.
- Pool** A reach of a stream that is characterized by deep, low-velocity water and a smooth surface.
- Porta-potty** Portable toilet.
- Post-hole** To punch through deep snow with each

step.

Potable (Water) Safe to drink from the source without treating.

Power Hiker One who covers long distances, often with significant elevation gain, often beginning before sunrise and hiking until dusk.

Prescribed Burns Formerly called “controlled burns,” these are periodic, intentional fires used to clear underbrush in an effort to control wildfires, open areas to wildlife, and promote germination of some species of flora.

Preservation Maintaining an area or structure intact or unchanged.

Privy Outhouse or latrine.

Prime Meridian An imaginary line running from north to south through Greenwich, England, uses as the reference point for longitude.

Primitive Characterized by an essentially unmodified natural environment isolated from the sights, sounds, and structures of civilization.

Pristine A place where signs of human impacts are absent or difficult to detect.

Promontory A prominent mass of land overlooking or projecting into or above a lowland. A high point of land or rock projecting into a body of water.

Pruning The removal of normal vegetative that intrudes beyond the defined trail clearing limits.

Pruning Saws Single handled, straight bladed prun-

ing saws are useful for limbing, some brushing, and removing small downfall; especially where space is limited and cutting is difficult. Folding pruning saws are handy.

Public Land Any land and interest in land owned by the United States and administered by the Secretary of the Interior through the Bureau of Land Management.

Puddle A small pool of water usually a few inches deep and from several inches to several feet across.

Pulaski During the early 1900s US Forest Service Ranger Edward Pulaski of Idaho needed a good tool for grubbing and chopping fire lines, so he welded the blade of a pick to the back of an ax head and created what has come to be known as the “Pulaski.” The modern Pulaski combines an axe bit with an adz-shaped grub hoe and is a very popular tool among trail builders.

Puncheon (Bog Bridge) A log or timber structure built on the ground for the purpose of crossing a boggy area. Usually consists of sills, stringers, decking, and often a soil or loose gravel tread laid on top of the decking.

Purifier Usually refers to a filter that employs an iodine-impregnated medium to kill water-borne organisms too small to be filtered out.

Quadrangle A tract of land represented by one US

Geological Survey map sheet.

Quality-of-Life Term used to embrace many facets of life and community (culture, density, climate, etc.). Recreation, parks, open space, and trail opportunities play an important role in a community's quality-of-life.

Rabies An infectious disease transmitted by the bite of an infected mammal. Symptoms appear anywhere from three weeks to a year after being bit and include headache and fever, cough and sore throat, loss of appetite and fatigue, abdominal pain, nausea, vomiting, and diarrhea. Once symptoms appear, it is too late for treatment. If bitten by a rabid mammal, get to a doctor immediately.

Radiant Heat Loss Is when heat radiates out from your body into your clothes. Vapor barriers reflect the heat back to your body.

Rail-Trail (Rail-to-Trail) A multi-purpose, public path or trail (paved or natural) created along an inactive railroad corridor.

Rain Water falling to earth in drops that have been condensed from moisture in the atmosphere.

Ranger The keeper of a park, preserve or forest, who protects the land and its visitors and enforces the law.

Rapid(s) An area of broken, fast-flowing water in a stream, where the slope of the bed increases (but

without a prominent break of slope which might result in a waterfall), or where a gently dipping bar of harder rock outcrops.

Rappel (Roping Down) Self-belaying down a length of rope to get down from a steep climb.

Rare Plant or animal species that are uncommon in a specific area. All endangered, threatened, and sensitive species can be considered rare, but the converse is not true.

Ravine Deep, narrow gouge in the earth's surface, usually eroded by the flow of water.

Reconnaissance (Recon) Scouting out alternative trail locations prior to the final trail route location being selected.

Reconstruct (Reconstruction, Renovate) To replace or rebuild trail or trail structure (switchback, waterbar, bridge, etc.) that is no longer safe to use or in poor condition. Also can include all work to bring an existing trail up to its classification standard, including necessary relocation of minor portions of the trail.

Recreation The refreshment of body and mind through forms of play, amusement, or relaxation; usually considered any type of conscious enjoyment that occurs during leisure time.

Recreation, Developed Outdoor recreation requiring significant capital investment in facilities to handle a concentration of visitors on a relatively small area. Examples are ski areas, resorts, trail-

heads, and campgrounds.

Recreation, Dispersed Outdoor recreation activities that occur outside of developed recreation facilities in which visitors are diffused over relatively large areas away from maintained roads. Also referred to as backcountry recreation. Where facilities or developments are provided, they are more for access and protection of the environment than for the comfort or convenience of the people.

Recreation, Passive Outdoor Recreational uses conducted almost wholly outdoors that generally do not require a developed site, including hiking, horseback riding, mountain biking, and bird-watching.

Recreation Site, Developed A site developed primarily to accommodate specific intensive use activities or groupings of activities such as hiking, camping, picnicking, boating, swimming, and more. These sites include permanent facilities that require continuing management commitment and regular maintenance, such as roads, trails, toilets, and other facilities needed to accommodate recreation use over the long term.

Recreation Site, Semi-Developed A site partially developed to accommodate specific intensive uses such as camping and trail access. These sites may include some permanent facilities such as a parking area and/or toilet. However, regular mainte-

nance may not occur.

Recreational Corridors Purchased/protected primarily for recreation, although these corridors contain at least a minimal natural buffer affording some ecological and/or habitat benefits.

REI (Recreational Equipment Inc.) Large U.S. corporation, a leader in the outdoor recreation industry, that sells gear via retail stores in about 30 states and the internet.

Recreational Opportunities The combination of recreation settings, activities, and experience provided by the area.

Recreational Trails Program (RTP) Federal program first established in 1991, RTP returns a portion of federal gasoline taxes, generated by non-highway recreation, to the states, which in turn provide grants for trail-related purposes to private organizations, state and federal agencies, and municipalities.

Re-entry Physical, mental and emotional process of a hiker (often a long-distance one) re-adjusting to modern life and its pace after a hike.

Reforestation The natural or artificial regeneration of an area to protect watersheds, prevent soil erosion, improve wildlife habitat and other natural resources, produce timber and other wood products, and restore function to a particular type ecosystem.

Regeneration, Natural The revegetation of a site by

natural means, whether from seedlings originating by natural seeding, or from sprouts and other plants which reproduce vegetatively. Natural regeneration may or may not be preceded by site preparation.

Register, Trail Along long-distance trails you may find “trail registers” at overnight stops or trailheads that allow users the chance to make comments to those behind them, and read comments from those ahead. Registers can be an important safety measure to pinpoint the location of trail users.

Registration, Trail A survey form filled out and left at a trailhead drop box or office that allows managers to obtain use information. Or a required permit to use a trail.

Relief Elevations or depressions of the land.

Relocation (Relo, Realignment, Reroute) To alter the path of an existing trail to better follow land contours, avoid drainage sites, bypass environmentally sensitive areas, improve views, or for other landowner or management reasons.

Reserve(s) Large protected areas that serve as primary sites for the conservation of biological diversity, natural resources, and in some cases for important archaeological and historic sites.

Rest Step An uphill hiking technique where with each step, the rearmost leg is locked completely straight momentarily shifting weight from leg

