



Discover America

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ADT Featured Trail Coast Trail - Point Reyes National Seashore



Access Adventure participants get a view of Limantour Beach on a recent carriage ride.

Photo courtesy of Michael Muir

The western terminus of the American Discovery Trail lies along the Coast Trail at Limantour Beach in Point Reyes National Seashore in California. The seashore is both near civilization, only 30 miles north of San Francisco, but also removed from it. Whereas 8 million people live in close proximity to Point Reyes, the park's 71,000 acres include 33,000 acres of designated wilderness.

Although the entire Coast Trail is 16 miles long, the ADT joins it for the last six scenic miles from the Bear Valley Trail to Limantour Beach. The trail offers sweeping views of the hills to the east and the beaches and ocean to the west. Wave-battered cliffs rise from the rugged coastline. The Point Reyes lighthouse can be seen to the north and, on

clear days, the Farallon Islands are visible out to the sea.

With its estuaries, beaches, coastal grasslands, salt marshes, and coniferous forests, the peninsula teems with so much vegetation and wildlife that it was named a "Central California Coast Biosphere Reserve" by UNESCO.

The trail itself includes both beach hiking and stints through old-growth bishop pines where one

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column 2)

Program Challenges the Limits of Disability Outside

By Michael Muir

The October 2009 premiere of the Ken Burns series, "Our National Parks, America's Best Idea," featured my great-grandfather, John Muir, and his contribution to the preservation of these magnificent monuments to the splendors of nature. He and others changed these beautiful areas from playgrounds for the rich to parks to be enjoyed by all.

The legacy of John Muir runs deep in my family. Unfortunately, many people who used to love to hike or ride their horses on trails are now physically unable to accomplish this due to age, accident or illness. They are no longer able to experience nature in the ways they formerly could.

To address their needs, I founded Access Adventure in 2005 and became a board member of the American Discovery Trail Society in 2007. I believe we need to stop marginalizing people by what they can and cannot do and be able to say "we go everywhere a horse can go."

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Wave-battered cliffs rise above the Pacific Ocean.

Photo courtesy of Michael Muir

Missouri River Bridge Saved for Pedestrians

An old railroad bridge at Boonville, Mo., is about to take on a second life as a pedestrian and bicycle bridge for the 225-mile long Katy Trail, which is a part of the American Discovery Trail. The Katy Trail, the longest developed rail-trail in the country, currently uses a highway bridge to cross the Missouri River in Boonville. Converting the old bridge to pedestrian use will return the trail to the original railroad route while providing a unique tourist destination for trail users.

Built in 1931–32 during the height of the Great Depression for the Missouri-Kansas-Texas Railroad, the bridge was last crossed by a train over 20 years ago. It was initially slated for demolition because it was deemed a navigational hazard and there were plans to use its steel to help pay for another needed railroad bridge. A multi-year court battle ensued when preservationists and recreational enthusiasts worked to save the structure.

Part of the appeal for saving the landmark is the bridge's novel design. It includes a 408-foot span in the middle that is lifted vertically like an elevator high enough to allow barges to pass underneath. This middle span is flanked by fixed-truss spans on either end. The lift-span can be raised or lowered in 70 seconds. The bridge conversion plan includes operating the lift span. The bridge would be lowered for pedestrian use and raised for barge traffic.

The project received a real boost this winter when the federal government allocated \$31 million in railroad stimulus funds to the state of Missouri. Because much of this money will be used to build a new railroad bridge, the current owner, Union Pacific Corp., agreed to give the old bridge to Boonville.

Boonville Mayor Dave Nicolas estimates that \$2 to \$4 million will be required to convert the bridge for use on the Katy Trail, including rebuilding a missing span on the south end of the bridge. The city has budgeted \$500,000 for this, and a non-profit, Save the Katy Bridge Coali-

tion, has secured \$365,000 in pledges from across the state and as far away as Alaska and Finland. That is a strong start for this worthwhile effort.

ADT Social Network Now Includes Facebook Page

The American Discovery Trail Society joined the online social media world by starting a Facebook page this winter—and we invite everyone to join us online. The new page is designed to connect with and inform our supporters and to let them connect with each other.

Long-distance trekkers are no longer limited to the old-fashioned trail journal written on paper. Many have found that the internet and online social media—Facebook, Twitter, YouTube, blogs and even cell phones—provide a quick, easy way to let friends, family, and fans know about their journeys in real time. They can bring people along to share a rain-soaked walk in West Virginia or an uphill hike in the summer Rockies. They can post a picture of the morning's sunrise and tell everyone about a great little café or trail angel.

The ADT Society has joined this movement with its Facebook page. If you are already a member of Facebook, you can become a “fan” of our page. If you are not a member, it costs nothing to join. Once you become a fan you can post a picture, message, or ask a question.

We will use our Facebook page as an additional resource to keep connected with our supporters and reach out to a new breed of trail users. We will also let fans know about current events such as the current legislation or trail conditions like when the C & O Canal park closed due to flooding this spring. Trail users can use our page to connect with each other and find resources along our trail. Past trekkers can alert current travelers to can't-miss historical or scenic spots or potential sleeping arrangements.

The possibilities for making connections coast-to-coast are endless! Become a fan at www.facebook.com/americancoverytrail.

Be the First to Have the New ADT Water Bottle

If you are replacing your water bottles to reduce your exposure to BPA, the ADT Society has a great new product for you. Our 32-ounce, wide-mouth, BPA-free bottles feature a flip-down “straw” so you don't have to remove the top to drink. You can chill the removable “freezer stick” to keep your drink cool. There's a grip on the screwtop and a grippable shape. The color is translucent smoke. And the ADT logo lets you show off to your friends your support for the first coast-to-coast trail! Visit the merchandise page at www.discoverytrail.org.

Don Neubacher Leaves Point Reyes Seashore

Don Neubacher, the superintendent of Point Reyes National Seashore and a friend to the American Discovery Trail, has been selected as the new superintendent of Yosemite National Park in California.

During Neubacher's 15 years of service to Point Reyes, he worked to protect park resources and provide quality experiences to visitors, restoring wetlands and implementing watershed protections. He supported routing the ADT through the park and the celebrations of cross-country travelers at the western terminus. Although we will miss his great work at Point Reyes, we congratulate him on his new assignment.

Ken and Marcia Powers Named to Hall of Fame

American Discovery Trail thru-hikers and Society board members Ken and Marcia Powers were recently named to the California Outdoor Hall of Fame at the International Sportsmen's Exposition. The Powers have not only spent the past 11 years of their retirement hiking the major long-distance trails in our country (logging some 17,000 miles), but they have also worked to protect these trails and share their love of the outdoors and hiking with others.

An ADT City Hikers Walk From Ohio to Kentucky

When people think of hiking, they usually picture a walk through woods or fields. But a unique aspect of the American Discovery Trail is that it incorporates cities and towns into its path. This approach not only connects urban people to the wild outdoors, but also highlights the exceptional diversity, history, and opportunities that human influence can impart. In this article, Pat Hayes, the state coordinator for Ohio and Kentucky, relates his experiences on a recent city hike.

By Pat Hayes

On a beautiful mid-November day, six of us left Eden Park in Cincinnati to hike along the American Discovery Trail. The route included hiking down to and across the Ohio River, through Covington, Ky., and finally uphill to the wonderful overlooks in Devou Park.

We followed the normal ADT route past the Krohn Conservatory, around Mirror Lake, and past the Cincinnati Art Museum and Playhouse in the Park. From the spot where the trail leaves Ida Street, we instead took Monastery Street to check out an alternate route for the ADT.

We wound our way through the narrow streets to the St. Gregory Steps leading up to the Holy Cross Immaculata



Steps lead up to Devou Park.

Photo courtesy of Pat Hayes



The view of downtown Cincinnati and Covington from Devou Park

Photo courtesy of Pat Hayes

Catholic Church. From the southwest side of the church, at the top of the Mt. Adams Steps, there are magnificent views of Cincinnati, the Ohio River, and Bellevue, Newport, and Covington in Kentucky. On Good Friday, thousands of the faithful pray the rosary at each of the many steps leading up to the church from the bottom.

Descending the steps, we reached the arched bottom entrance. Next, we entered Sawyer Point Park and joined back up with the official ADT route. Our group made its way through the park, passing under the Purple People Bridge and entering Yeatman's Cove Park. We next passed U.S. Bank Arena and The Great American Ball Park (home of the Cincinnati Reds baseball team) on our way to the Roebling Suspension Bridge and into Covington.

After crossing this historic bridge, we walked along the flood wall running between the Roebling Bridge and the gates of the public landing to view Robert Dafford's 800-foot mural, with panels covering hundreds of years of Covington and regional history.

We ventured south on Madison Avenue, passing Trinity Episcopal Church, built in 1844, and various services such as banks, restaurants, and a grocery. When we reached Sixth Street, we turned west and passed the Mother of God Roman Catho-

lic Church, with its impressive twin renaissance towers, built in 1842. Sixth Street then enters an area called the Mainstrasse, a wide three-block-long boulevard lined with old homes and restaurants.

At the western end of the Mainstrasse is Goebels Park with its glockenspiel Carroll Chimes Bell Tower. The park was named for William Goebel, who was nominated for governor in 1899, but lost the race to William Taylor. In a whirlwind of charges that included corruption and vote stealing, the race was contested. During the debate on Jan. 30, 1900, Goebel was shot. Four days later, just before his death, William Goebel was declared by the Kentucky legislature to be governor.

Following the ADT through Goebels Park, we passed under I-75 and soon reached North Park Road, which leads up to Devou Park. However, we weren't quite finished with our adventure yet. Hidden by the underbrush, we found the set of steps, and the route of the ADT, that leads up to our ending spot, Devou Park and its magnificent views.

Our ADT hike included cultural centers, city parks, and historic structures, and proved there are many ways to enjoy the outdoors.

Coast Trail

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can emerge for dramatic views of natural beauty such as Sculptured Beach, Point Resistance, and Arch Rock.

In addition to its striking beauty, the Point Reyes area is rich in history. The first human inhabitants were the Miwok Indians, who settled on the peninsula over 5,000 years ago. Over 120 known village sites exist within the park. Sir Francis Drake is believed to be the first European explorer to land here, in 1579.

Later development included agriculture and dairy ranches, lime kilns, copper mines, Marconi wireless stations, and a resort district. As maritime commerce increased, and with it many shipwrecks in the treacherous coastal waters, a lighthouse and lifesaving stations were constructed. The park preserves a number of these historic structures.

Not only a preserve, but a recreation area as well, Point Reyes National Seashore provides camping facilities for its visitors.

These include picnic tables, fire grills (charcoal only; it is advisable to bring a camp stove), drinking water, and pit toilets.

From the end of the American Discovery Trail, the Coast Trail becomes a fire road for the next three miles, back into the mainland. In this area, an event held last year provided disabled hikers a ride in a carriage to experience some of what this picturesque spot has to offer. Although the fire road is normally closed to carriages, a special permit was granted to Access Adventure for this event (see accompanying article). American Discovery Trail volunteers are working with the national and local park service employees in this area to help make trails more accessible to all. It is hoped that this successful outing may serve as a stimulus for creating additional options for alternate trails for carriages.

As the western terminus of the American Discovery Trail, the Coast Trail at Li-mantour Beach in Point Reyes provides an exciting start or finish for a cross-country trail that spreads from sea to shining sea.

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Memberships and Donations

A membership in the American Discovery Trail Society helps to promote and sustain America's only cross-country non-motorized trail. It also makes a great gift. Did you know that the American Discovery Trail Society is a non-profit 501(c)3 organization and your donations are tax-deductible?

Each new membership includes an ADT decal, patch, lapel pin, member I.D. card, and the quarterly *Discover America* newsletter. Discovery members also receive the book *American Discoveries* and a T-shirt with the ADT logo. Life members receive these, a certificate suitable for framing, and a hiking stick with an ADT medallion.

Yes, I want to be a part of this American adventure!

Explorer Member - \$30

Corporate Member - \$250

Family Member - \$50

Life Member - \$1,000

Discovery Member - \$100

Here's my additional contribution of: \$10 \$20 \$50 \$100 \$500 Other: _____

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Challenging Limits

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Access Adventure looks for trail routes wide enough for our unique horse-drawn, wheelchair accessible carriages and designed so we can bypass or open any gates.

Last fall, *People Magazine* contacted us about doing a story about one of our rides. We selected Point Reyes National Seashore as the venue for Access Adventure to provide carriage rides for passengers with mobility challenges.

Volunteer John Fazel, long-distance runner extraordinaire, serves on the board of the American Discovery Trail Society as California Coordinator. In locating the western section of the trail through Point Reyes, John had developed a solid working relationship with Superintendent Don Neubacher and his staff, which was helpful in expediting our event.

One suggested location for the ride was Limantour Beach, the western terminus of the Discovery Trail, but the trail to the beach over coastal sand dunes was deemed to be too fragile.

Two other routes were chosen—along the Coastal Trail overlooking the ocean beaches and the Bear Valley Trail near the park headquarters and visitor center. The Coastal Trail is on the American Discovery Trail route and the Point Reyes National Seashore staff gave Access Adventure special permission to traverse the trail with its horses and carriages.

Our first scheduled trip to Point Reyes was postponed by heavy rain. The forecast for our second attempt was “showers” with clearing the next day. We left home the day before the ride in a drenching rain storm, wondering if we would again have to postpone our trip. By the time we reached Point Reyes, the rain had stopped. The next morning brought sun burning through the dissipating fog.

Two teams of beautiful draft horses pulled carriages full of people, accompanied by outriders from the Morgan Horse Ranch.



A team of draft horses pulls a carriage full of riders.

Photo courtesy of Michael Muir

The Coastal Trail has wild and glorious views no matter which direction you look. Scattered stands of wildblown trees accentuate the drama. The next day we traveled the Bear Valley Trail, deep in the serene forest. So different, but both spectacular! In spite of the heavy rains in the weeks prior to our visit, both trails were in excellent condition. They are feasible routes for experienced wheelchair users and for the carriages of Access Adventure.

The National Park Service at Point Reyes and the American Discovery Trail Society are exploring other trails that will accommodate carriages for the mobility challenged. We plan to return to Point Reyes again to share our experiences with others.

The following week, a workshop arranged by Access Northern California and the local public broadcasting system was attended by Access Adventure and American Discovery Trail Society volunteers. Representatives from the National Park Service, California State Parks, and East Bay Regional Park District were on hand to discuss how to make the parks more accessible. We appreciate the efforts they are making toward this goal.

For more information about this exciting program, see www.access-adventure.org.



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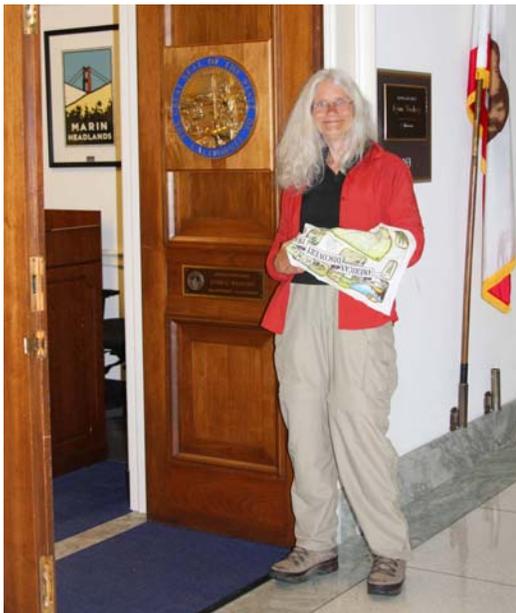
This Year is Critical to Passage of Discovery Trails Legislation: Why We Need Your Help

Why is it so critically important for Congress to pass discovery trails legislation this year? The National Discovery Trails Act of 2010 (bill number H.R. 4671) would designate the American Discovery Trail as the first National

Discovery Trail and add it to the National Trail System's elite roster on a par with national scenic and historic trails.

Here are three big reasons your help is so crucial right now:

It's a bipartisan bill in a period of partisan divides. But because it's an election year, we need to get the attention of our representatives before their focus turns to campaigning



American Discovery Trail thru-hikers Karen Clark and Jerry Bowerman were only 16 days into their cross-country journey when they learned that the National Discovery Trails Act of 2010 had been introduced. They stopped on their way through Washington, D.C., to visit their California legislator, Rep. Lynn Woolsey, to encourage her to co-sponsor H.R. 4671. Their request emphasized that this legislation will bring increased signage and awareness of the trail, and also included an ADT bandana.
Photo courtesy of Karen Clark and Jerry Bowerman

Signage: It's hard to follow a trail without markings, and while we have signed many miles of the American Discovery Trail, many federal land managers resist marking the trail without formal federal designation. A big percentage of the ADT traverses federal lands—many miles through national parks, national forests, and Bureau of Land Management lands.

The state of Nevada has even offered to pay to mark the entire 500 miles across their state—but we have been unable to obtain permission from the federal agencies that manage most of the land.

And of course, marking such large portions of the ADT will encourage states, municipalities, and communities to mark their ADT segments as well.

Why hurry? Conditions are favorable—but that could change. Right now, Rep. Nick Rahall of West Virginia chairs the crucial House Natural Resources Committee, and he is a strong supporter of the legislation. But he needs our help, and because in these times politics are so volatile, it's possible that control of this key committee could change. So we need to do everything we can to push this bill now!

Your efforts this spring will be crucial. Write, call, or email your members and ask them to become a co-sponsor of the bill. Ask your neighbors, family, mayor, barber or hairdresser, state legislators—everyone you can think of—to do the same.

This bill will bring badly needed tourism dollars to all the ADT communities, so everyone will benefit from its passage. Previous ADT bill co-sponsors have also included many members from non-ADT states, so remember to ask friends and family anywhere in the country to send a quick message to their members asking them to support H.R. 4671.

Everything you need to know about the bill is at www.discoverytrail.org, and you can find contact information for your representative at www.house.gov. The stakes are high and we need to push hard NOW for our trail's inclusion in the National Trails System!

Making Connections...
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