Note: Abbreviations at right are for federal lands shown on this map. In many places, exact trail locations have not yet been determined. Portions of the trails indicated on this map may not be accessible for public use. Please check with individual trail clubs and managing offices for the latest available trail locations.

National Park System

MEM	Memorial
NB	National Battlefield
NBP	National Battlefield Park
NHP	National Historical Park
NHS	National Historic Site
NL	National Lakeshore
NM	National Monument
N MEM	National Memorial
NMP	National Military Park
NP	National Park
N PRES	National Preserve
NRA	National Recreation Area
NRR	National Recreational River
N RES	National Reserve
NS	National Seashore
NSR	National Scenic Riverway
PKWY	Parkway

National Forest System

NF National Forest
NG National Grassland

Only national park, forest areas, and wildlife refuges that relate to the National Trails System are shown.

Fish and Wildlife Service

NWR National Wildlife Refuge

Bureau of Land Management

PACIFIC NORTHWEST NATIONAL SCENIC TRAIL
OREGON NATIONAL HISTORIC TRAIL
PACIFIC CREST NATIONAL SCENIC TRAIL
CALIFORNIA NATIONAL HISTORIC TRAIL
PONY EXPRESS NATIONAL HISTORIC TRAIL
OLD SPANISH NATIONAL HISTORIC TRAIL
JUAN BAUTISTA DE ANZA NATIONAL HISTORIC TRAIL
ARIZONA NATIONAL SCENIC TRAIL
CONTINENTAL DIVIDE NATIONAL SCENIC TRAIL
NEZ PERCE (NEE-ME-POO) NATIONAL HISTORIC TRAIL
LEWIS AND CLARK NATIONAL HISTORIC TRAIL
NORTH COUNTRY NATIONAL SCENIC TRAIL
ICE AGE NATIONAL SCENIC TRAIL
MORMON PIONEER NATIONAL HISTORIC TRAIL
The four trails shown here as separate lines actually follow the same route in much of Nebraska and Wyoming.
SANTA FE NATIONAL HISTORIC TRAIL
EL CAMINO REAL DE TIERRA ADENTRO NATIONAL HISTORIC TRAIL
EL CAMINO REAL DE LOS TEJAS NATIONAL HISTORIC TRAIL
TRAIL OF TEARS NATIONAL HISTORIC TRAIL
NATCHEZ TRACE NATIONAL SCENIC TRAIL (follows Natchez Trace PKWY)
SELMA TO MONTGOMERY NATIONAL HISTORIC TRAIL
FLORIDA NATIONAL SCENIC TRAIL
APPALACHIAN NATIONAL SCENIC TRAIL
OVERMOUNTAIN VICTORY NATIONAL HISTORIC TRAIL
NEW ENGLAND NATIONAL SCENIC TRAIL
WASHINGTON-ROCHAMBEAU REVOLUTIONARY ROUTE NATIONAL HISTORIC TRAIL
STAR-SPANGLED BANNER NATIONAL HISTORIC TRAIL
POTOMAC HERITAGE NATIONAL SCENIC TRAIL
CAPTAIN JOHN SMITH CHESAPEAKE NATIONAL HISTORIC TRAIL
IDITAROD NATIONAL HISTORIC TRAIL
ALA KAHAKAI NATIONAL HISTORIC TRAIL

CANADA
UNITED STATES
MEXICO
PACIFIC OCEAN
ATLANTIC OCEAN
ARCTIC OCEAN
BEAUFORT SEA
BERING SEA
GULF OF ALASKA
GULF OF MEXICO

WASHINGTON
OREGON
CALIFORNIA
NEVADA
IDAHO
MONTANA
WYOMING
UTAH
ARIZONA
COLORADO
NEW MEXICO
NORTH DAKOTA
SOUTH DAKOTA
NEBRASKA
KANSAS
OKLAHOMA
TEXAS
MINNESOTA
IOWA
MISSOURI
ARKANSAS
LOUISIANA
WISCONSIN
ILLINOIS
MICHIGAN
INDIANA
OHIO
KENTUCKY
TENNESSEE
MISSISSIPPI
ALABAMA
GEORGIA
SOUTH CAROLINA
NORTH CAROLINA
VIRGINIA
WEST VIRGINIA
PENNSYLVANIA
NEW YORK
MAINE
VT.
N.H.
MASS.
CONN.
R.I.
N.J.
MD.
DEL.
FLORIDA
ALASKA
HAWAII

Lake of the Woods
LAKE SUPERIOR
LAKE MICHIGAN
LAKE HURON
LAKE ERIE
LAKE ONTARIO

Mississippi
Missouri
Yellowstone
Niobrara
Platte
Arkansas
Ohio
Rio Grande
Colorado
Columbia
Snake
Yukon
Pecos
Canadian
Tennessee
Alabama
Kaua'i
Ni'ihau
O'ahu
Moloka'i
Maui
Hawai'i

Mount Baker NF
North Cascades NP
Okanogan NF
Olympic NP
Olympic NF
Colville NF
Kaniksu NF
Kootenai NF
Glacier NP
Lake Chelan NRA
Wenatchee NF
Snoqualmie NF
Gifford Pinchot NF
Mount Rainier NP
Willapa NWR
Lewis and Clark NHP
Julia Butler Hansen NWR
Lewis and Clark NWR
Ridgefield NWR
Three Arch Rocks NWR
Fort Vancouver NHS
Steigerwald Lake NWR
Franz Lake NWR
Mount Hood NF
Deschutes NF
Umpqua NF
Rogue River NF
Siskiyou NF
Crater Lake NP
Winema NF
Klamath NF
Bear Valley NWR
Lower Klamath NWR
Tule Lake NWR
Clear Lake NWR
Modoc NF
Shasta NF
Lassen NF
Lassen Volcanic NP
Plumas NF
Humboldt NF
Toiyabe NF
Tahoe NF
Eldorado NF
Stanislaus NF
Sierra NF
Inyo NF
Devils Postpile NM
Yosemite NP
Golden Gate NRA
Los Padres NF
Angeles NF
Sequoia NF
Kings Canyon NP
Pinnacles NM
Guadalupe-Nipomo Dunes NWR
Santa Monica Mountains NRA
Cleveland NF
San Bernardino NF
Salton Sea
Death Valley NP
Mojave N PRES
Lake Mead NRA
Kaibab NF
Grand Canyon NP
Coconino NF
Tonto NF
Coronado NF
Saguaro NP
Tumacacori NHP
Chiricahua NM
Gila NF
Apache NF
Cibola NF
El Malpais NM
Santa Fe NF
Carson NF
Rio Grande NF
San Juan NF
Gunnison NF
Pike NF
San Isabel NF
Arapaho NF
White River NF
Routt NF
Roosevelt NF
Medicine Bow NF
Shoshone NF
Targhee NF
Sawtooth NF
Caribou NF
Bridger NF
Cache NF
Humboldt NF
Wasatch NF
Uinta NF
Fishlake NF
Dixie NF
Kaibab NF
Walker Lake
Great Salt Lake
Pyramid Lake
Lake Tahoe
Toiyabe NF
Lolo NF
Flathead NF
Lewis and Clark NF
Kootenai NF
Clearwater NF
Nez Perce NHP
Nez Perce NF
Bitterroot NF
Salmon NF
Beaverhead NF
Gallatin NF
Custer NF
Helena NF
Deer Lodge NF
Lolo NF
Umatilla NF
Wallowa NF
Whitman NF
Willamette NF
Siuslaw NF
Umpqua NF
Rogue River NF
Siskiyou NF
Klamath NF
Modoc NF
Shasta NF
Lassen NF
Plumas NF
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Caribou NF
Bridger NF
Cache NF
Humboldt NF
Wasatch NF
Uinta NF
Fishlake NF
Dixie NF
Kaibab NF

Willapa NWR
Lewis and Clark NHP
Julia Butler Hansen NWR
Lewis and Clark NWR
Ridgefield NWR
Three Arch Rocks NWR
Fort Vancouver NHS
Steigerwald Lake NWR
Franz Lake NWR
Pierce NWR
William L. Finley NWR
Crater Lake NP
Deer Flat NWR
Bear Valley NWR
Lower Klamath NWR
Tule Lake NWR
Clear Lake NWR
Lassen Volcanic NP
Golden Gate NRA
Devils Postpile NM
Yosemite NP
Pinnacles NM
Guadalupe-Nipomo Dunes NWR
Santa Monica Mountains NRA
Death Valley NP
Mojave N PRES
Lake Mead NRA
Grand Canyon NP
Walnut Canyon NM
Tumacacori NHP
Chiricahua NM
El Malpais NM
Pecos NHP
Bosque Del Apache NWR
Sevilleta NWR
Fort Union NM
Great Sand Dunes NP
Bent's Old Fort NHS
Fort Larned NHS
Maxwell NWR
Arches NP
Colorado NM
Curecanti NRA
Black Canyon of the Gunnison NP
Dinosaur NM
Rocky Mountain NP
Chimney Rock NHS
Scotts Bluff NM
Fort Laramie NHS
Fort Union Trading Post NHS
Bear Paw Battlefield
Ul Bend NWR
Charles M. Russell NWR
Lee Metcalf NWR
Big Hole NB
Grays Lake NWR
Bear Lake NWR
City of Rocks N RES
Cokeville Meadows NWR
Hagerman Fossil Beds NM
Seedskadee NWR
Fish Springs NWR
Ruby Lake NWR
Desert NWR
Sheldon NWR
Lake Ilo NWR
Little Missouri NG
Knife River Indian Villages NHS
Audubon NWR
Long Lake NWR
Lake Andes NWR
Karl E. Mundt NWR
Missouri NRR
Desoto NWR
Boyer Chute NWR
Council Bluffs
Squaw Creek NWR
Swan Lake NWR
Two Rivers NWR
Big Muddy NWR
Jefferson National Expansion MEM
Cypress Creek NWR
Ozark Cavefish NWR
Pea Ridge NMP
Sequoyah NWR
Fort Smith NHS
Holla Bend NWR
Ouachita NF
White River NWR
Tennessee NWR
Chickasaw NWR
Lower Hatchie NWR
Stones River NB
Great Smoky Mountains NP
Cherokee NF
Nantahala NF
Pisgah NF
Cowpens NB
Kings Mountain NMP
Chickamauga and Chattanooga NMP
Wheeler NWR
Tamarac NWR
Whittlesey Creek NWR
Pictured Rocks NL
Hiawatha NF
Ottawa NF
Chippewa NF
Sheyenne NG
Fort Stanwix NM
Finger Lakes NF
Allegheny NF
Manistee NF
Wayne NF
Shawnee NF
Jefferson NF
Monongahela NF
Green Mountain NF
White Mountain NF
Delaware Water Gap NRA
Morristown NHP
Independence NHP
Harpers Ferry NHP
Chesapeake and Ohio Canal NHP
George Washington Memorial PKWY
Shenandoah NP
George Washington NF
Ohio River Islands NWR
Gulf Islands NS
Apalachicola NF
St. Marks NWR
Osceola NF
Ocala NF
Big Cypress N PRES
Lake Okeechobee
Kenai Fjords NP
Alaska Maritime NWR
Innoko NWR
Chugach NF
Yukon Flats NWR
Pu'ukoholā Heiau NHS
Kaloko-Honokōhau NHP
Pu'uhonua o Hōnaunau NHP
Hawai'i Volcanoes NP

Alaska
Hawaii

0 200 400 Kilometers
0 200 400 Miles

North

Scale for all areas except Alaska
0 100 200 Kilometers
0 100 200 Miles

Map revised April 2010.

Chesapeake Bay area National Wildlife Refuges

1 Blackwater
2 Eastern Neck
3 Eastern Shore Of Virginia
4 Featherstone
5 Fisherman Island
6 James River
7 Martin
8 Mason Neck
9 Nansemond
10 Occoquan Bay
11 Plum Tree Island
12 Presquile
13 Rappahannock River Valley
14 Susquehanna

National Park sites

15 Colonial NHP
16 Fort McHenry NM
17 George Washington Birthplace NM
18 Piscataway Park
19 Prince William Forest Park
20 Richmond NBP

See inset map below