



WV Trails Conference

Advancing Trails Through Partnerships

**CLAUDE
WORTHINGTON
BENEDUM
FOUNDATION**

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WVTRAIL.org/conference

**You should sit in
nature for 20
minutes a day...**

**Unless you're
busy, then you
should sit for an
hour.**

**--Adapted from a Zen
saying**





120 minutes

Time needed to reap health
and wellness benefits of being
outside

Source: Scientific Reports

Photo Credit: Daniel Schwen











TURN TO CLEAR VISION

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Credit: Jason Cohn, Courtesy of Rails-to-Trails Conservancy







Credit: Renee Rosensteel, Courtesy Rails-to-Trails Conservancy





**Credit: Renee
Rosensteel,
Courtesy Rails-to-
Trails Conservancy**





The Mule Falters



In the historical photograph, the bridge is the same one that was destroyed by the flood of 1936. The bridge was built in 1890 and was the only one of its kind in the world. It was built by the same company that built the bridge that was destroyed by the flood of 1936. The bridge was built by the same company that built the bridge that was destroyed by the flood of 1936.





Credit: Jason Cohn, Courtesy of Rails-to-Trails Conservancy