

TRAVERSING A TRAIL FOR A
HEALTHIER YOU!

PALMETTO CONSERVATION FOUNDATION

Palmetto Trail Challenge

Grab a partner and
Name your team! It's
time for the Palmetto
Trail Challenge!!!

- For 15 weeks keep track of your team's walking or biking miles (miles can be logged using stationary equipment or by walking/biking outdoors)
- Watch the map or website for your team's progress as you traverse the Palmetto Trail.
- Other teams are competing against you, so challenge yourself to do your very best.
- Watch for weekly informational material on healthy living habits and information on each passage of the Palmetto Trail.
- At the end of the challenge all team members will have the opportunity to participate in a group hike on the trail.



Prizes will be awarded!!

**Challenge begins
February 1st and
ends May 15th. All
miles logged must
occur during this
time. The cost is
\$1. Your *Dedication
Dollar* will seal your
commitment to take
the challenge.**

When complete the Palmetto Trail will consist of over 425 miles of beautiful walking and biking trails. It is among one of only 16 cross-state trails in the nation. Here in South Carolina our beautiful mountains-to-the-sea trail is full of rich history, cultural diversity, and geography.

Come take our New Years challenge!

Get healthy and have fun doing it.

Your body will love you for it!



www.palmettoconservation.org

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