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
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.

Map revised September 2007.

Fish and Wildlife Service

NWR National Wildlife Refuge

Bureau of Land Management

Trail ends 14 miles north in Waterton, Alberta

The four trails shown here as separate lines actually follow the same route in much of Nebraska and Wyoming.

NEZ PERCE (NEE-ME-POO) NATIONAL HISTORIC TRAIL

EL CAMINO REAL DE TIERRA ADENTRO NATIONAL HISTORIC TRAIL

EL CAMINO REAL DE LOS TEJAS NATIONAL HISTORIC TRAIL

OREGON NATIONAL HISTORIC TRAIL

MORMON PIONEER NATIONAL HISTORIC TRAIL

CALIFORNIA NATIONAL HISTORIC TRAIL

PONY EXPRESS NATIONAL HISTORIC TRAIL

PACIFIC CREST NATIONAL SCENIC TRAIL

LEWIS AND CLARK NATIONAL HISTORIC TRAIL

NORTH COUNTRY NATIONAL SCENIC TRAIL

ICE AGE NATIONAL SCENIC TRAIL

SANTA FE NATIONAL HISTORIC TRAIL

OLD SPANISH NATIONAL HISTORIC TRAIL

JUAN BAUTISTA DE ANZA NATIONAL HISTORIC TRAIL

CONTINENTAL DIVIDE NATIONAL SCENIC TRAIL

TRAIL OF TEARS NATIONAL HISTORIC TRAIL

NATCHEZ TRACE NATIONAL SCENIC TRAIL (Natchez Trace PKWY)

APPALACHIAN NATIONAL SCENIC TRAIL

FLORIDA NATIONAL SCENIC TRAIL

CAPTAIN JOHN SMITH CHESAPEAKE NATIONAL HISTORIC TRAIL

POTOMAC HERITAGE NATIONAL SCENIC TRAIL

OVERMOUNTAIN VICTORY NATIONAL HISTORIC TRAIL

SELMA TO MONTGOMERY NATIONAL HISTORIC TRAIL

IDITAROD NATIONAL HISTORIC TRAIL

ALA KAHAKAI NATIONAL HISTORIC TRAIL

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

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

0 200 400 Kilometers
0 200 400 Miles