

BYLT Youth Environmental Summit 2020:

MONDAY (Kickoff + Neighborhood Nature)

**Ask-an-Expert Midday Chat: Trail Talk featuring Shaun Clarke & Felicia Dunn with BYLT
4/20/20 12:00-1:00pm**

Zoom Meeting Details:

Meeting ID: 928 8703 0536

<https://zoom.us/j/92887030536>

Dial by your location

+1 669 900 6833 US

Schedule:

12:00-12:05: Introduction

12:05-12:30: History of BYLT and Trails Department

12:30-12:45: Exploring Popular Community Trails: Litton, Alan Thiesen & Hirschman Trails

12:45-1:00: How You Can Help Support Community Trails + Questions

Notes -

- Bear Yuba Land Trust Website >> <https://www.bylt.org/>
 - TRAILS PORTAL: <https://www.bylt.org/trails/>
 - ADOPT-A-TRAIL: <https://www.bylt.org/build-trails/adopt-a-trail/>
 - VOLUNTEERISM: Trail Stewardship Team and Trail Ambassadors Volunteer Programs: <https://www.bylt.org/support/volunteer/>
- Bear Yuba Land Trust builds multi-use non motorized trails using the [USFS Standard](#).
- Why trails are important: Increased quality of life, economy, physical and mental wellness, science and nature education, great for kids and the next generation, community connectivity (schools, local businesses and places of work), recreation and fun.
- Surgeon General Step it Up! Campaign: <https://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/infographic.pdf>
<https://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/status-report.pdf>
- Working together collaboratively with community partners to build and maintain multi-use trails: BONC, CA State Parks, Nevada County Walkers, F.T.A., City of Nevada City, City of Grass Valley, USFS, BLM, ACE, TNF and NID.
 - Examples of Collaboration: Pines to Mines Trail, Wolf Creek Trail, Hirschman and Deer Creek Tribute Trail
- According to the American Heart Association: *“Research shows the benefits of walking and moderate physical activity for at least 30 minutes a day can help you: Reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels, improve blood lipid profile, maintain body weight and lower the risk of obesity, enhance mental well-being, reduce the risk of osteoporosis, reduce the risk of breast and colon cancer, reduce the risk of non-insulin dependent (type 2) diabetes”*
- ARTICLE: Shaun Clarke: Supporting local trails in Nevada County: <https://www.theunion.com/entertainment/shaun-clarke-supporting-local-trails-in-nevada-county/>
- **Donate to support local trails projects:** <https://www.bylt.org/support/donate/>