

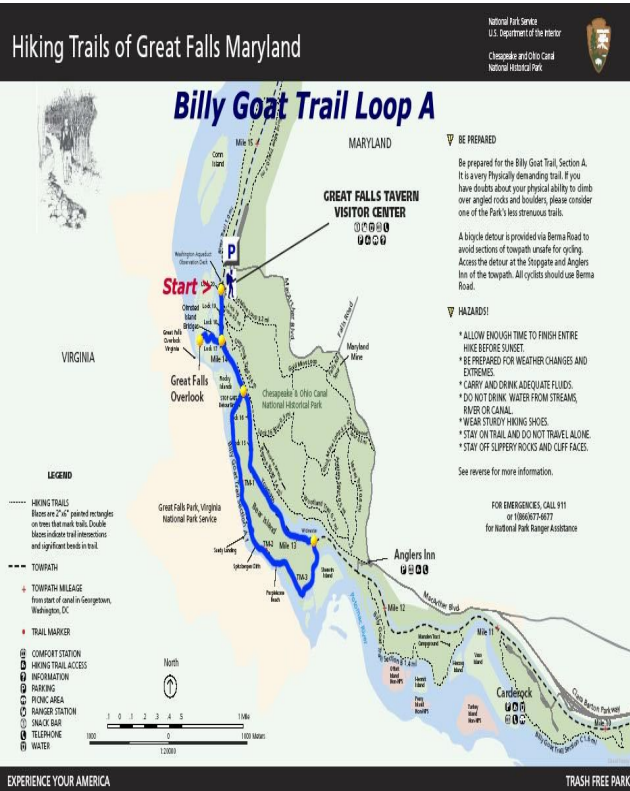
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Day 14: An Adventure

The Billy Goat Trail



ABOUT THE TRAIL



- 4.7 mile hiking trail
- Follows a path between the C&O Canal and the Potomac River
- Near Great Falls in Montgomery County, Maryland

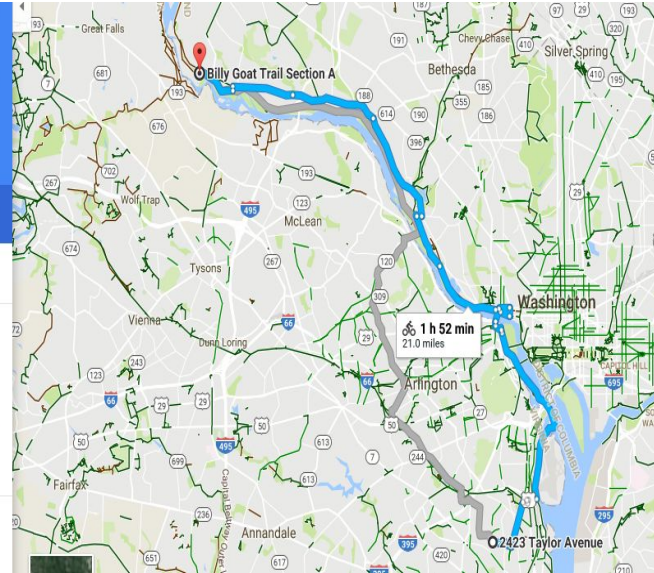
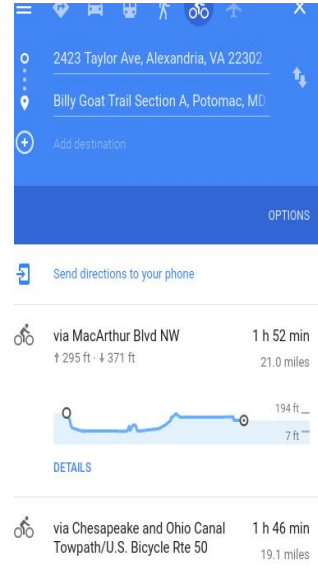


TRAVEL ARRANGEMENTS

I have been inspired by my sustainability teacher, who bikes from Maryland to Virginia everyday for work, to bike to the Billy Goat Trail.

BENEFITS OF BIKING:

- Good for you
 - Improves health, which improves overall wellness
- Good for the environment
 - By choosing not to drive, we are able to cut down on our use of fossil fuels

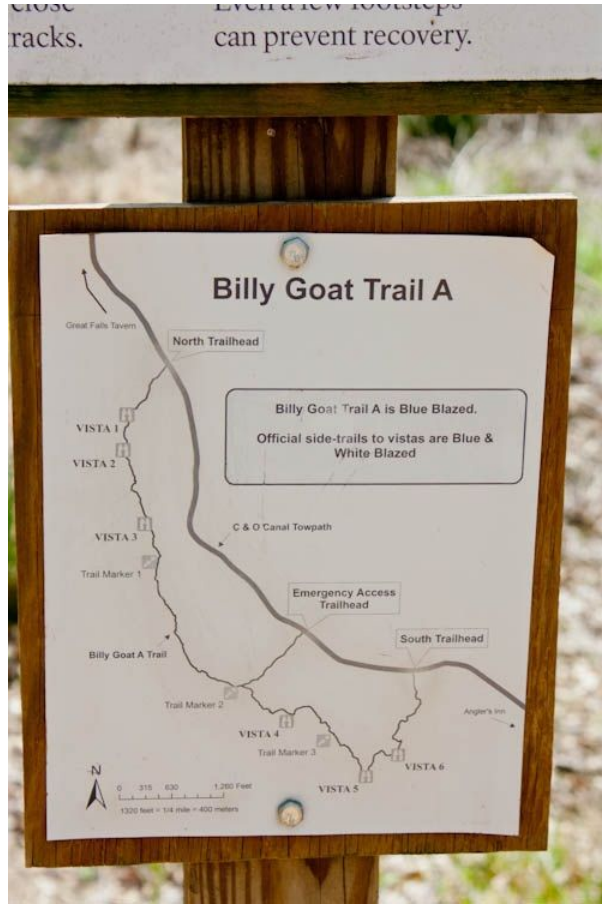


Pictured above is the bike route from my house to the Billy Goat Trail

IN MY BACKPACK

- Patagonia recycled vest if I get cold
 - Made of "high-pile 100% recycled fleece on one side, 100% recycled polyester on the other, with 600-fill-power 100% recycled down between, this warm, reversible vest delivers versatile core warmth almost entirely from reclaimed materials."
- The food we bring will be put in a plastic reusable and recyclable container (I use these containers as a part of an initiative I began with friends with local restaurants) <https://lr13291.wixsite.com/delrayrtcinity>





- I will bring my water in a **Klean Canteen**
 - A Klean Canteen works to replace use-once bottles and the company also supports organization care for our environment
- I will bring **Annie's Fruit Snacks** for a snack on the trail
 - Annie's produces their food organically and also supports groups, like FoodCorps, to help our environment. Additionally Annie's funds local gardens



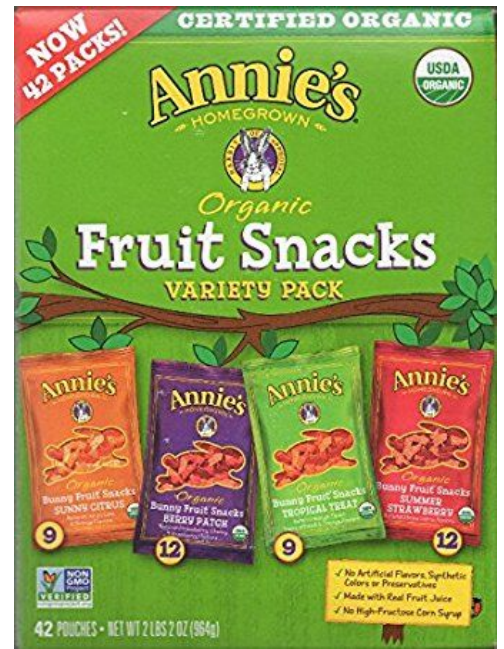
Klean Canteen



Food Container



Vest



Fruit Snacks