



From the Mountains to the Sea...we are GFWC-NC

The MST stretches 1175 miles from the Great Smoky Mountains to the Outer Banks, stopping at many of our state's most beautiful places along the way.

Ways to Get Involved

Clubs and members are encouraged to donate funds, educate members, learn about the history and culture of the MST and the communities it connects across NC. See a few ideas on the back page to get started and look for more coming this summer!

Follow the site on social media (@Mountains-to-Sea-Trail on Facebook, @mountainstoseatrail on Instagram).

2023: The Year of the Trail

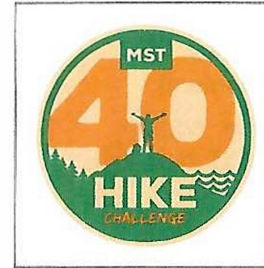
The NC House and Senate passed a bill designating 2023 as "North Carolina Year of the Trail". Stay tuned to hear the extensive plans to showcase, promote, and celebrate our trails – ALL OF NORTH CAROLINA'S TRAILS!

2022 – 2024 President's Special Project Chair

Jennifer Brighton

Get Involved!!

Join us on the Trail!



We'll "virtually" hike the entire trail together!

Want to "real" hike it – Take the 40 Hike Challenge.

Discover the MST one day hike at a time by completing all 40 hikes. Earn a patch featuring the 40 Hike Challenge logo.

Lots of ways to volunteer!



Build & Maintain the Trail

Support or become a Trail Angel in your area.

Volunteer your time and talents to MST headquarters

Raise funds to help hikers find their way!



GFWC-NC has pledged to raise \$11,750 over two years for the purchase and installation of trail kiosks.

Kiosks will include a plaque acknowledging the women of GFWC-NC

How to work in the MST?

Here are a few ideas to get started.

Be sure to attend the Summer Meetings to hear more!!

- Participate in hands-on volunteer opportunities or projects to improve the trails of the MST (Environment)
- Become or support *Trail Angels* who provide rides, meals, laundry/shower facilities and more to MST thru-hikers (Civic Engagement and Enrichment)
- Sponsor a virtual hike of all 1175 miles or the completion of the 40 Day Hikes (Health and Wellness)
- Sponsor nature enrichment programs at your local park, public library or donate books to educate and promote the trail. (Education and Libraries)
- Take a Hike! – Visit any of the trails to experience and understand the culture and history of NC communities (Arts & Culture)
- Conduct fundraisers to support the MST or donate to its preservation. (Fundraising)
- Hold a membership recruitment event at a local or State Park in your community (Membership)
- Become a "Friend of the Mountains-to-Sea Trail" (Fundraising)
- Support the trail by sporting an MST license plate. (Fundraising)
- Collaborate with MST staff and create a class curriculum for elementary students; distribute to local schools (Education and Libraries)
- Sponsor a local trail or park cleanup day (Environment)
- Sign up for the MST Newsletter (Education and Libraries??)
- Host a seasonal hiking photography contest – post the winners and use #mountainstoseatrail
- Sponsor a project or program at a local trail to celebrate Earth Day



2022 – 2024 President's Special Project

