



FAMILY TRAIL DAYS – NATURE HIKE
May 5, 2012

Canaan Valley Resort State Park and Blackwater Falls State Park are sponsoring Family Trail Days. This event has been planned so that families, groups, and individuals can enjoy outdoor, nature-oriented activities at West Virginia State Parks.

The eight mile “Walk Between the Parks” will highlight activities. Other activities include the “Walk-a-Mile” contest, alternative (shorter, interpretive) walks. The registration fee includes an event memento, cookout lunch (halfway point on the “Walk Between the Parks” and shuttle service from Canaan Valley Resort State Park.

REGISTRATION

A registration fee of \$25 for adults, \$15 for children (ages 6-12) is required to participate. Pre-registration is recommended using the form below or you may register Friday 12:30pm-10pm in the Beech Club, Canaan Valley Resort Main Lodge, or prior to walk on Saturday morning 7am-8:30am in the Beech Club, Canaan Valley Resort Main Lodge.

WALK BETWEEN THE PARKS

The eight mile walk from Blackwater Falls State Park to Canaan Valley Resort State Park will begin at the Blackwater Falls State Park Riding Stables at 10am on Saturday. The average walking time is approximately four hours. Walkers will stop for lunch on top of Canaan Mountain, about halfway through the walk.

(Detach here)

Registration Form
(Please Print)

Name _____ Emergency Contact _____ (Name) _____ (Phone)

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please Print Each Participants Name:

Registration Fee	
Number age 12 and under _____	@ \$15.00= _____
Number of Adults _____	@ \$25.00= _____
	Total = _____

The cookout lunch will consist of hamburgers, hotdogs, chips, fresh fruit, cookies and cold/hot drinks. Supplies for lunch will be trucked in, but walkers should carry their own water and snacks. A shuttle bus will transport walkers from Canaan Valley Resort State Park to Blackwater Falls State Park at **9am Saturday morning** and back to Blackwater between 2pm and 5pm. The shuttle bus may be boarded at the front of the Main Lodge, Canaan Valley Resort State Park.

Eight miles in length, the trail between the two parks is rocky and wet in places and moderately strenuous. Elevation changes are approximately 600 feet. The use of hiking boots or cross-country walking shoes is recommended. Some trail sections are wet and/or rough (rocks, roots). Walkers will pass through groves of Red Spruce and Eastern Hemlock and dense rhododendron thickets. A short section of this trail follows Canaan Loop Road on top of Canaan Mountain.

WALK A MILE

See how close you can come to walking a mile. Award to be presented Saturday (place/time TBD). You must be present to win. Contest will be held during the “Walk Between the Parks”. Register at the trailhead.

WAIVER AND RELEASE

Family Trail Days is an outdoor, nature oriented event sponsored by Guest Services d/b/a Canaan Valley Resort, Blackwater Falls State Park, and the West Virginia Scenic Trail Association. The event includes walks in a variety of settings and of varying distances. Each participant must personally assess his/her ability and experience level in electing to participate before and during the activities provided as a part of this event.

I, the undersigned, hereby declare that I am voluntarily participating in the above described event and that I make this informed decision based upon assessment that I possess adequate knowledge concerning the details of the event. In consideration of the acceptance of my participation, I acknowledge and accept all the risks involved in an outdoor event of this nature.

I do hereby forever release and discharge the corporate and other sponsors of the event as well as their members, employees, agents, officers, and/or trustees from any and all claims, causes of action, and suits which I, or my heirs or assigns, shall or may have arising from, or as a result of my participation in said event.

Photo Waiver and Release

I authorize Canaan Valley Resort & Conference to use photos, and or other likeness' of myself and or my child or the child for whom I have legal guardianship for any promotional materials regarding Canaan Valley Resort & Conference Center programs, facilities, or services. Such likeness' will not be sold to other parties. Promotional materials bearing these likeness' may be distributed for free to the public and posted on the Canaan Valley Resort & Conference Center website. Canaan Valley Resort & Conference Center reserves the right to use a photo or likeness for a time period beginning when this form is signed and ending upon written request of participant, parent or legal guardian.

Signature Required

(Parent of guardian must sign if participant is under 18. Please print name of minor beside guardian's name)

_____	_____
_____	_____
_____	_____
_____	_____

Refund with seven days notice prior to event.

Make checks payable to Canaan Valley Resort and send with form to Family Trail Days, Canaan Valley Resort, 230 Main Lodge Rd, Davis, WV 26260.

Attn: David Vance – Recreation Department
(Waiver must accompany Registration Form)