

National Park Service
U.S. Department of the Interior



Fort Bowie National Historic Site

Hike Through History



Explore the trails of Fort Bowie National Historic Site

Hiking is a great way to exercise while exploring the history of the American West at Fort Bowie National Historic Site. The **I Hike for Health** program is a hiking challenge you can attempt on your own or with your friends and family. Follow the instructions below to earn your award while hiking through one of the most historically rich landscapes in southern Arizona.

Hike Through History Program Requirements:

1. In order to qualify for the award you must hike a minimum of 3 mi / 5 km.
2. Each individual seeking the reward must have a photograph of each person on each trail hiked. Present pictures to a ranger at the Visitor Center for verification.
3. Use the hiking chart on the back to record your accomplishments.
4. Please, only one (1) award per person.
5. Have fun!

Hiking Routes: (Roundtrip distances)

Fort Bowie Trailhead at Apache Pass Road to the visitor center: 3 mi / 5 km

Fort Bowie Parade Grounds: .25 mi / .4 km

Hiking Safety Tips

Do not hike beyond your own limitations.

Be sure to drink enough water in this arid environment (1 liter per hour).

Bring trail snacks to replace your electrolytes.

Protect yourself from the sun; wear a hat and use sunscreen even in fall and winter.

Smuggling and/or illegal activity is possible in this area due to the proximity of the international border. Please be aware of your surroundings and stay on designated trails.

Do not remove any artifacts: nails, glass, pottery, or any other items. Take a photograph and tell a ranger.

Hiking Log

Record your hike using this log. When you have completed the hike to the visitor center, give this card to staff for your award.

Trail	Distance	Ranger Initials
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What's Next?

Hiking is a great way to exercise and stay in shape. For every mile you walk, you will burn around 100 calories (1/2 energy bar). Count your steps at home and challenge yourself to keep hiking in the over 400 units of the National Park System not just for your enjoyment, but for your health too.



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