Let's Move Outside! Junior Ranger Activities

Mule Drivers Footsteps

Mule drivers held one of the most important jobs on the canal, leading the mules along the towpath as they pulled canal boats between Georgetown and Cumberland. Often the children of the boat captain, mule drivers started working around age 8. A mule driver's job was anything but easy! Children would walk 8 to 16 hours a day alongside the mules, sometimes through rain, heat, and snow. From April to November, canal boats would make approximately 20 trips along the 184.5 mile long canal. That's almost 3,700 miles! Can you imagine walking that many miles a year!

Using a pedometer, track how many steps you take walking one mile between towpath mile markers, then multiply those steps by 184.5 to determine the total steps it would take you to walk the entire towpath!

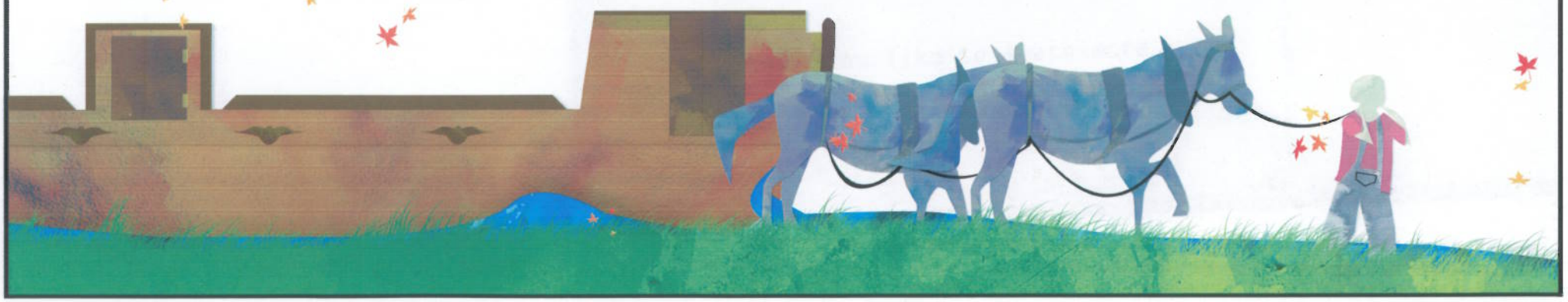
Steps_____ x 184.5 = Total Towpath Steps_____

If you don't have a pedometer, count your steps as you walk 20 feet.

Steps_____ x 264 = One Mile _____ x 184.5 = Total Towpath Steps_____

Challenge Yourself!

You can challenge yourself by completing the full 184.5 miles of the canal either on the towpath or anywhere else you can walk. Record your progress as you complete the challenge. How long do you think it will take you? _____



The C&O Canal *"is a place of refuge, a place of retreat, a long stretch of quiet and peace..."*
– Justice William O. Douglas, 1954

Complete one or more of the following recreation activities in the park and answer the Outdoor Journal questions to the right. To receive a Let's Move Outside Junior Ranger badge turn in your journal at any of the park's visitor centers.

Outdoor Journal

1- How long did you spend exploring the park?

2- What activities did you do in the park?

3- List plants and animals you discovered.

4- Describe your favorite experience in the park.

5- What would you like to learn more about?

Remember Safety!
Please use caution when recreating in the park. To learn more about park guidelines and safety tips please visit *www.nps.gov/choh* *or call 301-739-4200.*

For more information on outdoor recreation locations and activities please visit the following websites: **www.letsmoveoutside.gov** or **www.presidentschallenge.org**