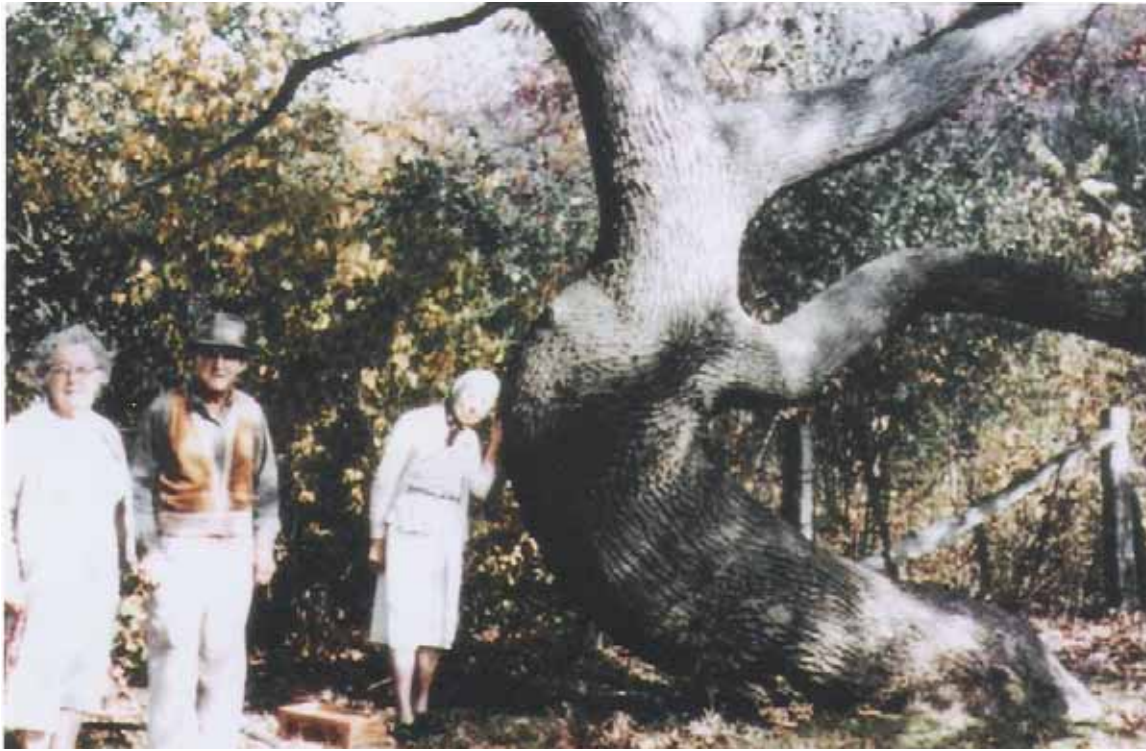


# Native American Trail Tree



As a sapling, this tree was bent and tied down by the Native Americans who lived in this area. As it grew, it freed itself of its restraints and was used as a guide for the native peoples as it pointed towards other trails, other tribes, sources of game or food, etc. These trees can be found all over the United States and many times follow geographical features such as trees that roughly parallel the original Appalachian Trail. Trail trees are usually white or red oak and occasionally elm because they live much longer than other types of trees. This trail tree is estimated to be 200 years old.