

Our History, Our Trail

The path you are on is part of the Overmountain Victory National Historic Trail. It was created by the United States Congress in 1980 and is 330 miles long, honoring an important event during our War for Independence. The Trail is administered by the National Park Service, with many partners along the route.

Can you label the 4 states on the map that the Overmountain Victory Trail passes through? Where are you on the map?



Have you been to any other National Trails or National Parks?

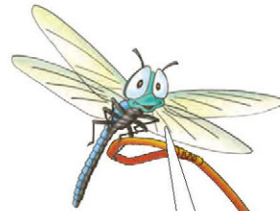
To find out more about the Overmountain Victory Trail, other National Trails and your National Parks, visit:



www.nps.gov/ovvi
www.pnts.org
www.ovta.org



TRACK your hike at
kidsinparks.com
and get **FREE** prizes!



Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!

The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?



Kids in Parks...

Providing a network of fun-filled adventures that get kids and families active outdoors and connected to nature.



TRACK Trail Partners

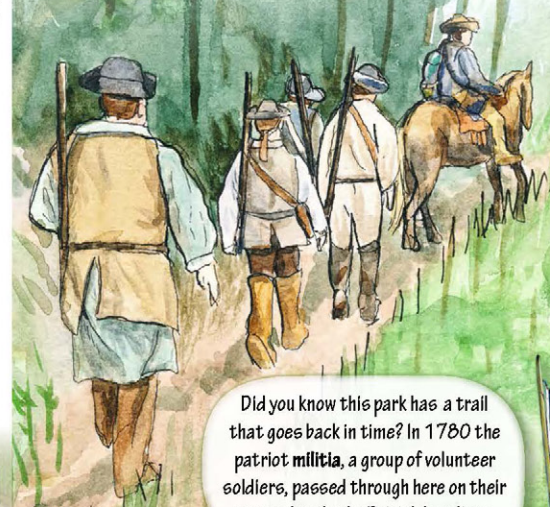


Kids in Parks Founding Partners

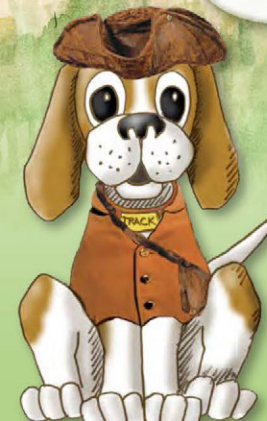


The Overmountain Victory Trail

Following in the Footsteps of the Patriots



Did you know this park has a trail that goes back in time? In 1780 the patriot militia, a group of volunteer soldiers, passed through here on their way to battle the British Loyalists at Kings Mountain.



The famous "Overmountain Men" changed the course of American History. In this brochure, you can discover how they used their special skills to overcome hardships and defeat the British.

Surviving Life in the Wilderness

The Overmountain Men's trek to and from Kings Mountain took weeks. See if you can find some of the following items that they needed daily to survive the journey:



fresh grass or hay for the horses



dead wood for fires



water for the men and horses



dead leaves to make a bed



small animals to hunt and eat



berries and nuts for snacks

Please do not eat berries you find



tree moss for wounds

Battling with an 18th-century Weapon

In addition to battling the British Loyalists, the patriot militia had to "battle" with their guns to make them work properly. The long, heavy guns used during the American Revolution were called muzzle-loaders because the bullets were loaded through the "muzzle," or front of the gun. Soldiers on both sides could only fire about 3 rounds per minute. The Overmountain Men hid behind trees for safety while they reloaded their weapons.

Imagine if you had to follow these steps every time you were faced with an enemy:



1. Pour gunpowder in the pan and down the muzzle.



2. Load the wad and ball through the muzzle.



3. Push the ball down with the ramrod.



4. Pull the hammer to fully-cocked position.



5. Take aim and fire!

From Hunters to Soldiers

The Overmountain Men were made up of farmers and hunters, who did not march in rows and fight out in open fields like the British expected. Instead, they adopted Native American methods of hunting and fighting in the woods. One of these methods was being **stealthy** (quiet) so that the enemy didn't know you were there.

Try walking like an Overmountain Man:



1. Be quiet, stop talking and make no sounds.
2. Walk slowly and carefully to avoid snapping twigs or crunching leaves.
3. Don't wave your arms or make any sudden movements.
4. Stop every few steps and listen.
5. If you see something (like a rabbit or bird) slowly crouch down and stop.

Now, take turns having one person in your group close their eyes, and see if you can sneak up on each other without being heard.

If you follow these steps you'll be moving through the woods just like the patriot militia did when they were sneaking up on Patrick Ferguson and the British Loyalists at Kings Mountain. These techniques can also help you see more wildlife and hear more sounds while enjoying nature!