



# How to Contact Your Congressional Representatives

Before you can submit an email, a majority in Congress require the use of your ZIP+4. To find your ZIP+4, type “zip code lookup” in your browser. Use “Find by Address”. Note your ZIP+4.

## **To Contact Your Representative:**

Go to [house.gov](http://house.gov) in your browser.

In the “FIND YOUR REPRESENTATIVE” search box (top right), enter your ZIP+4.

Select your Representative’s name (near your Representative’s picture on the left).

Select “CONTACT” (usually in the top menu bar).

To send an email, follow the instructions for completing the form — fill in name, address, phone, email address, etc.).

## **To Contact Your Senators:**

Go to [senate.gov](http://senate.gov) in your browser. In the top menu, select “Senators” and choose “Contact”

Use the dropdown in the center of the page to choose your state. Pictures of your two Senators will appear.

Select “CONTACT” under the picture of the Senator you want to contact. For sending a letter, the Senator’s Washington DC mailing address will appear under the Senator’s picture.

Each Senator will have a different protocol to follow. The choices will vary by Senator — possible selections include “Email”, “Share Your Opinion”, “Share Your Views”, etc. Most will have a form for you to complete — fill in your name, address, phone, email address, etc.

## **Below are suggested reasons why the BMT should be designated a National Scenic Trail**

- ◆ The trail’s natural, scenic beauty combined with its numerous cultural and historic features make it a shining jewel in the Southern Appalachian Mountains.
- ◆ The BMT’s secluded forest pathway traverses 288 miles in three states, three National Forests (Chattahoochee, Cherokee, and Nantahala National Forests), six Wilderness Areas and 93 miles in the Great Smoky Mountains National Park.
- ◆ Ninety-five percent of the BMT is on land managed by either the Forest Service or the National Park Service – just 15 miles of the trail remain on public roads/private lands so new land acquisition will be limited and will be on a willing seller basis.
- ◆ The BMT easily meets the standard of long-distance trail viability – the Benton MacKaye Trail Association (BMTA) has maintained the trail ever since construction began in 1980 (43 years ago).
- ◆ The trail is complete and has been fully connected since the grand opening in 2005.
- ◆ BMTA’s 872 members include over 200 trail maintenance volunteers.
- ◆ BMTA has developed a long-standing and positive relationship with both the Forest Service and the National Park Service.
- ◆ The BMT is a key economic pillar in the nearby rural communities. Visitors spend their money on food, outdoor supplies and lodging. Providing the trail with an NST Designation would bolster the trail’s popularity, bringing thousands of more hikers – and substantially greater economic activity to the areas along the trail.
- ◆ The BMT is a short drive from several of the largest metropolitan centers in the Southeast and draws visitors from across the country to the small, rural communities it traverses.

A short drive for day hikes: GA: Atlanta; NC: Asheville; TN: Chattanooga/Knoxville. A bit longer drive for weekend getaways: AL: Huntsville; NC: Charlotte TN: Nashville.

The BMT has many access points and offers a wide range of easy, moderate, and challenging day hikes, as well as camping and end-to-end thru hikes.