



## Benton MacKaye Trail Association

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### May News Updates & Announcements & the May Newsletter

Coming May 6  
– In the May Issue –



#### Hiking Provides a Multitude of Benefits

One person's story of using hiking to overcome the daunting challenges life had put in her path.



#### April Maintenance Trip

Sections 4a & 5a-b are in great shape now!



#### It's That Festival Time of Year

BMTA's Inter-Active Crosscut Team was a popular attraction at the 4/30/2024 Trout Fest.

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To view the current *Newsletter*, go to [April Newsletter](#).

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*"...leaving a footpath for generations to follow."*