

100 Things to Do in the National Parks

To celebrate the centennial anniversary of the National Park Service we created a list of 100 Ways to #FindYourPark. The list includes a wide range of activities that you can do in urban parks, nature parks, historic parks, and everything in between. The health benefits of spending time outside are well documented and, with at least one national park in every state, it's easy to find an outdoor activity you'll love.

Pick an activity on the list that you can do in a park this month and go exploring. Post a picture or video of your experience on social media using the hashtag #FindYourPark. We can't wait to see what you do!

1. Walk where Abraham Lincoln walked at Abraham Lincoln Birthplace National Historic Park, Kentucky.
2. Watch wild horses frolic on Shackleford Banks Island at Cape Lookout National Seashore, North Carolina.
3. Tour cliff dwellings once inhabited by Ancestral Pueblos at Mesa Verde National Park, Colorado.
4. See some of the tallest, oldest trees in the world at Redwood National Park, California
5. Reflect on the names of fallen soldiers at the Vietnam War Memorial, Washington D.C.
6. Stand atop earth mounds built by prehistoric Native Americans at Ocmulgee National Monument, Georgia.
7. See what the prospectors saw at a recreation of a gold rush town in Klondike Gold Rush National Park, Alaska.
8. Take in stunning mountain vistas and catch a glimpse of bears, wolves, bald eagles and more at Grand Teton National Park, Wyoming.
9. Choose from over 500 rock climbing routes at City of Rocks National Reserve, Idaho.
10. Hike through forests and encounter wild turkeys, horses and sea turtles at Cumberland Island National Seashore, Georgia.
11. Hike through the greatest density of natural sandstone arches in the world in Arches National Park, Utah.
12. Stroll past the largest collection of geysers in the world and marvel at hundreds of colorful hot springs at Yellowstone National Park, Wyoming.
13. Stop into any of the free Smithsonian Museums between the Lincoln Memorial and the Washington Monument, Washington, D.C.
14. Take a geology motor tour across 18 miles of desert landscape in Joshua Tree National Park, California.
15. Tour Camp Sumter (Andersonville Prison), the most famous prison camp of the Civil War, at Andersonville National Historic Site, Georgia.
16. Canoe through miles of tropical wetlands in Everglades National Park, Florida.
17. Swim by a waterfall at Little River Canyon National Preserve, Alabama.
18. Visit Historic New Castle, the former colonial capital of Delaware, in First State National Historic Park, Delaware.
19. Pick pecans in the fall at Cane River Creole National Historic Park, Louisiana.

20. Spot wildlife like wolves and moose on the isolated Isle Royale National Park in Lake Superior, Michigan.
21. See fossils from 20-million-year-old mammals at Agate Fossil Beds National Monument, Nebraska.
22. Hike the Lewis and Clark route at Lewis and Clark National Historic Park, Oregon.
23. Ride a mule into one of the largest canyons in the world at Grand Canyon National Park, Arizona.
24. Paint outdoors at a famed artistic retreat at Weir Farm National Historic Site, Connecticut.
25. Hike past Indian Burial Mounds at Effigy Mounds National Monument, Iowa.
26. Take a tour past active volcanoes in Hawaii Volcanoes National Park, Hawaii.
27. Soak in a natural hot spring in Hot Springs National Park, Arkansas.
28. Tour the neighborhood Abraham Lincoln lived in before becoming a politician at Lincoln Home National Historic Site, Illinois.
29. Stand on the site of the famous Gettysburg Address at Gettysburg National Military Park, Pennsylvania.
30. Bike a trail through Cuyahoga Valley National Park, Ohio.
31. From mid-April to late October, watch thousands of bats exit Carlsbad Cavern at sunset to hunt for the night at Carlsbad Cavern National Park, New Mexico.
32. Enjoy nature in the gardens at the Marsh-Billings-Rockefeller Mansion, Vermont.
33. Take in fall foliage in Acadia National Park, Maine.
34. Hike the Yellow Trail in Morristown National Historic Park, New Jersey to see where George Washington's army survived one of the coldest winters on record.
35. Walk around Fort Sumter National Monument, South Carolina, the site of the first shots of the Civil War.
36. Take part in a GPS scavenger hunt along hiking trails in Voyageurs National Park, Minnesota.
37. Take a break from the city and go camping in Greenbelt Park, Maryland, just 12 miles from Washington, D.C.
38. Take a guided fitness hike between May and October in Tallgrass Prairie National Preserve, Kansas.
39. Listen to the gentle waves of Lake Michigan at Indiana Dunes National Lakeshore, Indiana.
40. Join a park ranger for a snowshoe expedition through Glacier National Park, Montana.
41. Take a self-guided walking tour through historic Salem, famous for the Salem Witch Trials, at Salem Maritime National Historic Site, Massachusetts.
42. Tour the Lehman Caves in Great Basin National Park, Nevada.
43. Take a ride along the Blackstone River Bikeway in the Blackstone River Valley National Heritage Corridor, Rhode Island.
44. Hike the scenic trails in Chickasaw National Recreation Area, Oklahoma.
45. Enjoy the "Natural History Hike" series Saratoga National Historic Park, New York.
46. Take an Art Tour through Saint-Gaudens National Historic Site, New Hampshire to see over 100 pieces of artwork by one of America's greatest sculptors.
47. Fish, hike and camp in the area Theodore Roosevelt credited for helping him become president in Theodore Roosevelt National Park, North Dakota.

48. Stargaze in Big Bend National Park, Texas, which has the least light pollution of any other National Park in the lower 48 states.
49. Kayak or canoe along the Saint Croix National Scenic Riverway, Wisconsin.
50. Hike through the Kolob Canyons in Zion National Park, Utah.
51. Take a horseback ride through the Smoky Mountains in Great Smoky Mountains National Park, Tennessee.
52. Pay former presidents a visit at Mount Rushmore National Monument, South Dakota.
53. See a musket rifle drill at Vicksburg National Military Park, Mississippi.
54. Visit the legendary wildflowers at Mount Rainier National Park, Washington.
55. Go birdwatching along the Ozark National Scenic Riverways, Missouri.
56. Drive 105 miles through the beautiful Blue Ridge Mountains in Shenandoah National Park, Virginia.
57. Learn a historic trade, like making bread or tin ware, at Harpers Ferry National Historic Park, West Virginia.
58. Kayak through fjords in Kenai Fjords National Park, Alaska
59. See memorials including the Lincoln Memorial, Thomas Jefferson Memorial and World War II Memorial, Washington, D.C.
60. Catch a glimpse of the Milky Way in Haleakala National Park, Hawaii.
61. Snorkel over shipwrecks and coral reefs in Dry Tortugas National Park, Florida.
62. Take a trip back in time to the days of dude ranching at preserved historic ranches in Bighorn Canyon National Recreation Area, Montana.
63. Scale Devils Tower, a natural geographic formation rising 1,267 feet above the prairie at Devils Tower National Monument, Wyoming.
64. Climb some of the most challenging areas in the country in Yosemite National Park, California.
65. Ditch the GPS and go orienteering, a scavenger hunt with just a map and compass, in Prince William Forest Park, Virginia.
66. Go white water rafting on the Colorado River in Grand Canyon National Park, Arizona.
67. Go spelunking in the world's longest cave system in Mammoth Cave National Park, Kentucky.
68. Sandboard or sand sled on sand dunes in Great Sand Dunes National Park and Preserve, Colorado.
69. Visit Fort Laramie National Historic Site, Wyoming on Father's Day weekend to experience Fur-Trading Days, a celebration of the fort's glory days as a major hub for fur trade.
70. Ponder the mystery of the moving rocks at Death Valley's Racetrack Playa in Death Valley National Park, California.
71. Take an art class at Yosemite National Park, California.
72. See a dog sled demonstration at Denali National Park, Alaska.
73. Take a ranger-led, full moon hike in Bryson Canyon National Park, Utah – no flashlights or headlamps needed!
74. Camp on the beach at Assateague Island National Seashore, Maryland.
75. Go "tidepooling" in Olympic National Park, Washington, where you can spot sea stars, anemones, sponges, urchins and other sea life.
76. Hike, bike and paddle along the Tamiami "Triathlon" in Everglades National Park, Florida.

77. Climb a frozen waterfall at Pictured Rocks National Lakeshore, Michigan.
78. Hike along the crater of a volcano in Haleakala National Park, Hawaii.
79. Go scuba diving in Channel Islands National Park, California, known as the Galapagos of North America for its diverse plant and animal population.
80. Take a scenic drive along Blue Ridge Parkway through North Carolina and Virginia.
81. Brave the cold and ring in Christmas at the National Tree Lighting Ceremony at Presidents Park, Washington, D.C.
82. Explore the oldest masonry fort in the continental United States at Castillo de San Marcos National Monument, Florida.
83. Take in one of the most amazing sunsets you'll ever see at Grand Canyon National Park, Arizona.
84. Spot a bear, elk, bison or even a mountain lion in Yellowstone National Park, Wyoming, one of the world's best wildlife viewing destinations.
85. Watch the country's "first" sunrise from the top of Cadillac Mountain in Acadia National Park, Maine.
86. Go off the grid in Gates of the Arctic National Park and Preserve, Alaska, which has no roads or trails.
87. Stroll through fields of cactus in Saguaro National Park, Arizona.
88. Visit Crater Lake National Park, Oregon in the winter, when snowshoers and cross-country skiers are allowed to camp along the rim of the lake.
89. Relax on the beach with a good book at Virgin Islands National Park, U.S. Virgin Islands.
90. Float down the Rio Grande in Big Bend National Park, Texas.
91. Visit General Sherman, a 2,200 year-old sequoia weighing in as the largest tree by volume in the world, at Sequoia National Park, California.
92. Watch the fog descend and discover why they're called the Great Smoky Mountains in Great Smoky Mountains National Park, Tennessee.
93. Explore more than 4,000 prehistoric archeological sites on the ancestral homeland of the Hopi and Pueblo people in Chaco Culture National Historical Park, New Mexico.
94. Hike one of more than 300 trails in Rocky Mountain National Park, Colorado.
95. Take in the unique landscape of the Hoh River Rain Forest, one of the last remaining temperate rain forests in the U.S., in Olympic National Park, Washington.
96. Soak in the solitude among active volcanoes and hot springs in Lassen Volcanic National Park, California.
97. Take a scuba diving trip to a shipwreck site in Lake Superior in Isle Royale National Park, Michigan.
98. Take to the sea in Biscayne National Park, Florida, 95 percent of which is underwater.
99. Stand inside the crown of the Statue of Liberty at Statue of Liberty National Monument, New York.
100. Visit a coal mine in Big South Fork National River and Recreational Area, Kentucky.