

North Dakota Parks & Recreation Department

# NEWS RELEASE

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*For more information, contact Fort Abraham Lincoln State Park, 701-667-6340*

## First Day Hike at Fort Abraham Lincoln State Park

Start the New Year out right by participating in a “First Day Hike” at Fort Abraham Lincoln State Park on Jan 1, 2013.

Park Manager Dan Schelske will be leading a one-mile hike through the park. Participants are to meet at the Visitor Center at 1 p.m. The hike is of moderate difficulty and participants should bring warm clothes suitable for North Dakota outdoors.

America’s State Parks is promoting First Day Hikes which are being held across the country providing state park visitors an opportunity to explore the unique natural and cultural treasures that can be found close to home.

First Day Hikes originated over 20 years ago at the Blue Hills Reservation, a state park in Milton, Massachusetts. The New Year’s Day program was launched to promote both healthy lifestyles throughout the year and year round recreation at state parks. This is the first time that all 50 state park systems have joined together to sponsor First Day Hikes.

For more information call Fort Abraham Lincoln State Park at (701) 667-6340 or visit its website at [www.parkrec.nd.gov](http://www.parkrec.nd.gov) . More information on First Days Hikes throughout the nation can be found at [www.americasstateparks.org/first-day-hikes](http://www.americasstateparks.org/first-day-hikes).