

North Dakota Parks & Recreation Department

NEWS RELEASE

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For more information, contact parks individually

State Parks plan National Trail Day events, June 6

National Trails Day is being recognized by North Dakota State Parks on Saturday, June 6. National Trails Day encourages people to step outside and be active. Take time to walk, hike or bike and explore the many urban and off-road trails of North Dakota. Remember to thank the many individuals, groups, organizations and volunteers that continuously work to sustain and develop our trail systems. The following North Dakota state parks will be hosting events.

Beaver Lake State Park: Join a ranger for a guided hike along the Nature Trail. After the guided hike, take the opportunity to explore other portions of the Beaver Lake State Park trail system on your own. Meet at the park swim beach at 10 a.m. 701-452-2752

Cross Ranch State Park: The park is holding a guided-hike of the Matah Interpretive Trail beginning at 2 p.m. The guide will also be addressing "Leave No Trace" ethics during the hike.

Fort Abraham Lincoln State Park: There is a 15K Trail Race and 5K Family Fun Run/Walk. Registration is from 7 to 8 a.m. at the Commissary Gift Shop with a cost of \$20. Races begin in front of the Custer House. Registered participants receive an official Ft. Lincoln t-shirt. 701-667-6340

Fort Ransom State Park: Spend the day at Fort Ransom State Park in honor of National Trails Day. A park ranger led hike will begin at 10 a.m. There will be fees for both the park entrance fee and canoe rental. Picnic dinner will be provided by the Sheyenne River Valley Chapter at 5 p.m. in the park followed by an evening campfire.

Fort Stevenson State Park: The park is holding its 50th Anniversary Tree Planting at noon followed by a ranger-guided hike through park's native prairie starting at 2 p.m. The North Dakota bird checklist is available. Hike will start at the Guardhouse Interpretive Center. 701-337-5576

Grahams Island State Park: The National Trails Day hike will begin at 2 p.m. at the Grahams Island State Park Trailhead, located in the parking lot by the Sivert Thompson activity center. Trail signs in the park will lead you to the trailhead. Hike will be a park ranger/interpreter guided hike covering about two miles of mowed trails. Trails wind through Grahams Islands' naturally wooded areas of beautiful oak, ash, hackberry and a wide variety of shrubs. 701-766-4015

Icelandic State Park: Park staff are planning to guide three hikes on the new Hillman (which is a 1 mile extension of the multiuse trail) and Bluebird trail. The new trails allows visitors to access the Pioneer Heritage Center Complex from the campground. These three hikes, using the new Hillman loop, start at the trailhead north of the primitive campground. The birding hike will begin at 9:30 a.m. This hike will offer the chance to view many different bird species throughout the region while walking through the Hillman loop and onto the Bluebird trail. In the afternoon, meet at 4 p.m. with bikes to explore various

trail riding techniques. Please, remember to bring your helmet and comfortable riding shoes. Use all five senses while participating in the fun night hike which will begin at 9:30 p.m. Parents please accompany children during this excursion. Door prizes will be awarded at all hikes! 701-265-4561

Lake Metigoshe State Park: Celebrate National Trails Day at Lake Metigoshe State Park by participating in a guided hike along the Old Oak Trail. Meet at the warming house and go for a leisurely hike along School Section Lake. Please wear comfortable shoes, sunscreen and bug spray. After the hike the park is celebrating the North Dakota Parks and Recreation Department's 50th Anniversary. Starting at 12:30pm, we'll be having free food, refreshments and s'mores ice cream at the kitchen/dining hall which is located near the entrance of the park. Stop in for a bite to eat, obtain 50th anniversary give-aways, take in some entertainment and tour our traveling exhibit! **Lake Sakakawea State Park:** A one-mile guided hike on the North Country Scenic Trail will begin at 2 p.m., starting at the Visitor Center. Be prepared with comfortable shoes, sunscreen, bug spray, water bottle, sunglasses or hat, and appropriate clothing. 701-487-3315

Further information can be found on the North Dakota Parks and Recreation Department website at www.parkrec.nd.gov.