

North Dakota Parks & Recreation Department

NEWS RELEASE

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For more information, contact Kevin Stankiewicz, (701) 328-5357.

National Trails Day-North Dakota State Park events

National Trails Day is being recognized by North Dakota State Parks on Saturday, June 4. This year's motto is, *Made With All Natural Ingredients*. 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** (17 miles southeast of Napoleon, ph. 701-452-2752)—Join a ranger guided hike on the park's Nature Trail. After the hike, take time on your own to explore other portions of the park's trail system. Meet at the park's swim beach at 10:00 a.m.
- **Fort Ransom State Park** (2 miles north of Fort Ransom, ph. 701-973-4331)—Hikers should meet at 10:00 a.m. at the Visitor Center which is located NW of the park entrance. The park manager will lead a hike on park trails. Bottled water will be provided. Bring your own bug spray.
- **Fort Stevenson State Park** (3 miles south of Garrison, ph. 701-337-5576)—Ranger-guided hike through the park's native prairie; North Dakota bird checklist available. The hike will start at the Guardhouse Interpretive Center at 2 pm.
- **Grahams Island State Park** (16 miles west then south of Devils Lake, ph. 701-766-4015) — Event will take place from 11 am to 1 pm. Ranger guided hike through park trail system that includes grass trails, wooded areas, and great views of Devils Lake. Park wildlife includes such animals as whitetail deer, bald eagles, and many different kinds of birds. Event will be moved indoors for a short NTD presentation should weather not permit the hike. Participants should plan to bring their own water. Participants are asked to call ahead to check on park access.
- **Icelandic State Park** (5 miles west of Cavalier, ph. 701-265-4561)—Three different guided hikes will be offered. At 9:30 am, hike along a portion of the park's Bluebird Trail. At 4 pm, hike in North Dakota's first State Nature Preserve, the Gunlogson Nature Preserve. At dusk, there will be a night hike near the campground. Insect repellent is advised and weather can be cool or rainy this time of year.
- **Lake Metigoshe State Park** (16 miles northeast of Bottineau, ph. 701-263-4514)—Friday evening, June 3, there will be a night hike, meeting at the Warming House, starting at 9:30 pm. Saturday morning, there is a kids program at 10 am. that will encompass various trail games at the amphitheater. At 8 pm, on Saturday, there will be a geocaching program at the amphitheater to discuss what geocaching is and an opportunity for people to try it out. On Sunday, June 5, at 10 am, there is a canoeing program scheduled to start at the Warming House. Equipment for canoeing is provided. Those under 18 years of age need to be accompanied by an adult.
- **Lake Sakakawea State Park** (1 mile north of Pick City, ph. 701-487-3315)—Meet at the park's Visitor Center. Join park staff on a guided hike of the North Country National Scenic Trail and learn about native plants and wildlife. Water and snacks will be provided. Participants have a chance to win event prizes. The event is scheduled from 9-11 am.
- **Lewis and Clark State Park** (19 miles southeast of Williston, ph. 701-859-3071)—Entrance fee is waived today and we welcome the public to participate in our health focused activities such as,

water/paddle trip, geocaching, wildlife photography, birding, and hiking/walking. The event takes place from 9 am to 3 pm. The concession will be open to purchase refreshments and snacks.

- **Turtle River State Park** (22 miles west of Grand Forks on the north side of Highway 2, ph. 701-594-4445)—Events scheduled from 10:30 a.m. -2:00 p.m. Hike, walk, bike ride, geocaching, wildlife photography.

In addition to the state park events, other events taking place in North Dakota on National Trails Day include:

- **North Country Trail Association—Sheyenne River Valley Chapter** (Clausen Springs-4 miles west of Kathryn, ph. 701-845-2935 or email dkoeplin@msn.com)—Event is scheduled from 10 am to 10 pm. Help develop a new segment of trail in the Kathryn to Clausen Springs area and then celebrate the day's work with an evening picnic dinner and campfire at the Clausen Springs Campground. Everyone is encouraged to camp as a group with the option of additional hiking on Sunday morning. Pack your own sack lunch; the evening picnic dinner and drinks will be provided. Please RSVP a week in advance if you plan to camp at dkoeplin@msn.com. Carpool will leave the Rosebud Visitor Center at 9:20 am or meet at Clausen Springs Park at 10 am.
- **USDA Forest Service, Dakota Prairie Grasslands** (Medora, 701-250-4443 or email pjohnston@fs.fed.us)—National Trails Day event being hosted in conjunction with National Public Lands day, on September 24. Trail maintenance and construction will be conducted. Participants should come prepared for the weather and with appropriate footwear (leather boots preferred), long pants (required for using hand tools); leather gloves, eye protection, and hard hats will be provided, but if participants have their own, they are encouraged to bring and use their own. Participants also need to bring their own water bottle, snacks, and backpack. Water will be available at the trailhead. The local Trail Association will provide lunch at 2 pm, so participants need to prepare for approximately five hours of work.

Additional information on National Trail Day events in North Dakota can be found at www.americanhiking.org/NTD.aspx .