

North Dakota Parks & Recreation Department

NEWS RELEASE

For Immediate Release, Tuesday, May 22, 2012

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ND State Parks plan National Trails Day events, June 2

National Trails Day is being recognized by North Dakota State Parks on Saturday, June 2. This year's motto is, *America's Largest TRAILgating Party*. 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.

Cross Ranch State Park: Naturalists will lead hikes in the park and the neighboring Cross Ranch Nature Preserve Trail. Call ahead (701-794-3731) to register for the first ever ***River Bottom 5k Run!*** A pre-race meeting will be held at 8:30 a.m. with the run to begin at 9 a.m. The park entrance fee will be waived and the run/walk will be held rain or shine. Prizes and snacks will be provided.

Fort Abraham Lincoln State Park: A "Welcome" pancake breakfast is offered from 9 a.m. to noon followed by a full day of activities. Mountain Bike Ride at 10 a.m.; Zumba event 10 a.m.; Recreational playtime noon to 3 p.m.; Kickball 1 p.m.; Punt, Pass It, Kick It 2 p.m. Fun Run 3p.m (.5mi); Guided trail hike 4 p.m.; Bingo 5 p.m.; Live music 6 p.m.

Fort Ransom State Park: Hike with the Park Manager. Water and a snack will be provided. Please bring bug spray! ***Sheyenne River Valley Chapter of the North Country Trail*** will hike the many trails within the State Park starting at 10 a.m. At 1:30 pm the group plans to canoe the Sheyenne River. Participants should bring a lunch. Meet at the Rosebud Visitor Center in Valley City, ND at 9 a.m. for those wanting to carpool to Fort Ransom State Park. Participants must RSVP two weeks in advance to Clyde Anderson, 701-633-5287 to reserve a canoe for the event. There will be a park entrance fee and canoe rental fee. Picnic dinner will be provided by the chapter at 6 p.m. in the park followed by an evening campfire.

Fort Stevenson State Park: Ranger guided hike through the park's native prairie starting at 2 p.m. The North Dakota bird checklist is available. Hike will start at the Guardhouse Interpretive Center. ***June 1-3 Caching and Camping - Geocaching*** event will take place at Fort Stevenson State Park. This event is open to anyone with an interest in geocaching. If you are just starting, would like to know what geocaching is, or are an experienced cacher this is an event you don't want to miss. There will be many activities and door prizes. Come and bring your camping gear and GPS. Presentations will be given

throughout the weekend on a variety of geocaching topics. Explore Fort Stevenson State Park to find the assortment of easy and challenging caches that will be hidden.

Grahams Island State Park: *Trails Days Event* will begin at the trailhead which is located at the Sivert Thompson activities center. There will be a ranger guided hike encompassing the park's natural hiking trail. The trail is comprised of mostly wooded environment. All hiking participants will have the opportunity to see wildlife. Remember to bring hiking shoes and water.

Icelandic State Park: Hike along a portion of the park's bluebird nest box trail to see adult eastern bluebirds and young or eggs in nest boxes beginning at 9:30 a.m. at the Visitor Center. Participants will see tree swallow adults and young or eggs in nest boxes. A guided nature hike, starting at 4 p.m. at the entrance booth/Ranger Station, will be in the Gunlogson Nature Preserve along a portion of National Recreation Trail in North Dakota's first State Nature Preserve. Participants may locate a geocache on Wildwood Trail if they bring a GPS unit along. Guided Night Hike at 10 p.m., begins in the campground. Learn how your senses change after dark. This activity includes night sensory activities. National Trails Day t-shirts and other door prizes will be given away at each hike.

Lake Metigoshe State Park: Several events are being planned. At 10 a.m. a program will be held at the amphitheater on discovering the flora and fauna along LMSP's trails. A guided hike will be held at 2 p.m. starting at the half-way point in the Maid O' Moonshine campground near sites 15 and 16. Trail trivia will be held at the amphitheater at 8:30 p.m.

Lake Sakakawea State Park: This year's theme is "America's Largest TRAILgating Party." There will be a guided hike beginning at the Visitor Center at 2 p.m. Remember to bring comfortable shoes, sunscreen, bug spray, a water bottle, and appropriate clothing.

Lewis and Clark State Park: Park staff will be providing guided hikes during the day. Two hikes are tentatively set for 10 a.m. and 2 p.m., starting in the campground. The park entrance fee will be waived and there will be a few door prizes given away to hike participants. Remember to bring comfortable hiking shoes, insect repellent and suntan lotion.

Turtle River State Park: Join park staff for a TRAILgating Party at Turtle River State Park. The event will take place from 10 a.m. to 2 p.m. at the Chalet parking lot. Activities include guided hikes; camping and fishing demonstrations by Cabelas; field games and prize drawings (must be present to win).

Attention Girl Scouts and Boy Scouts! This hike qualifies for the Girl Scout "*Get with the Land*" patch. Boy Scouts can use this hike towards a belt loop, pin, or merit badge. All park fees and regulations apply.

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