

North Dakota Parks & Recreation Department
NEWS RELEASE

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For more information, contact Kevin Stankiewicz, 701-328-5357

June, a great month to be outdoors

Great Outdoors Month and National Trails Day featured

Governor John Hoeven's proclamation designating June as "Great Outdoors Month" is fitting with the establishment of "National Trails Day" on June 6. The North Dakota Parks and Recreation Department is encouraging people to get outside and enjoy what North Dakota's "Great Outdoors" offer.

A number of events are scheduled in coordination with National Trails Day and the state's park system will recognize the importance of outdoor activity throughout the month.

"Whether it's hiking the scenic trails in your community, or involved with a trails improvement in your favorite state park, it is also important to set aside time to appreciate the beauty of nature and the outdoor environment," says Doug Prchal, Director.

"National Trails Day is a special time for us to thank the individuals, groups, agencies, organizations and volunteers that continuously work to sustain and develop our trail systems," Kevin Stankiewicz, Recreation Program Coordinator for NDPRD said.

In recognition of June being *Great Outdoors Month* and *National Trails Day*, 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 a guided hike on the newly renovated Nature Trail. Afterwards, take time on your own to explore other portions of the park trails. Meet at the park swim beach at 10 a.m.

Cross Ranch State Park (*12 miles southeast of Hensler, ph. 701-794-3731*)—A 2-mile guided hike for all ages.. The event begins at 10 a.m. and the park's interpreter will be discussing the different kinds of plants and animals along the Missouri River, as well as the history of the area. Please wear comfortable hiking shoes and bring plenty of water. Visit anytime and take the self-guided trail.

Fort Abraham Lincoln State Park (*7 miles south of Mandan, ph. 701-667-6340*)—Join park staff in celebrating Halloween in June. Trick or treating, costume parade, games, face painting and more. Take time on your own to hike and explore the Legacy trail at the park.

Fort Ransom State Park (*2 miles north of Fort Ransom, ph. 701-973-4331*)—Hikers should meet at the Bjone House Visitor Center at 10 a.m. The park ranger will lead a 2-hour hike on park trails. Bring along a water bottle and bug spray. Hikers from the North Country Trail

Association-Sheyenne River Valley Chapter will be on hand to join in the fun and share information on the North Country National Scenic Trail.

Fort Stevenson State Park (*3 miles south of Garrison, ph. 701-337-5576*)—Ranger-guided hike through park's native prairie. Discuss National Trails Day, history of the park, and points of interest. Kids and adults are encouraged to participate. Bring water. Meet at the Fort Stevenson Guardhouse. The event is scheduled from 2-4 p.m.

Grahams Island State Park (*16 miles west then south of Devils Lake, ph. 701-766-4015*) — *Please note: this event is scheduled for June 20.* Open to everybody who wants to walk and see the sites Grahams Island State Park offers. There will be water, snacks and prizes for all. The State Park Interpreter will be discussing the different kinds of plants and animals along with the history of the water and the Island. The event is scheduled from 2 to 3:20 p.m.

Icelandic State Park (*5 miles west of Cavalier, ph. 701-265-4561*)—Guided hikes will be offered through a portion of the Gunlogson Nature Preserve and other areas of the park. Weather can be sunny and warm, but is generally still part of the cool and rainy season.

Lake Metigoshe State Park (*16 miles northeast of Bottineau, ph.701-263-3281*)—Celebrate a variety of outdoor experiences Lake Metigoshe has to offer. Many programs are planned including geo-caching and canoeing. Join us for opportunities to win prizes. Visit the weekly activity flyer for programming details. There is a \$5 vehicle per day entrance fee to the park.

Lake Sakakawea State Park (*1 mile north of Pick City, ph. 701-487-3315*)—Join park staff on a hike on the western terminus of the North Country National Scenic Trail. Celebrate National Trails Day and Visitor Appreciation Day. Snacks and refreshments provided. No entrance fee is required for today. The event is scheduled from 10 a.m. to 1 p.m.

Lewis and Clark State Park (*19 miles southeast of Williston, ph. 701-859-3071*)—Pre-registration required. Join park staff from 11:30 a.m. to 3 p.m. Hiking, cycling, birding, children's activities, health-focused programs, and trail exhibits/workshops available.

Turtle River State Park (*22 miles west of Grand Forks on the north side of Highway 2, ph. 701-594-4445*)—The public is invited to join Turtle River State Park in a guided hike to celebrate National Trails Day. A trail maintenance workshop will be held for those who would like to help restore portions of the park's nature trail. Children's activities will be held to promote Leave No Trace and the UN-Nature hike. The event is scheduled from 10 a.m. to 2 p.m.

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

Maah Daah Hey Trail Association and Dakota Prairie Grasslands (*Medora, ph. 701-290-5171*)—Gather at the Medora amphitheater located just a half mile southwest of Medora at 9 a.m. Sponsored by the USDA Forest Service, the plan is to surface about a ½ mile of the Maah

Daah Hey Trail west of the Medora amphitheater. Lunch will be provided by the Maah Daah Hey Trail Association; all equipment and supplies will be supplied by USDA-FS.

North Country Trail Association–Sheyenne River Valley Chapter (*Ft. Ransom State Park, ph. 701-845-2935 or email dkoepplin@msn.com*)—Event is scheduled from 10 a.m. to 6 p.m. Meet at the Ft. Ransom State Park HQ. Plans include a morning hike on the completed portion of the North Country Trail within the park. Afternoon plans include working to develop a new trail connection to the city of Ft. Ransom. Tools will be provided. Please bring gloves, water, bug spray, sunscreen and lunch. Evening picnic meal will be provided to those attending the activities.

Theodore Roosevelt Nature and History Association (*Medora, ph. 701-623-4884*)—Explore and identify many flowering plants and other surprises along the Ridgeline Nature Trail in Theodore Roosevelt National Park, South Unit. Jan & Bob Sisk, author and photographer of *Common Plants of Theodore Roosevelt National Park*, will lead this interpretive hike. Difficulty rating for this trek is moderate. Wear sturdy shoes and bring water. Event is from 2 to 3:30 p.m.

U.S. Fish & Wildlife Service (*Kenmare, ph. 701-848-2722 or email connie_mueller@fws.gov*)—Open to the public, this 4-mile hike over rough ground is part of a two day birding festival. Lunch will be provided after the hike. Participants should be prepared for the weather. The event is scheduled from 10 a.m. to noon.

Additional information on National Trail Day events in North Dakota can be found at <http://americanhiking.org/ntd.aspx> .