

Press Release



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June 7, 2008 National Trails Day-North Dakota State Park Events

National Trails Day will be celebrated on June 7, 2008. This year's motto is, *Join Us on the Trail*. National Trails Day encourages people to venture outside and explore the scenic trails in and around their communities. It is also a special day to thank the individuals, groups, agencies, organizations and volunteers that continuously work to sustain and develop our trail systems. In recognition of National Trails Day, several of the North Dakota state parks will be hosting events.

Beaver Lake State Park (17 miles southeast of Napoleon, ph. 701-452-2752)—Join a ranger for an introduction to Beaver Lake State Park's new trail system. There will be a guided hike along segments of the new 4.5 mile trail. Meet at the park amphitheater at 10 a.m.

Cross Ranch State Park (12 miles southeast of Hensler, ph. 701-794-3731)—Short guided hikes for all ages will be available. The event begins at 9 a.m. A morning hike and an afternoon hike are scheduled. Free refreshments will be offered to park visitors at the River Peoples Visitor Center. There is a \$5.00 vehicle admission to Cross Ranch State 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 manager will lead a 2 hour hike on park trails. Bring along a water bottle and bug spray.

Fort Stevenson State Park (3 miles south of Garrison, ph. 701-337-5576)—Ranger-guided hike through park's native prairie, North Dakota wildlife checklist available. Hike will start at 2 p.m. at the Guardhouse Interpretive Center.

Grahams Island State Park (16 miles west then south of Devils Lake, ph. 701-766-4015)—Please note: this event is scheduled for June 21st. The event will be held weather permitting. Walk at 10 a.m. and a bike ride at 2 p.m. Both the walk and bike ride will offer a discussion on the water level and the history of the island.

Icelandic State Park (5 miles west of Cavalier, ph. 701-265-4561)—Two guided hikes will be offered. Meet at the park maintenance area at 9:30 a.m. for a hike along a portion of a bluebird nesting box trail. At 4 p.m. meet at the Pioneer Heritage Center for a hike through a portion of the Gunlogson Nature Preserve. 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. 701-263-4651)—Celebrate a variety of outdoor experiences that Lake Metigoshe trails have to offer, geocaching, canoeing, birding, hiking, or biking. Join us for opportunities to win National Trails Day prizes. Visit the weekly activity flyer for programming details.

Lake Sakakawea State Park (1 mile north of Pick City, ph. 701-487-3315)—This event, sponsored by the Lewis & Clark Trail Heritage Foundation, Lake Sakakawea State Park, Scheels All Sports, and North Country Trail Association will feature a day full of guided hikes, workshops, canoe/kayak demos, food, and a Lewis & Clark Trail: Then & Now presentation. Events begin at 7 a.m.

Turtle River State Park (22 miles west of Grand Forks on the north side of Highway 2, ph. 701-594-4445)—Join a Park Naturalist for a guided hike along segments of Turtle River State Park's trail system. Learn about natural resources contained within the State Park. Meet at the Chalet/warming house near the sledding hill at 10 a.m.

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Play in our backyard!

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

City of Grand Forks (*Grand Forks/East Grand Forks, 701-787-3756 or email kgreendahl@grandforksgov.com*) —A variety of activities will take place throughout the Greenway, located along the Red and Red Lake Rivers. Riverside Park will host yoga in the park at 9:30 a.m. and there will be a tribute to local veterans at 9:45 a.m. A fun run/mile walk and a 5k/10k are scheduled for 10 a.m. There will be picnic table aerobics at 11 a.m. Lincoln Drive Park will have a dog park open house with fun dog and owner activities from 1-3 p.m. Eagles Point will have geo-caching along the river from 11 a.m.-2 p.m.

North Country Trail Association – Sheyenne River Valley Chapter (*Valley City-at Lake Ashtabula- ph. 701-845-0825 or e-mail karisauer1@yahoo.com*)—The event will begin with birding workshops, followed by a mid-day hike, Baldhill Dam tour and conclude with an evening picnic. A light breakfast, lunch and picnic supper will be provided. The event is scheduled from 7:30 a.m.-9 p.m. Meet at the Lake Ashtabula Project Office on the west side of the Baldhill Dam.

North Country Trail Association (*McLeod, ph. 701-388-1883 or email davis@northcountrytrail.org*)—Meet at 9 a.m. at the eastern trailhead which is located off of Richland Co. 23 about 6 miles west of ND Hwy 18. Take Richland Co. 4 to get to Co. 23. This event will include a trail ride, 3 mile guided hike, free lunch, an afternoon workshop, and door prizes. Pre-registration is required for the lunch.

Roughrider Trail-sponsored by North Dakota Off-Road Vehicle Association and North Dakota Parks and Recreation Department (*Fort Rice, ph. Erik Dietrich, 701-328-5357*)—Meet at Fort Rice Campground south of Mandan from 10 a.m.-2 p.m. for some fun on the Roughrider Motorized OHV Trail. Ride plus work, bring work gloves and shovels. National Trails Day Kit merchandise will be available.

USDA-Forest Service and Maah Daah Hey Trail Association (*Medora, ph. 701-227-7854*)—Meet at the west end of the Medora amphitheater parking lot just .5 miles southwest of Medora at 9 a.m. Lunch will be provided by the Maah Daah Hey Trail Association; tools and gravel surfacing will be supplied by USFS; many door prizes and MDHTA merchandise will be available.

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