

North Dakota Parks & Recreation Department

## **NEWS RELEASE**

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### ***North Dakota recreational trail guide available***

The National Recreation Trail Guide for North Dakota is now available by request through the North Dakota Parks and Recreation Department as well as at the state parks and trail locations.

The 44-page pocket-sized booklet provides details on the state's 18 nationally designated trails such as location, lengths, directions, and trail amenities. It also provides a brief overview of the terrain, scenery and wildlife hikers can expect to encounter while using the trails.

“This first edition, completed in 2008, includes the most recent listing of designated National Recreation Trails in North Dakota, along with the Lewis & Clark National Historic Trail and North National Scenic Trail,” Trails and Byways coordinator Kevin Stankiewicz says. “We expect the guide to help promote the unique collection of trails North Dakota has to offer.”

The National Recreation Trail Guide explains the “Leave No Trace” philosophy which North Dakota Parks and Recreation supports. The Leave No Trace Center for Outdoor Ethics provides simple principles which will help preserve outdoor recreational opportunities for generations to come.

To request a copy of the National Recreation Trail Guide for North Dakota contact the North Dakota Parks and Recreation Department at 701-328-5357 or e-mail [parkrec@nd.gov](mailto:parkrec@nd.gov).