

Program Offerings:

Archery: Establish eye dominance, learn about archery equipment and make string bows prior to picking up bows and arrows to practice shooting form and shot execution. Participants may shoot at targets, 3D targets or a combination. A fun choice for participants 8 years of age and older. All participants are subject to liability waivers. Equipment provided.

Beaver Ecology: Discover numerous adaptations these engineers have that assist them in building their lodges, dams, canals and scent mounds that they need for survival. We may even investigate to see what they've been up to by going for a hike.

Birds of a Feather: Investigate how beaks and feet can be used as clues to identify what birds eat and where they live. See how many birds you know by call or sight! You'll be surprised at what you already know when we go for a hike to utilize field guides and binoculars as we see what feathered friends are also visiting the park.

Canoeing: Learn about water safety, equipment and paddle strokes prior to setting out on School Section Lake for a guided adventure. All participants are subject to liability waivers. Equipment is provided.

Cross Country Skiing: Hit the trails to see a winter wonderland after some basic instruction that will assist you with gliding, turning, stopping and falling! All participants are subject to liability waivers. Equipment is provided.

Ecology Games: Understand basic ecologic concepts in a fun, fast-paced and creative outdoor setting that emphasize concepts such as predator-prey, web of life, limiting factors and human responsibility. A great choice for all age levels!

Exoskeletons: Gain a basic understanding as what it means to be an exoskeleton by taking an up-close look at insects, their general characteristics and adaptations. Afterwards, take part in a bug hunt to see if any six-legged friends are hanging around.

Fishing: Explore various fish characteristics, their adaptations and increase your identification skills before spending some time fishing along the shore!

Freshwater Ecology: Grab a dip net and put on waders! Participants will investigate water quality, catch and identify critters while exploring a wetland. Equipment provided. It's highly recommended participants bring an extra set of clothes as some really get into this activity!

Geocaching: Learn how geocaching got started and use a Global Positioning System (GPS) to take part in this high tech treasure hunt by finding a few caches right here at Lake Metigoshe State Park! Equipment provided.

Kayaking: Acquire basic skills and learn water safety prior to getting out onto School Section Lake to explore the park from the water. All participants are subject to liability waivers. Equipment is provided.

Night Hike: Experience what adaptations are needed for nocturnal animals to survive after dark by further exploring your very own senses. Hike starts at sunset and concludes after dark! A popular choice for residential groups of all ages.

Orienteering: Make sure you're going in the right direction by learning map and compass skills through hands-on games and activities!

Outdoor Living Skills: Work with nature, not against it. Learn and develop survival skills related to knot tying, making shelters, lighting fires, establishing cardinal directions and finding sustenance. All participants are subject to liability waivers.

Owls: Discover a variety of adaptations owls have, dissect an owl pellet and identify which owls are here in North Dakota.

Pioneer Life: Step back in time to experience the ingenuity and hard work of early Americans through various activities and activities that may include butter making, tinkering and games!

Small Mammals: Identify mammalian characteristics and explore various species to include, but not be limited to, squirrels, moles, mice, shrews, raccoons and chipmunks.

Snowshoeing: Strap on a pair of snowshoes and enjoy some time on the trails. Along the way, discover some possible tracks and scats! Equipment provided.

Total Team: Increase your groups' abilities to interact with each other through fun, interactive demonstrations and activities that require teamwork and communication.

Tremendous: Participants will learn how to use a dichotomous key, identify a variety of North Dakota tree species, what trees need to survive and how trees have adapted ensure their survival. We'll also introduce a few basic tools used to further investigate and measure trees.

Guided Hike: Take a guided hike to see, hear, feel and even taste what the park has to offer! Be on the look-out for critters, scenic views and clues providing further insight into our outdoor classroom!

Vital Signs: Discover tracks, scats and traces that animals leave behind in their habitats!

Weather: Storm into weather fronts, clouds and other meteorological phenomena created by nature!

Wild About Wildlife: Identify various adaptations, characteristics, pelts, skulls, scats and tracks of local wildlife species.

Wild Edibles: Acquire knowledge and an appreciation of safely identifying edible plants. Depending upon the time of year, we may even get a taste of it as well!

Wildflowers: Discover a variety of flowering plants as well as their lifecycles, parts, seed adaptations and their place in a dichotomous key.

Winter Ecology: Investigate how various animals and plants prepare for winter and identify some adaptations they have that assist them in surviving it.

Outdoor Learning Center

The Outdoor Learning Center (OLC) at Lake Metigoshe State Park was established in 1985 and continues to provide educational, interactive programming assisting visitors of all ages to gain a better understanding and an appreciation of North Dakota's natural wonders, timeless history and exciting recreational opportunities. The park is a natural classroom offering a wide range of ecosystems, including forests and wetlands, for those looking to explore the outdoors or learn new recreational skills.

Programming Fees

The OLC programming fees are \$5/participant per program. There is a minimum programming fee of \$50 for groups with less than 10 participants. Programming fees include state park entrance fees for up to one bus and two vehicles.

Scheduling Information

Programs are open to all ages. Chaperones are required for school groups in grades k-12; chaperones are not charged programming fees. Suggested chaperone to student ratio is 1:12.

Programs range in length of time, but are usually 1-2 hours depending upon size and age of the group as well as the equipment involved.

Due to the interactive nature of the programming, it is desired that group sizes be no larger than 20-25 depending upon the chosen programming.

Reservations are required; confirmation paperwork must be completed and turned in at least two weeks prior to arrival. It is recommended to book early, especially in the spring and summer months as many schools choose to visit the park for field trips.

Some programs require liability waivers, which need to be completed prior to anyone participating in the program and turned in upon arrival.

All participants should be dressed appropriately for the changing weather conditions and activities for which the group will be participating. Dressing in layers is suggested.

Although the main goal is to get participants outdoors, indoor facilities may be utilized for portions of programming due to either the materials or activities involved or weather conditions that are not ideal.

Suggested items for groups to bring include drinking water, bug spray, sunscreen, rain gear, lip balm, camera, extra set of clothing and additional layers of clothing to accommodate changing weather conditions. Groups are responsible for providing their own food, snacks and beverages.

Recreational opportunities that are available prior to or after OLC programming includes playground access, picnicking, multi-use trails, swimming, fishing access, camping, geocaching and more!

Group Facilities

Lake Metigoshe State Park has group facilities available for residential groups which include a kitchen with attached dining hall, two dorms and a comfort station. The Moose Manor and Elk Manor dorms each feature an indoor fireplace and bunk beds to accommodate up to 60 people. Adjacent comfort stations have flushing toilets, showers and sinks to accommodate the group. Those staying onsite are expected to bring their own pillows, bedding, towels and personal toiletries. The kitchen and dining hall facility is in close proximity and has a fully equipped kitchen; the dining hall that can seat up to 140 people.

All or a combination of such facilities can be reserved up to one year in advance by contacting the park directly at 701-263-4651. A group visiting the park specifically for participating in OLC programming qualify for discounted facility rates. Be sure to mention OLC arrangements to park staff to ensure the following discounted rates.

Kitchen/Dining Hall.....\$5/person

Dorms.....\$10/person

Cancellation Policy

Programs cancelled less than two weeks prior to scheduled arrival date incur the minimum programming fee of \$50 per scheduled program.

Scheduled programming will take place despite weather forecast unless severe weather is of concern. It is expected that groups be dressed and prepared for temperature extremes, rain, snow, etc. Adjustments will be made to move programs indoors, if needed, when possible. Due to staffing and other scheduled OLC groups, rescheduling arrangements is often not a possibility.

Contact Information

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