

North Dakota Parks & Recreation Department

NEWS RELEASE

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State Parks plan National Trail Day events, June 1

National Trails Day is being recognized by North Dakota State Parks on Saturday, June 1. 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.

Fort Abraham Lincoln State Park: A “National Trails Day” event is being scheduled for Saturday, July 13 including an Infantry Post Run.

Fort Ransom State Park: Hike with the Park Manager starting at 10 a.m. Participants are asked to meet at the Bjone Visitor Center. Remember bug spray!

Fort Stevenson State Park: Ranger guided hike through park's native prairie starting at 2 p.m. The North Dakota bird checklist is available. Hike will start at the Guardhouse Interpretive Center.

Grahams Island State Park: The National Trails Day Hike will begin at noon starting from the trailhead located at the Sivert Thompson Activity Center parking lot.

Icelandic State Park: Guided hikes at 9:30 a.m., 4 p.m. and a night hike at dusk. T-shirts and other door prizes awarded at each hike.

Lake Metigoshe State Park: Several events are being planned. Meet at the Warming House for a short hike on the Old Oak Trail. Wear comfortable shoes and bring drinking water. Trail trivia will be held at the amphitheater at 8:30 p.m.

Lake Sakakawea State Park: A one-mile guided hike on the North Country Scenic Trail will begin at 2 p.m., starting at the Visitor Center. Be prepared with comfortable shoes, sunscreen, bug spray, water bottle, sunglasses or hat, and appropriate clothing.

Turtle River State Park: Kids and parents, join us at the Visitor Center at 9:30 a.m. for a fun scavenger hike. Prizes awarded for participants that find the most clues. Join us at the other end of the day, 9:15 p.m., at the amphitheater to learn more about nocturnal animals before taking a guided night hike to see what might be out and about after dark in our park.

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