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We would like to thank all of our wonderful partners for the activities they have provided to create the Be Active Bitterroot Passport Program in 2008. Without your creative ideas and commitment to provide this exciting array of activities, this program would not be possible.

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Travelers' Rest Preservation and Heritage Association
Travelers' Rest State Park * Trout Unlimited
USFS Rocky Mountain Research Station
USFWS - Lee Metcalf National Wildlife Refuge
Valley Physical Therapy * 2 Trails Become 1

Join us as a new partner in 2009!

Please contact us if your organization would like to lead an activity next season!

For further information:

http://www.fs.fed.us/r1/bitterroot/be_active/index.shtml

**Julie Schreck at the Bitterroot National Forest at 406-375-2606,
jschreck@fs.fed.us**

**Janeen Hetzler at the Bitter Root RC&D at 406-381-2951,
janeenhetzler@yahoo.com**

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R1-08-011

2008

Be Active Bitterroot

Your Passport to Fun and Fitness!



America's Public
Lands and Waters



Bitter Root
RC&D



Welcome to the GET FIT WITH US - Be Active Bitterroot Passport Program!!

On the following pages you will find a list of exciting, intriguing, and fun activities for you to do with family and friends in the Bitterroot Valley. Be Active Bitterroot is part of the National GET FIT WITH US campaign that encourages Americans of all ages to become physically active by visiting our public lands and waters. The Outdoor Industry Foundation has partnered with federal agencies to promote outdoor activity and volunteerism on public lands through the GET FIT WITH US program. GET FIT WITH US recognizes that Americans' public lands and waters are a perfect fit for raising healthy families.

Our Be Active Bitterroot Program encourages Bitterroot Valley residents to participate in outdoor recreation and volunteer activities. Our program has established partnerships with numerous federal, state, county, and city agencies, non-profit community organizations and commercial businesses. Our partners have created a variety of opportunities, such as hiking, moonwalks and service projects, for citizens to experience each month in 2008 starting in May.

What do I do in order to complete a passport?

A passport is something you take with you when you visit a foreign country. When you go somewhere new, you get a stamp in your passport. Our Be Active Bitterroot Passport works the same way. When you attend any of the activities taking place May through December as listed in the booklet, you will receive a stamp in this passport. ***Then in December, after the program is completed, bring your booklet to the Bitterroot National Forest at 1801 North First Street in Hamilton to receive a participation award — a GET FIT WITH US water bottle or fanny pack. You must attend one event a month for three out of the eight months of the Program to receive an award.***

We hope



that you enjoy participating in the
Be Active Bitterroot Passport Program.
So let's get outside and enjoy our amazing public lands!

Want to join us as a partner in 2009?
Please contact us to find out how to get your activity listed in the 2009 booklet!

NOTE: Before beginning a physical activity program, please consult your physician. The sponsors of the Be Active Bitterroot Program are not liable for any injury that you may incur while participating in this program. Children must be accompanied by an adult at all of these activities.

Don't Let the Fun End!



Congratulations! You have finished the Be Active Bitterroot 2008 Passport Program. We hope that you had fun while learning about yourself and the natural and cultural world of the Bitterroot Valley.

Find this booklet online at:

http://www.fs.fed.us/r1/bitterroot/be_active/index.shtml

Visit these web sites for additional information about healthy lifestyles:

<http://www.fitness.gov> This is the health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and Sports.

<http://www.mypyramid.gov> This is the U.S. Department of Agriculture's website that can help you make smart choices from every food group, find your balance between food and physical activity, and get the most nutrition out of your calories.

<http://www.americanheart.org> The American Heart Association's website provides advice for avoiding heart disease and stroke.

<http://www.healthierus.gov/steps/index.html> "Steps to a Healthier US" is an initiative from the U.S. Department of Health and Human Services (HHS) that advances President George W. Bush's goal of helping Americans live longer, better, and healthier lives.

<http://www.cdc.gov> This is the Center for Disease Control's website, offering health and safety topics.

<http://www.recreation.gov> This is a great website for finding places to recreate on public lands.

<http://www.outdoorindustry.org/> This is the website of the Outdoor Industry Foundation, an important partner in **GET FIT WITH US.**

Ongoing

1. Campfire Tales at Travelers' Rest

Join Travelers' Rest interpreters as they take you back in time to explore the history of Travelers' Rest State Park, a place that has been a crossroads through time.

• **Date-Time-Location:**

Every Wednesday and Saturday from June 11 through September 7, 2008 at 7:00PM at Travelers' Rest State Park in Lolo.

• **Directions to Activity:**

Travelers' Rest State Park is located 1/2 mile west of Lolo on U.S. Highway 12.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

Easy/0-1/2 mile/1 hour.

• **Sponsors:**

Travelers' Rest Preservation and Heritage Association,
Travelers' Rest State Park

• **Contact information:**

Loren Flynn, Travelers' Rest State Park, 273-4253

• **What to Bring/Safety Items:**

Sunglasses, hat, water

• **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

Travelers' Rest State Park offers daily interpretive programs from June through August, winter storytelling from January through mid-March, weekly demonstrations year round, along with opportunities for birding, fishing and attending workshops.



If history were told in the form of stories, it would never be forgotten.
Rudyard Kipling

2008 Calendar of Activities

May

15th Lick Creek Hike
17th Bass Creek Trail Ride
30th Basic Nutrition/Healthy Kids Seminar

June

10th Introduction to Geocaching
13th Willoughby Wildflower Hike
14th National Get Outdoors Day - Coyote Coulee Hike
18th Monthly Moonwalk "Beetle Moon"
23rd Blodgett Overlook Hike
24th Geocaching 101
26th Larry Creek Hike

July

10th Blood Pressure/Lab Work Interpretation Seminar
12th 3rd Annual Bitterroot Floating Weed Pull
18th Intergenerational Walk and Roll
19th Monthly Moonwalk "CCC Moon"
24th Tin Cup Loop Hike

August

16th Peterson Lake Hike
16th Bear Creek Waterfalls Hike
16th Monthly Moonwalk "Spirit Moon"
23rd Adventure BioThon

September

6th Bitterroot River Cleanup
15th Monthly Moonwalk - Theme to be announced
27th National Public Lands Day Service Project

October

6th-12th National Wildlife Refuge Week
14th Monthly Moonwalk "Ghost Moon"

November

13th Lake Como Full Moon Hike

December

12th Full Moon Snowshoe Hike

Ongoing

Wed & Sat 6-11 to 9-7
Campfire Tales at Travelers' Rest State Park

1. Full Moon Snowshoe Hike

Have you ever been snowshoeing by moonlight? This full moon snowshoe hike is for first time and intermediate snowshoers alike. If you don't own snowshoes, call the contact person to reserve a pair.

- **Date-Time-Location:**

Friday, December 12, 2008 from 5:30 PM to 9:30 PM. Meet in the Darby Ranger Station parking lot at 5:30 PM. Snowshoeing location to be determined the week of the event as it depends on snow level.

- **Directions to Activity:**

The Darby Ranger Station is located on Main Street in Darby across the street from the elementary school.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Beginning level of snowshoeing. Time commitment will be three to four hours.

- **Sponsors:**

Bitter Root RC&D, Bitterroot National Forest

- **Contact:**

Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com

- **What to Bring/Safety Items:**

Bring a backpack with extra warm clothing, water, snacks, a flashlight or headlamp, and snowshoes if you have them.

If you do not have snowshoes, call contact person to reserve a pair!

- **Fun Facts:**

Snowshoes and skis are both thought to trace their origin to a common ancestor called "shoeski". Invented in 4000 B.C. in Central Asia, it was a solid piece of wood with a crude binding. The "shoeski" made it possible for people to migrate into farther reaches of the Northern Hemisphere. Those that migrated to northern Europe and Asia eventually developed the ski, and those that crossed the Bering (Aleutian) Land Bridge into North America eventually developed the snowshoe. The snowshoe, having gone through many changes, was finally brought to perfection by the Athaspascan Indians of the north-west coast and the Algonquin Indians of the St. Lawrence River Valley. Though many styles now exist, all follow the same laced-frame form developed by the above Indian tribes. The snowshoe is considered one of humankind's earliest inventions.



Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

November 2008

1. Lake Como Full Moon Hike

Let the moon be your guide on this 3 mile walk! We will hike along the south shore of Lake Como for about 1.5 miles and will then turn around to retrace our steps back to the trailhead. The trail is flat to rolling and on a clear night the moon will reveal stunning views of the Como Peaks.

- **Date-Time-Location:**

Thursday, November 13, 2008 from 6:00 PM to 8:30 PM. Meet at the Darby Ranger Station parking lot at 6:00 PM or at the Lake Como boat launch parking area at 6:15 PM.

- **Directions to Activity:**

The Darby Ranger Station is located on Main Street in Darby across the street from the elementary school. To get to Lake Como from Hamilton, drive twelve miles south on Highway 93 to the Lake Como Road. Follow the signs to the boat launch on the south side of the lake.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

This hike is of easy to moderate difficulty. We will hike about 3 miles. Time commitment is 2 and a half hours.

- **Sponsors:**

Bitter Root RC&D, Bitterroot National Forest

- **Contact:**

Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com

- **What to Bring/Safety Items:**

Bring a backpack with extra warm clothing, rain gear, water, snacks, and a flashlight or headlamp.

- **Fun Fact:**

The deepest craters on the moon are more than 15,000 feet deep and the highest mountains are more than 16,000 feet tall.



Be Active Bitterroot Passport

Attend at least one activity each month for three of the eight months and you will receive a participation award — a **GET FIT WITH US** water bottle or fanny pack. Make sure that the leader of the activity

May 2008

1. Lick Creek Hike

Hike through the Lick Creek Demonstration/Research Forest. This will be an easy hike along old Forest roads into a ponderosa pine forest that made history and is used for research. We will look at some old photo points and talk about some of the research that has taken place here.

- **Date-Time-Location:**

Thursday, May 15, 2008, 6:00 PM to 8:30 PM. Lick Creek Demonstration/Research Forest

- **Directions to Activity:**

Travel on US 93 12 miles south of Hamilton to Lake Como Road. Turn west and follow the signs to the beach. Meet at Lake Como beach parking lot at 6:00 PM. We'll caravan to the starting place, making one or two stops along the way.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

This will be an easy hike along old Forest roads. We will cover about 1 to 2 miles at a leisurely pace and be back to the cars by 8:30 PM.

- **Sponsor:**

Bitterroot Ecosystem Management Research Project of the USFS Rocky Mountain Research Station

- **Contact information:**

Sharon Ritter, sritter@fs.fed.us, 777-7416

- **What to Bring/Safety Items:**

Bring hiking shoes, long pants, clothing appropriate for the weather and evening activity, insect repellent, binoculars, water. Be aware that this is tick season on the west side of the Bitterroots, so wear long pants, use insect repellent, and check yourself and each other for ticks.

- **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

The Bitterroot Ecosystem Management Research Project has existed since 1994. You can learn more about their research at their website: <http://fs.fed.us/rm/ecopartner>, including reading the annual publication, EcoReport. There's also a self-guided tour you can take along the road. Pick up the brochure at the Bitterroot National Forest Darby District Office or online at the website above.

- **Fun Fact:**

The Lick Creek Timber Sale (1907-1911) was the first large National Forest timber sale in a ponderosa pine forest and attracted national attention.



2. Bass Creek Trail Ride

Single? Love to ride horses? Then join us for a day of trail riding in the beautiful Bitterroot and the chance to meet other singles just like you! The ride is at Bass Creek. Anyone from age 18 to 100 is welcome! Bring your own horse. Registration is from 9:00 AM to 10:00 AM with the leaders heading out at 10 am sharp. There is a "meet and greet" potluck after the ride. This is a great time to meet those who share the love of horses and the trail.

- **Date-Time-Location:**

Saturday, May 17, 2008; registration from 9:00 AM to 10:00 AM,; ride begins at 10:00 AM sharp with a potluck to follow. Ride and potluck at Bass Creek/Larry Creek.

- **Directions to Activity:**

Meet at the Larry Creek Day Use Parking Area. From U.S. Highway 93, turn west onto Bass Creek Road (3.6 miles north of Stevensville light, 4.1 miles south of Florence light). Continue on Bass Creek Road for 2 miles until you come to an intersection with Charles Waters Campground on the left. Turn right onto Forest Road 1316 and go ¼-mile until you reach the day use parking area on the right.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Easy trail/5 miles/4 hours

- **Sponsors:**

2 Trails Become 1, Little Britches Exchange, Chuck's Welding

- **Contact:**

Tanya Charles, 546-9838, 2trailsbecome1@live.com

- **What to Bring/Safety Items:**

Bring your horse, riding gear, and a helmet. Those whose last name starts with A-L bring casseroles or salads with dressing. Those whose last name starts with M-Z bring drinks and napkins or a dessert. The rest of the items for the potluck will be provided.

- **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

Other trail rides include but are not limited to: June 14, July 19, August 16, September 13, and October 18, weather permitting.

- **Fun Fact:**

This is a brand new group hoping to build a foundation for future rides!



- **Other Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

Hiking/walking on both the Kenai Nature Trail and the Wildlife Viewing Area Trail are permitted year round from dawn to dusk. The trails are excellent for experiencing wildlife and reflecting, removed from the hustle and bustle of modern living.

- **Fun Fact:**

On March 14, 1903, President Theodore Roosevelt signed an executive order establishing Pelican Island, a five-acre island off the coast of Florida, as the first federal bird reservation. This was the first time that the federal government set aside land for the benefit of wildlife. Eventually, he established a network of 55 bird reservations and national game preserves for wildlife - the lands that eventually would evolve into the National Wildlife Refuge System.

2. Monthly Moonwalk "Ghost Moon"

Join us around a campfire to hear ghosts of the Bitterroot Valley share stories of their lives and untimely deaths. We may hear from Lloyd Magruder, learn of a murder that happened in the Rombo area, and be entertained by other terrifyingly true tales.

- **Date-Time-Location:**

Tuesday, October 14, 2008, 7:00 PM to 8:30 PM at the Larry Creek Group Camp.

- **Directions to Activity:**

From U.S. Highway 93, turn west onto Bass Creek Road (3.6 miles north of Stevensville light, 4.1 miles south of Florence light). Continue on Bass Creek Road for 2 miles until you come to an intersection with Charles Waters Campground on the left. Turn right onto Forest Road 1316 and follow the signs to the Larry Creek Group Camp.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

An easy hour of listening to ghost stories.

- **Sponsor:**

Bitterroot National Forest

- **Contact:**

Julie Schreck, Bitterroot National Forest, 375-2606

- **What to Bring/Safety Items:**

Bring a lawn chair and flashlight and wear warm clothes.



Learn something new. Try something different. Convince yourself that you have no limits. Brian Tracey



October 2008

1. National Wildlife Refuge Week at Lee Metcalf NWR

National Wildlife Refuge Week is celebrated October 6 through 12 at all 542 National Wildlife Refuges. Our core mission is “working with others to conserve, protect and enhance fish, wildlife, and plants and their habitats for the continuing benefit of the American people.” Lee Metcalf Refuge will integrate recreation with citizen science. Be Active Bitterroot participants will be challenged to walk as many miles as possible on the Refuge trails and to record by sight and sound as many bird species as possible. The Friends of the Lee Metcalf National Wildlife Refuge will award the participant with the highest score, combining miles and bird species, a copy of *The Sibley Guide to North American Birds*.

• **Date-Time-Location:**

Monday through Sunday, October 6-12, 2008. Activity can take place any time during this week and as many times as the participant wants. Registration is required.

• **Directions to Activity:**

Lee Metcalf National Wildlife Refuge is north of Stevensville. From Highway 93, go east on the Stevensville cutoff road (269). Travel one mile, go onto Eastside Highway (203) and again turn east. Travel a quarter-mile to Wildfowl Lane and turn north. The Refuge boundary is 2 miles from this intersection. Travel another 2 miles on this road to the Refuge Offices and the Visitor Center.

• **Level of Difficulty/Distance Traveled/Time Commitment:**

The two trails on the Refuge are 2.2 miles (Wildlife Viewing Area Trail) and 2.5 miles (Kenai Nature Trail) round trip. Estimated time to walk either trail is about 2 hours given frequent stops for wildlife, cultural, and historical interpretation. The Wildlife Viewing Area Trail is a combination of asphalt and bare soil over mostly flat terrain. The Kenai Nature Trail is gravel-based and compacted. It also has wooden bridges, switchbacks, benches, and staired overlooks over generally flat terrain with occasional steep inclines.

• **Sponsors:**

The Friends of the Lee Metcalf National Wildlife Refuge,
Lee Metcalf National Wildlife Refuge

• **Contact:**

Bob Danley, Lee Metcalf National Wildlife Refuge,
Call 777-5552 x203 to register and for additional information.

• **What to Bring/Safety Items:**

You might want to bring: water, Lee Metcalf National Wildlife Refuge Wildlife checklist or a notebook, pencil, binoculars, and field guide. Wear appropriate clothing and footwear.



3. Basic Nutrition/Healthy Kids Seminar

Spend a fun hour with Jayne Bridgewater, R.N., obstetrics nurse at Marcus Daly Memorial Hospital to learn about good nutritional habits for kids—especially important during the summer when hot dogs, chips, and ice cream abound!

• **Date-Time-Location:**

Friday, May 30, 2008 from 12:00 PM to 1:00 PM at Marcus Daly Memorial Hospital, in Conference Rooms B&C.

• **Directions to Activity:**

Marcus Daly Memorial Hospital is located at 1200 Westwood Drive in Hamilton. From US Hwy 93, turn west on Main Street in Hamilton. Turn right on 10th Street. Drive one block and turn left onto Westwood Drive. Park in the south parking lot off Westwood Drive and enter the building through the entrance that faces south. Follow the hallway straight ahead to an open area. Conference rooms B&C will be to the right.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

Sitting for a seminar that lasts approximately one hour.

• **Sponsor:**

Marcus Daly Memorial Hospital

• **Contact:**

Marcus Daly Memorial Hospital, 363-2211
(no reservation needed)

• **What to Bring/Safety Items:**

Paper and pen for taking notes.

• **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

Marcus Daly Memorial Hospital will be holding sessions for a “Super Sitters” course the week of June 9 for adolescents and teens, preparing them for child care. Information will be distributed by the local schools.

• **Fun Fact:**

Soda (pop) is the largest source of calories in the American diet—a single serving container of chocolate or strawberry-flavored milk is a better choice.



I have never let my schooling interfere with my education. Mark Twain

June 2008

1. Introduction to Geocaching

Do you want to learn about the popular new activity of geocaching? Come and learn how to use a GPS unit to uncover a hidden object. A geocache is a hidden container filled with a log book and pencil/pen, and possibly prizes. Bring your own GPS unit or call the contact person to borrow one for the morning's activities. This activity is designed for all ages.

- **Date-Time-Location:**

Tuesday, June 10, 2008, 9:00 AM to 11:00 AM at Kiwanis/River Park in Hamilton. Meet at the gazebo.

- **Directions to Activity:**

In Hamilton, travel on Highway 93 and turn west on Main Street. Drive half a mile and turn left (south) on 9th Street. Travel .1 mile and you will see the park on the right. Walk .1 mile to the gazebo.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Beginning level of difficulty. We will walk up to 1 mile at a slow pace. Activity will last 2 hours.

- **Sponsors:**

Bitterroot National Forest, Bitter Root RC&D

- **Contact:**

Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com

- **What to Bring/Safety Items:**

Bring sunscreen, water, a snack and a GPS unit if you have one, or contact Janeen to reserve one.

- **Fun Fact:**

Caches were often used by explorers and miners to hide foodstuffs and other items for emergency purposes. People still hide caches of supplies today for similar reasons. The sport of geocaching began in 2000.



2. Willoughby Wildflower Walk

Get out and see some of the Bitterroot Valley's unique sagebrush habitat in the foothills of the Sapphire Mountains. If Mother Nature cooperates, wildflower enthusiasts will be fortunate to see bitterroots blooming. Other spring wildflowers found in past visits include: yellow paintbrushes, wild geraniums, larkspurs, bluebells, wild hyacinths, and death camas. We'll hike through at least three different plant communities including a ponderosa pine forest, a riparian area with cottonwoods and dogwoods, and a sagebrush/bunchgrass upland.

- **Date-Time-Location:**

Friday, June 13, 2008. Meet at the Willoughby Environmental Education Area parking area at 4:00 PM for a late afternoon hike.



2. Monthly Moonwalk "Aquatic Moon"

- **Date-Time-Location:**

Monday, September 15, 2008, 7:00 PM to 8:30 PM

- **Sponsor:**

Bitterroot National Forest

- **Contact:**

Julie Schreck, Bitterroot National Forest, 375-2606



3. National Public Lands Day Service Project

Join us in a volunteer project that will benefit your public lands! National Public Lands Day, the nation's largest hands-on volunteer effort to improve America's public lands, began in 1994 with three federal agencies and 700 volunteers. On National Public Lands Day 2007, 110,000 volunteers worked in 1,300 locations and in every state. Eight federal agencies and many state and local lands participate in this annual day of caring for shared lands. Project specifics will be announced in local newspapers.

- **Date-Time-Location:**

Saturday, September 27, 2008. Time and location to be announced.

- **Sponsors:**

Bitterroot National Forest, Bitter Root RC&D

- **Contact:**

Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com

- **Fun Fact:**

National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. In 2007, 110,000 volunteers built trails and bridges, planted trees and native vegetation, and removed trash and invasive plants.



September 2008

1. Bitterroot River Cleanup

This will be the third year that volunteers will walk and float the Bitterroot River from Sula in the south east and Painted Rocks dam in the south west, to Missoula and pick up trash that was dumped or lost in the river. Volunteers are asked to call the contact people to sign up for a specific area of the river including bridges, boat ramps, and areas to float for those who have the equipment. Bags are provided for all participants, and can be picked up at all local tackle shops including the Fishhaus, Chuck Stranahan's Flies and Guides, Dick Galli's Flyfishing Center, River Otter, Bitterroot Fly Company, Bob Wards, and Angler's Roost. All volunteers are reminded to stay below the high water mark when following the stream bed, and be aware of private property rights on either side of the river.

• **Date-Time-Location:**

Saturday, September 6, 10:00 AM to 4:00 PM along the Bitterroot River. A barbecue is the culmination of the event at Angler's Roost at 4:30 PM.

• **Directions to Activity:**

Contact the organizers to sign up for a specific area of the river. Additional information will be posted at all local fishing shops, in the newspaper and on flyers around the valley.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

Easy level of difficulty. Distance traveled and time commitment will vary.

• **Sponsors:**

Trout Unlimited, Federation of Fly Fisher's Charter club "Fly Fishers of the Bitterroot", Ravalli County Fish and Wildlife Association and many local businesses and individuals.

• **Contact:**

Phil and Dorreen Romans at 363-0744.

• **What to Bring/Safety Items:**

Bring weather-appropriate clothing, water, snacks, gloves and protection from the sun. If you will be floating, also bring a PFD and all of your gear for the river.

• **Fun Fact:**

During each of the past two Bitterroot River Cleanups, volunteers collected hundreds of bags of cans, bottles and other items left in our river and filled three 12 by 30 foot dumpsters. This junk weighed a couple of tons!

Taking the opportunity to help clean up our beautiful Bitterroot River is an amazing way to get up close and personal with this wonderful resource. Don't forget to stop and smell the flowers and see the mountains as you walk, wade, or float the river. Each year we're finding less and less stuff on the river. I think our cleanup is a good way for all of us to get closer to why we're here, and why we want to stay

PASSPORT
STAMP

• **Directions to Activity:**

Willoughby is located 6 miles northeast of Bell Crossing off the Eastside Highway. Turn east off of the Eastside Highway onto the Willoughby Road. Travel 1.5 miles and turn north onto Sough Sunset Road. South Sunset will wind around, but do not go off onto Pine Hollow where the paved and graveled roads meet; just continue on South Sunset Road for another 2 miles to the Willoughby Environmental Education site. You will be following the brown hiker signs to the site. The area is 40 acre parcel of public land amidst private property off this dirt road on the bench above Willoughby Creek. You will see the parking area and covered picnic tables on the right with a sign identifying it as Willoughby Environmental Education Area.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

It should take about 2 hours to cover the one mile distance at a leisurely pace. The hike is easy to moderate with a couple of short downhill and uphill sections.

• **Sponsor:**

Bitterroot National Forest

• **Contact:**

Linda Pietarinen, Bitterroot National Forest Botanist, 363-7172

• **What to Bring/Safety Items:**

Hiking boots or shoes with a sturdy sole; water; sun protection (sunscreen, hat, sunglasses). Optional items: mosquito repellent; plant identification book(s); hand lens; camera; binoculars; hiking pole(s).

PASSPORT
STAMP

3. National Get Outdoors Day – Coyote Coulee Hike

*This is a new annual event to encourage healthy, active outdoor fun! National Get Outdoors Day is an outgrowth of the Get Outdoors USA! campaign, which encourages Americans, especially our youth, to seek out healthy, active outdoor lives and embrace our parks, forests, refuges and other public lands and waters. Prime goals of the day are reaching first-time visitors to public lands and reconnecting our youth to the great outdoors. *** To celebrate this day, we will take a 4.5 mile loop hike along the Coyote Coulee Trail. The rolling trail leads through pine forests, aspen groves and abandoned apple orchards and across small creeks. Many types of wildlife inhabit this area.*

• **Date-Time-Location:**

Saturday, June 14, 2008 from 10:00 AM to 1:00 PM at the Coyote Coulee Trailhead.

• **Directions to Activity:**

From Hamilton, drive south on Highway 93 for 9 miles. Turn right onto Lost Horse Road. Drive 2.3 miles west to the end of the pavement, then turn right at the sign for Camas Creek. Drive .2 miles to Coyote Coulee Trailhead and parking area.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

This is an easy to moderate 4.5 mile hike that will last about 3 hours.

• **Sponsors:**

Bitter Root RC&D, Bitterroot National Forest

• **Contact:**

Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com

PASSPORT
STAMP

- **What to Bring/Safety Items:**

Wear hiking or walking shoes and comfortable clothing. Bring a backpack with water and a lunch or snacks.

- **Fun Fact:**

The Bitterroot Backcountry Horsemen have adopted the Coyote Coulee Trail and work hard to keep it in good shape!

4. Monthly Moonwalk “Beetle Moon”

Have you wondered why some trees in the forest are turning red? What causes the sap to ooze out of these trees? Listen to Forest Service entomologists Greg DeNito and Ken Gibson give an overview of common insects and diseases that affect or damage trees in western Montana. View some diseased trees and possibly the insects that are feasting on them. Learn about current trends of insects and disease in our forests. Join us for an evening walk before the program begins.

- **Date-Time-Location:**

Wednesday, June 18, 2008

Walk, 7:00 PM to 8:00 PM, leaving from Charles Waters Campground.

Beetle Moon Presentation 8:00 PM to 9:30 PM at Charles Waters Campground.

- **Directions to Activity:**

From Stevensville, drive north 5 miles on Highway 93 to Bass Creek Road. Turn west at the sign and drive 2.5 miles to the Charles Waters Campground entrance intersection. Turn left into the Charles Waters Campground. Continue to the open area near the campground host site.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

The walk will be at a slow pace on a level trail and will last about 45 minutes.

The presentation will last about an hour.

- **Sponsors:**

Bitterroot National Forest, Region 1 State and Private Forestry
Forest Health and Protection

- **Contact:**

Julie Schreck, Bitterroot National Forest, 375-2606

- **What to Bring/Safety Items:**

Bring a lawn chair and a jacket in case the evening gets chilly.

- **Fun Fact:**

Douglas-fir beetles and mountain pine beetles are two species that feed on the inner bark of dead and dying trees in the Bitterroot Valley.



5. Blodgett Overlook Hike

Come for a hike on the Blodgett Overlook Trail and learn about important items to carry for basic survival and first aid. We will stop at benches along the trail to discuss basic survival and first aid, to view items you could carry in a basic survival and first aid kit, and to take in the views of Hamilton and the Sapphire Mountains. The overlook provides a stunning view of Blodgett Canyon.

- **Date-Time-Location:**

Monday, June 23, 2008, 9:00 AM to 11:00 AM at the Blodgett Overlook Trailhead.

4. 4th Annual Adventure BioThon At Lee Metcalf National Wildlife Refuge

This is a timed team event navigating the back country of the Lee Metcalf National Wildlife Refuge. There are short (2-3 miles) and long courses (3-5 miles) designed for serious athletes, not-so-serious athletes, family recreation, or adventurous children. This race tests both your physical abilities and your general knowledge of nature. Along the route you will have the opportunity to answer nature related questions; get the right answer and your team's overall race time will be reduced! Team sizes are 2-5 members in the following categories: adult, family, children, and senior. Registration forms can be picked up at: Lee Metcalf NWR Visitor Center, Active Care Family Chiropractic (Stevensville) or e-mail Bob_Danley@fws.gov. Pre-registration deadline is Friday August 8th; this guarantees you get a t-shirt on race day. Registration is open until 7:00 AM on race day.

- **Date-Time-Location:**

Saturday, August 23, 2008, 8:00 AM at the Lee Metcalf NWR Visitor Center

- **Directions to Activity:**

Lee Metcalf National Wildlife Refuge is north of Stevensville. From Highway 93, go east on the Stevensville cutoff road (269). Travel one mile, go onto Eastside Highway (203) and again turn east. Travel a quarter-mile to Wildfowl Lane and turn north. The Refuge boundary is 2 miles from this intersection. Travel another 2 miles on this road to the Refuge Offices and the Visitor Center.

- **Level of Difficulty/Distance Traveled/Time Commitment:**

The short course is 2-3 miles long and the long course is 3-5 miles in length.

The terrain is flat and easy, although on uneven surfaces of gravel and dirt.

Time is dependent upon your team's speed and which course you select.

- **Sponsors:**

Active Care Family Chiropractic, Friends of the Lee Metcalf National Wildlife Refuge, Lee Metcalf National Wildlife Refuge

- **Contact:**

Active Care Family Chiropractic, 777-1048 or
Lee Metcalf NWR at 777-5552 x 203

- **What to Bring/Safety Items:**

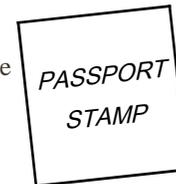
Wear comfortable, supportive walking shoes and weather appropriate clothing including rain gear. Bring water and snacks.

- **Additional Activities Offered By These Organizations Outside of the Be Active Bitterroot Program:**

The Lee Metcalf National Wildlife Refuge has two trails, totaling five miles, which can be accessed year round for recreation.

- **Fun Fact:**

Birds are the ultimate marathoners. When crossing oceans or deserts, some bird species can fly non-stop 3 or 4 days on just fat reserves.



Adventure is worthwhile in itself.
Amelia Earhart

3. Monthly Moonwalk “Spirit Moon”

Things that go bump in the Big Sky night provide the framework for this program of well-researched ghost stories and unsolved mysteries. Eerie experiences involving heritage places and historical events are an integral part of our cultural fabric and, when grounded in fact, substantiate the notion that the past sometimes —haunts the present. Author and historian Ellen Baumler includes mysterious stories and tales from across the state, part of Montana’s unique historical legacy.

- **Date-Time-Location:**

August 16, 2008, from 8:00 PM to 9:30 PM at Fort Owen State Park

- **Directions to Activity:**

Fort Owen State Park is located just west of the town of Stevensville. From Highway 93, go east onto the Stevensville cutoff road #269. After about 1 mile and before you reach the town of Stevensville, turn north onto the Fort Owen State Park road.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Sit and listen to stories for about an hour and a half.

- **Sponsors:**

Fort Owen State Park, Montana State Parks

- **Contact:**

Vernon Carroll, Montana State Parks, 542-5533, vcarroll@mt.gov or Julie Schreck, Bitterroot National Forest, 375-2606

- **What to Bring/Safety Items:**

Lawn Chairs, Jacket, Bug Repellent

- **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

Friday evening programs from June 7 through August 22 at Beavertail Hill State Park and Saturday evening programs from June 14 through August 23 at Salmon Lake State Park. Call 542-5533 for details.

- **Fun Facts:**

Major John Owen, the owner of Fort Owen, notes in 1867, the loss of his favorite pipe. Friday, May 17, 1867 “... Lost or Mislaid My old Merschawm. One that I have Smoked for Some Sis years...” Saturday, May 18, 1867 “My Pipe Still Lost.” Sunday, May 19th 1867 “Walked up to church. Had the father to (advise?) the Indians & people of the loss of my pipe...” On August 28, 2007, archaeologists, working at Fort Owen State Park, found a large fragment of a ceramic pipe bowl, dating from the 1860s.



- **Directions to Activity:**

At the traffic light on Highway 93 and Main Street in Hamilton, turn west onto Main Street and drive through town. After 1.2 miles, turn right (north) onto Ricketts Road and drive .5 mile to Blodgett Camp Road. Turn left (west) and drive 2.5 miles to a road junction. Turn left on the gravel road toward the Canyon Creek/ Blodgett Overlook Trailhead and drive two miles to the end of the road.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Easy to moderate level of difficulty. This is a three mile round trip hike that will last about 2 hours.

- **Sponsor:**

Bitterroot Backcountry Horsemen, Bitterroot National Forest

- **Contact:**

Fred Weisbecker, Bitterroot Backcountry Horsemen, 375-9317

- **What to Bring/Safety Items:**

Bring a backpack, water, snacks, and sunscreen.

- **Fun Fact:**

A fire ecology brochure was developed for the Blodgett Overlook Trail by homeschool biology students from the Bitterroot Valley. You can pick up a brochure at any of the USFS offices or at the trailhead.



A human can live about forty days without food, about three days without water, about eight minutes without air, but only for one second

6. Geocaching 101

Do you want to learn about the popular new activity of geocaching? Come and learn how to use a GPS unit to uncover a hidden object. A geocache is a hidden container filled with a log book and pencil/pen, and possibly prizes. Bring your own GPS unit or call the contact person to borrow one for the evening’s activities. This activity is designed for all ages.

- **Date-Time-Location:**

Tuesday, June 24, 2008, 6:00 PM to 8:00 PM at Kiwanis/River Park in Hamilton. Meet at the gazebo.

- **Directions to Activity:**

In Hamilton, travel on Highway 93 and turn west on Main Street. Drive half a mile and turn left (south) on 9th Street. Travel .1 mile and you will see the park on the right. Walk .1 mile to the gazebo.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Beginning level of difficulty/ We will walk up to 1 mile at a slow pace./Activity will last 1 hour.
If you exercise your mind, you're not going to get sick. Rob Walton

• **Sponsors:**

Bitterroot National Forest, Bitter Root RC&D

• **Contact:**

Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com

• **What to Bring/Safety Items:**

Bring water, a snack and a GPS unit if you have one or contact Janeen to reserve one. Wear long sleeves as the mosquitoes might be out.

• **Fun Fact:**

GPS stands for Global Positioning System. It is a system of satellites that work with a GPS receiver to determine your location on the planet.



7. Larry Creek Hike

Come for a hike on the Larry Creek Fire Ecology Trail. We will look for wildflowers and birds, stop at several of the Fire Ecology Trail stops, and visit a research site in the riparian habitat. We have a good chance of hearing one of the most beautiful of bird songs, that of the Swainson's Thrush.

• **Date-Time-Location:**

June 26, 2008, 6:00 PM to 8:30 PM. Larry Creek Fire Ecology Trail

• **Directions to Activity:**

Meet at the Larry Creek Day Use Parking Area. From U.S. Highway 93, turn west onto Bass Creek Road (3.6 miles north of Stevensville light, 4.1 miles south of Florence light). Continue on Bass Creek Road for 2 miles until you come to an intersection with Charles Waters Campground on the left. Turn right onto Forest Road 1316 and go ¼-mile until you reach the day use parking area on the right.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

This will be a heart-pumping hike covering 2.5 miles on a good trail, with a steady climb followed by a switch-back descent. We will stop a number of times, and will be back to the cars by 8:30 PM.

• **Sponsors:**

Bitterroot Audubon, the Bitterroot Ecosystem Management Research Project of the USFS Rocky Mountain Research Station

• **Contact:**

Sharon Ritter, sritter@fs.fed.us, 777-7416

• **What to Bring/Safety Items:**

Bring hiking shoes, hiking staff (optional), clothes appropriate for the weather, insect repellent, water, and binoculars.

• **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

The Bitterroot Ecosystem Management Research Project has existed since 1994. You can learn more about their research and read their annual publication, EcoReport at the website: <http://fs.fed.us/rm/ecopartner>.

• **Fun Fact:**

An aspen clone consists of genetically identical trees that sprouted from an underground root system. Wildfires and prescribed fires may kill back stems, but the clone quickly sends up new shoots.



2. Bear Creek Waterfalls Hike

Come along on this easy-moderate hike to a playground of whirlpools, cascades, slides and falls! Flat, terraced rock slabs warmed by the sun make great sunbathing and picnic spots. An easy, well-defined trail heads west through the forest to the falls.

• **Date-Time-Location:**

Saturday, August 16, 2008 from 10:00 AM to 3:00 PM. Meet at Westview Family Center at 10:00 AM or at the Bear Creek Trailhead at 10:45 AM.

• **Directions to Activity:**

The Westview Family Center is located at the corner of 9th and Main Street in Hamilton. To get to the Bear Creek Trailhead, take Highway 93 to Tucker Crossing (3 miles south of Victor) and follow Bear Creek Road west for 2.3 miles. Turn right at a marked intersection with Red Crow Road, proceed north for .8 mile, and veer left for the final 3 miles.

• **Level of Difficulty/ Distance Traveled /Time Commitment:**

An easy to moderate 3 mile round trip hike that will last about 5 hours.

• **Sponsor:**

B.E.A.R. (Bitterroot Ecological Awareness Resources)
Bitterroot Venture program

• **Contact:**

Diane Olsen, BEAR, 375-9110

• **What to Bring/Safety Items:**

Bring at least 1 liter of water to drink, sun protection, a bathing suit, and light rain gear in case of an afternoon storm.

• **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

BEAR offers 5 weeklong adventures for youth aged 12-18 throughout the summer. Trips include Bitterroot Backpacking, Exploring Glacier National Park, River and Rope Day Camps, and Horsemanship.

• **Fun Fact:**

B.E.A.R.'s mission is to inspire youth to connect with their own potential, their community and the landscape through experiential and outdoor adventure programs.



The real voyage of discovery consists not in seeking new lands, but in seeing with new eyes.
Marcel Proust, French novelist

5. Tin Cup Loop Hike

Join us on this 3 mile loop hike on the rolling Tin Cup Trail and wooded dirt roads. Views will be of dense forest and of a recent burn. This hike crosses the creek, so wear or bring shoes that can get wet.

- **Date-Time-Location:**
Thursday, July 24, 2008, 6:00 PM to 8:30 PM. Meet in the Darby Ranger Station parking lot at 6:00 PM.
- **Directions to Activity:**
The Darby Ranger Station is located on Main Street in Darby across the street from the elementary school.
- **Level of Difficulty/ Distance Traveled /Time Commitment:**
This is a 3 mile hike of moderate difficulty that will last two and a half hours.
- **Sponsors:**
Bitterroot National Forest, Bitter Root RC&D
- **Contact:**
Janeen Hetzler, 381-2951, janeenhetzler@yahoo.com
- **What to Bring/Safety Items:**
Bring a backpack, water, snacks, and shoes that can get wet.



August 2008

1. Peterson Lake Hike

Hike into the Selway-Bitterroot Wilderness along the Sweeney Ridge Trail. The trail starts out high on the ridge and offers scenic views of Sweeney Canyon and the surrounding peaks. The trail is steep in places and the hike will be about 10 miles round trip.

- **Date-Time-Location:**
Saturday, August 16, 2008, 8:30 AM to 4:30 PM. Meet at the Conoco gas station in Florence at 8:30 AM.
- **Directions to Activity:**
Meet at the Conoco gas station in Florence to carpool.
- **Level of Difficulty/ Distance Traveled /Time Commitment:**
This is a difficult ten mile hike which will last 4-5 hours. You must be in relatively good physical shape to participate.
- **Sponsors:**
Valley Physical Therapy, Bitterroot National Forest
- **Contact:**
Tim Nielsen, Valley Physical Therapy, 777-3523. Please call by August 14 to sign up as this hike enters a wilderness area and is limited to 20 people.
- **What to Bring/Safety Items:**
Lunch, snacks, daypack, raingear, sunglasses, sunscreen, good hiking boots, at least 2 liters of water, hiking stick (optional).
- **Fun Facts:**
Mountain goats can often be seen above Peterson Lake. Stretching after a hike may decrease your muscle soreness the next day.



July 2008

1. Blood Pressure/Lab Work Interpretation Seminar

Wish you knew what systolic and diastolic meant in terms of your blood pressure? Come to this class taught by Dr. Mark Jergens to find out. He will also provide general information about results of lab work ordered by health care professionals to help you understand what's normal.

- **Date-Time-Location:**
Thursday, July 10, 2008, from 12:00 PM to 1:00 PM at Marcus Daly Memorial Hospital, Conference Rooms B and C.
- **Directions to Activity:**
Marcus Daly Memorial Hospital is located at 1200 Westwood Drive in Hamilton. From US Hwy 93, turn west on Main Street in Hamilton. Turn right on 10th Street. Drive one block and turn left onto Westwood Drive. Park in the South parking lot off Westwood Drive and enter the building through the entrance that faces south. Follow the hallway straight ahead to an open area. Conference rooms B&C will be to the right.
- **Level of Difficulty/ Distance Traveled /Time Commitment:**
Sitting for one hour while listening to the seminar.
- **Sponsor:**
Marcus Daly Memorial Hospital
- **Contact:**
Marcus Daly Memorial Hospital, 363-2211 (no reservation needed)
- **What to Bring/Safety Items:**
Paper and pen for taking notes.
- **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**
A group of employees from Marcus Daly Memorial Hospital and their families/friends walk as the "MDMH 4 Life" team at the annual Relay for Life. These volunteers work throughout the year to raise funds for the American Cancer Society. Marcus Daly Memorial Hospital provides bottles of water at no charge to visitors at the Ravalli County Fair and is again this year a sponsor of the Bitterroot Classic Triathlon.
- **Fun Fact:**
At the time of the class, the new Emergency Room at Marcus Daly Memorial Hospital will be open just down the hall from the conference room.



2. 3rd Annual Bitterroot Floating Weed Pull

Float the scenic Bitterroot River and help rid it of noxious weeds at the same time. This is an afternoon of river fun and weed pulling. The day concludes with a free BBQ and prize drawing. The grand prize is a one man pontoon boat with oars. Bring your rafts, kayaks, or canoes. River transportation will be available for all wishing to participate.

- **Date-Time-Location:**

Saturday, July 12, 2008, 12:30 PM to 5:30 PM on the Bitterroot River, route TBA

- **Directions to Activity:**

Route To Be Announced. Call and register at the Ravalli County Weed District.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

Medium level of difficulty. This 4 mile float and BBQ will last about 5 hours. Not recommended for children under 8 years old.

- **Sponsors:**

Ravalli County Weed District, Montana Fish, Wildlife and Parks

- **Contact:**

Lindsey Bona, Ravalli County Weed District, (406) 777-5842, lindseybona@yahoo.com, www.rcweeds.org

- **What to Bring/Safety Items:**

Bring sunscreen, a hat, and a long sleeve shirt. Bring a boat, canoe, kayak or life jacket (PFD) if you have one. No inner tubes please.

- **Additional Activities Offered By This Organization:**

The Ravalli Invasive Species Kit is a hands-on curriculum designed by the Ravalli County Weed District specifically for 3rd-5th grade students in Ravalli County.

- **Fun Fact:**

Seventy-five bags of blueweed (*Echium vulgare*) were pulled off a 4 mile stretch of river at the 2nd Annual Bitterroot Floating Weed Pull!



3. Intergenerational Walk and Roll

No excuses for not getting out and enjoying a Montana summer day! Families of all ages will walk and/or push seniors in wheel chairs and babies in strollers. We will take a leisurely walk around Claudia Driscoll Park and continue with active games for the children and a spot for adults to watch and eat a bag lunch.

- **Date-Time-Location:**

Friday, July 18, 2008 at 11:15 AM at Claudia Driscoll Park in Hamilton.

- **Directions to Activity:**

Claudia Driscoll Park, is on 10th street in Hamilton. Drive west on Main Street. Turn north on 10th Street. The park is located on the right.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

The walk is mostly level with only slight inclines, on a paved sidewalk, about quarter mile for a single loop. You choose how many loops to walk. The activity will last about 90 minutes. This is the perfect activity for handicapped, those in wheel chairs, and children of all ages.

- **Sponsors:**

RSVP Volunteer Center, Discovery Care Center

- **Contact information:**

Sharon Bladen, RSVP, 363-1102

- **What to Bring/Safety Items:**

Bring a bag lunch, sunglasses, sunscreen, hat, closed toed shoes, picnic blanket. Water will be provided.

- **Fun Fact:**

Walking fewer than 5000 steps in a day is considered an “inactive” lifestyle. Two thousand steps is considered to be approximately a mile. Get a pedometer and check out how far you walk each day. You might be surprised!



4. Monthly Moonwalk “CCC Moon”

This year is the 75th anniversary of the Civilian Conservation Corps which was established March 19, 1933 by President Franklin D. Roosevelt. From 1933 to 1942, over 25,000 Montana men performed conservation and reforestation projects as members of the CCC. Learn about the history of this group and the CCC projects that took place at Magruder and Deep Creek.

- **Date-Time-Location:**

Saturday, July 19, 2008

Evening walk from 7:00 PM to 8:00 PM along the north shore of Lake Como. CCC Moon Presentation from 8:00 PM to 9:30 PM at Lake Como.

- **Directions to Activity:**

To get to Lake Como from Hamilton, drive twelve miles south on Highway 93 to the Lake Como Road. Turn west and follow the signs to beach. Drive past the beach to the parking lot that is the trailhead for the North Shore Trail.

- **Level of Difficulty/ Distance Traveled /Time Commitment:**

The evening walk will be an out and back stroll down the north shore of Lake Como. The trail is paved and flat for the first ¼ mile and is flat but narrower after that. During the presentation, have a seat and listen to some of the colorful history of our area.

- **Sponsor:**

Bitterroot National Forest

- **Contact:**

Julie Schreck, Bitterroot National Forest, 375-2606

- **What to Bring/Safety Items:**

Bring a lawn chair and a flashlight

- **Additional Activities Offered By This Organization Outside of the Be Active Bitterroot Program:**

Visit your local Bitterroot National Forest offices for a flyer detailing a bus tour of the CCC sites on the Bitterroot National Forest and at Trapper Creek Job Corps. A “Lunch and Learn” presentation on the CCC will take place at noon Wednesday, July 16 at the Bitterroot National Forest Supervisor’s Office in Hamilton.

- **Fun Facts:**

Some CCC projects included planting trees, fighting forest fires, and constructing trails, bridges, campgrounds and buildings. Eventually over 4000 camps were established in all 50 states. By the time the CCC disbanded, over three million men had participated in it.

