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2017/2018

YOUR COMPLETE GUIDE TO THE PARKS

AMERICA'S NATIONAL FORESTS

ACTIVITIES • SIGHTSEEING • PRESERVATION
EVENTS • TRAILS • HISTORY • MAPS • MORE



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WELCOME



SPECTACULAR VISTAS, ABUNDANT WILDLIFE AND HIGH QUALITY RECREATION.

The legacy of the 193-million-acre National Forest System is open to all. This incredible heritage can be found in 42 states and Puerto Rico, and collectively it touches the lives of millions, whether through hiking, biking, fishing, hunting, camping, or the simple pleasures of an afternoon picnic or scenic drive.

From the remarkable coniferous forests of the West to the lush deciduous forests of the Appalachian Mountains, our National Forests provide fresh water, renewable resources that sustain rural communities, and landscapes that have the scale to harbor native fish and wildlife.

The National Forest Foundation works to sustain these forests, rivers, wetlands, and grasslands. We build awareness of their benefits, encourage enjoyment of their beauty, and involve the public in caring for "America's Backyard." Whether you're an outdoor enthusiast looking for tips on a new trail to explore or a conservation professional searching for resources to aid your work, our website nationalforests.org offers something for everyone.

This guide is produced in partnership with American Park Network to build awareness and direct you to incomparable recreational opportunities. As you explore your National Forest System, we invite you to learn more and to get involved. Visit us at nationalforests.org to find out how.

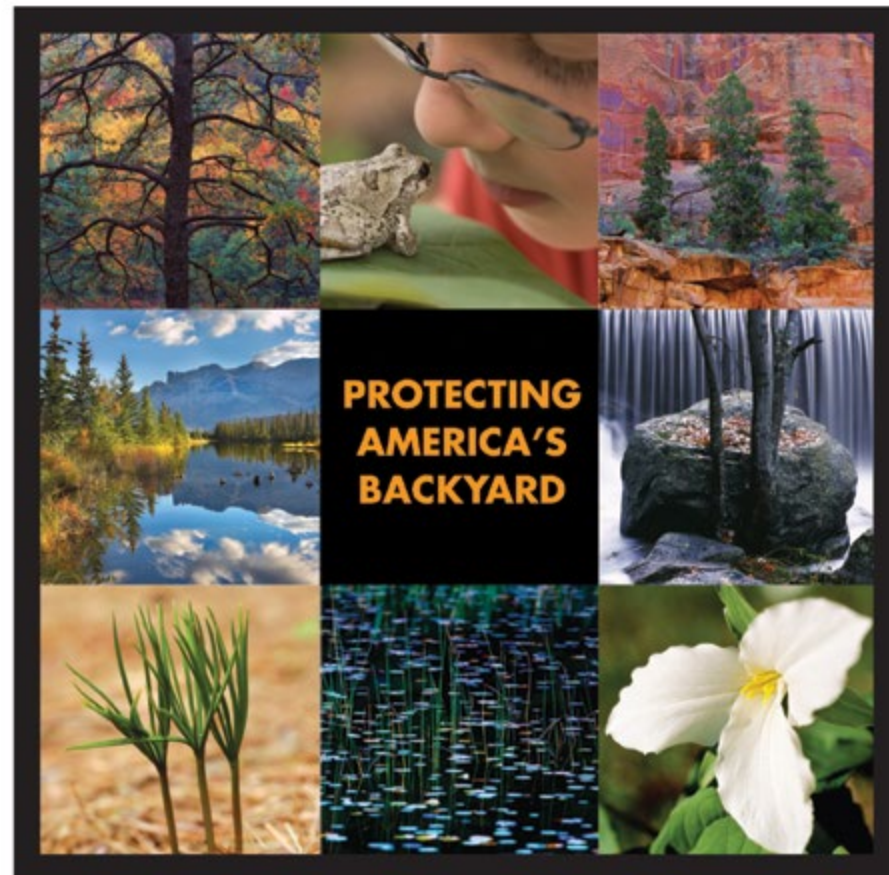
Bill

Bill Possiel
President, National Forest Foundation



WANT TO TAKE A TOUR OF YOUR NATIONAL FOREST? THERE'S AN APP FOR THAT!

In 2017, the U.S. Forest Service launches a mobile tour app, offering visitors a guided tour in national forests, prairies and grasslands. Download the free app from iTunes or the Android store by searching "USFS Tours" and scrolling through the forests that have tours available for download. New tours are added every week! Use the app to find useful information: safety alerts, driving directions, hiking trails, maps, and permitting instructions. Plan your journey with historical landmarks, waterfalls, mountains, visitor centers and fantastic photo ops with tips handpicked by national forest staff. Download the app and selected tours at home, since many national forests don't have wifi. Oh Ranger guide indicates forests that have a tour with a smartphone icon next to the forest name. We welcome you to your national forests and hope these tours make your visit even more special. It's All Yours!



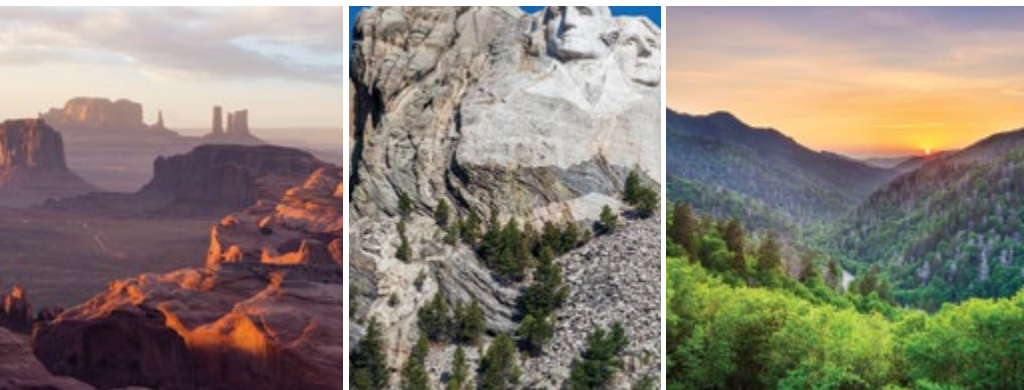
They give us fresh water, clean air and unforgettable experiences.
They give us beauty, serenity and escape.
They are OUR public lands.

It doesn't take much to give a little something back to ensure that these places will be here for our children to enjoy. Join the thousands of individuals who play a part in helping to care for our National Forests every day.

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American Park Network® publishes OhRanger.com, Oh, Ranger! ParkFinder™ and Oh, Ranger!® guides — a collection of visitor guides for public lands all across America. American Park Network is an official partner of the National Forest Foundation, National Parks Conservation Association, National Fish and Wildlife Foundation, American Hiking Society and the Student Conservation Association.

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Cover: Blair Covered Bridge in White Mountain National Forest NaturallyNH/iStock



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WHAT'S NEW!

“There is nothing so American as
our national parks.”

— Franklin Delano Roosevelt

Access to parks is one of the things that's truly great about life in America. Not just national parks, like FDR stated, but *all* parks. Parks afford everyone, regardless of race, income, social status or age, the opportunity to escape the concrete jungle and step into the wild. It doesn't matter whether it's a small step into a local park or a giant leap into the backcountry. The effect is the same. Time in nature feels good. Other values that parks bring may be less obvious. Since we take care of the things we value, I'd like to highlight a few other benefits we all receive from public lands:

Economic Impact America's federal, state and local parks and public lands generate \$200 *billion* in annual economic activity and support more than one million jobs! You might help a dozen businesses during a weekend hiking trip. Imagine the impact of a week-long national park adventure. Parks raise property values, too!

Conservation Trees produce the oxygen we need to survive, but did you know that they also help save money? It's estimated that trees in cities save \$400 *billion* in costs to retain stormwater. A single tree can store 100 gallons or more, which helps keep streets from flooding and reduces the need for artificial storage facilities. A tree can also absorb as much as three tons of carbon gas during its lifetime.



Mark, Joel & Alex – Support parks, stay healthy!

Take a deep breath in a park and you'll immediately know the value of greenspace.

Health & Wellness Studies show a high correlation between time spent in parks and improved health (and, in my view, happiness). You move more when you're outside, which decreases stress, makes you more fit and reduces the risk of many health issues, such as diabetes, high blood pressure and heart disease. Exercise (which parks inspire) also positively impacts your cholesterol levels. A few years ago, I started bicycling to work every day. A year later, my overall cholesterol went down while my HDL—the “good” cholesterol—went up. The results of a small change in your exercise routine can be amazing! Parks invite this change.

The value of parks is undeniable, so follow FDR's lead and support our public lands. It's the all-American thing to do. (Congress, take note!) You'll save the country money while improving our nation's health—and your own, too. Not a bad combination!

mark@americanparknetwork.com



GET CONNECTED IN YOUR FAVORITE PLACES!

Parks and forests are about enjoying nature, but what if you want to share a great experience or are on the job? If you're a site manager and looking to add connectivity, or if you already have Wi-Fi and would like help creating content or generating sponsor revenues, please let us know at wifi@americanparknetwork.com.



Take The ROAD TO MIGHTY



Five national parks
One iconic American road trip
VisitUtah.com/itineraries

LIFE
UTAH
ELEVATED



AT A GLANCE

The National Forest System spans 193 million acres across America and Puerto Rico. Traversing mountains, temperate rainforests, glaciers, grasslands and deserts, national forests provide visitors recreational space to explore and relax. The forests and grasslands encompass some of the country's most untouched, serene and treasured landscapes.

Camping, hiking, biking, swimming, kayaking, boating, fishing and horseback riding are just a few of the adventures that are waiting. Odds are, there is a national forest closer to you than you think, filled with limitless opportunity for fun. So what are you waiting for, get out there!

U.S. FOREST SERVICE

The U.S. Forest Service takes on the responsibility of managing public lands in national forests and grasslands. Founded in 1905, the U.S. Forest Service protects some

of the most diverse and treasured landscapes in the nation. Overseeing 154 national forests and 20 grasslands in 43 states, roughly an area the size of Texas, the USFS helps defend the forests and grasslands against major threats to the national forest system: fire and fuels, invasive species, loss of open space and unmanaged recreation.

The organization prides itself on doing what founder Gifford Pinchot felt: that the service should provide the greatest amount of good for the greatest amount of people. For more information on the **U.S. Forest Service**, call **(800) 832-1355** or visit **www.fs.fed.us**.

STATE FISH & WILDLIFE AGENCIES

Hunting and fishing are two extremely popular recreational activities in the national forests. If you are traveling to a forest on a trip, it is important to have a valid license in that state before you go fishing or hunting.



BECOMING A "FRIEND OF THE FOREST"

There are lots of ways to be a friend to your forests and play a role in perpetuating America's great legacy of national forests and grasslands. Get online with the National Forest Foundation and NFF will help you to:

- **GET YOUR HANDS DIRTY** volunteering for a Friends of the Forest® Day or another hands-on forest stewardship project. Visit nationalforests.org/connect/volunteer
- **TAKE OFF ON AN ADVENTURE** by choosing a new national forest to explore. Visit nationalforests.org/explore/forests
- **PLANT A TREE** with the NFF's tree-planting program. Visit nationalforests.org/conserve/treeplanting
- **FOLLOW NFF'S TRAIL** and share your feedback through Facebook facebook.com/nationalforestfoundation and Twitter twitter.com/nationalforests
- Or simply **SHARE THE BEAUTY** of a national forest with a friend, a family member or a child. Passing on an appreciation for the wonders of a vibrant outdoor experience is the greatest gift you can give! Visit nationalforests.org



**Let's
Go
Places**



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VOLUNTEER

Get involved with your national forests! Despite the magnificent work of the U.S. Forest Service and other organizations, the forests can always use extra helping hands to keep them in shape. Many forests offer volunteers a variety of programs in resource management activities, such as invasive plant control or migratory bird monitoring. If you have an interest in history, Passport in Time is a program that allows volunteers to work with professional archaeologists and historians in the forests. With thousands of miles of trails, volunteers for trail maintenance are always welcome.

RECREATION.GOV

When planning a visit to a national forest, be sure to use the essential resource of recreation.gov. The federally managed site can answer almost any question you have about the forests at recreation.gov or by phone at (877) 444-6777.

TRIP IDEAS

For a full catalogue of everything **recreation.gov** has to offer, visit the "Explore Trip Ideas" page. Lists and pictures of fantastic places and exciting activities are the perfect remedy for those lacking the inspiration to make a forest dream into reality. The information can even be explored by state, if you need to fill gaps for your next family trip.

FIND PARKS, FORESTS AND CAMPGROUNDS

Once you have an idea of the kind of trip you would like to take, recreation.gov is an indispensable tool for learning the particulars. The site is a comprehensive database for finding reservable campgrounds, cabins, lakes, hiking trails and more. With detailed information about rules, amenities and features, you'll be able to plan the perfect get-

away. Most importantly, the site has the ability to book your stay on the site up to 180 days in advance.

PERMITS AND PASSES

Many of the most popular attractions in national forests require explicit permission in the form of permits or passes. Many climbing destinations are so sought after that passes to climb peaks like Mt. Whitney are only given out through lottery, which can be entered online.

Permits are also required for boat use in the national forests. When authorized in national forests, OHV vehicles always require permits, which differ from state to state, but **www.fs.fed.us** can help you with specific state and forest rules.

No drones/UAS (unmanned aircraft systems) are allowed in Wilderness Areas or near wildlife.

EVERY KID IN A PARK

To help engage and create our next generation of park visitors, supporters and advocates, the Obama Administration, in partnership with the Federal Land Management agencies, launched the Every Kid in a Park initiative. The immediate goal is to provide an opportunity for each and every 4th grade student across the country to experience their federal public lands and waters in person.

All kids in the fourth grade have access to their own Every Kid in a Park pass at **www.everykidinapark.gov**. This pass admits the pass owner and any accompanying passengers in a private non-commercial vehicle to the park. Up to four people accompanying a fourth grader on bikes or on foot will also be admitted free of charge.

You can obtain the pass by visiting **www.everykidinapark.gov** and you must print it and present it at the park. The Every Kid in a Park pass is valid until August 31, 2017



SPECIAL PLACES IN OUR NATIONAL FORESTS

The US Forest Service manages over 7 million acres of Congressionally-designated areas and national monuments, protected either by Congress through legislation or by the President via proclamation under the authority of the Antiquities Act. These sites include National Monuments (NM), National Volcanic Monuments (NVM), National Historic Scenic Areas (NHS), National Recreation Areas (NRA), Scenic Recreation Areas (SRA), and National Scenic Areas (NSA). Additionally, the Forest Service manages 442 Wilderness Areas, 133 Wild and Scenic Rivers, over 60 Historic Sites and Landmarks, and a network of National Scenic and Historic Trails.

These special or iconic places are singled out because their outstanding examples of plant and animal communities, recreation opportunities, geological features, scenic grandeur, or other special attributes merit special management, and often require specific management plans differing from those of the National Forests of which they are a part. To better understand the current needs, conditions, and perceptions of these special places, we conducted a survey of these places across the US.

REGION 1

With the major trailhead only 4.5 miles north of Missoula, the 61,000 acres of glaciated topography in the Rattlesnake National Recreation Area and Wilderness (RNRAW) on the Lolo National Forest form Montana's premier urban wilderness, blending the best of both wilderness and civilization. The U-shaped Rattlesnake basin is fed by more than fifty small creeks that begin as seeps from springs and melting snowbanks in the upper Wilderness portion of the NRA.

Resting in the more than thirty high mountain lakes, crystal clear water then plunges down waterfalls to hanging valleys separated by sheer headwalls and carpets of sub-alpine fir, lodgepole pine, and spruce sloping down to open Douglas fir and ponderosa pine parklands.

REGION 2

The Chimney Rock National Monument encompasses 4,726 acres of the San Juan National Forest between Durango and Pagosa Springs, Colorado. The area is sacred to today's Native American peoples. Chimney Rock is a national treasure, and contains spiritual, historic, and scientific resources of great value. On September 21, 2012, President Obama proclaimed Chimney Rock a National Monument, making it the seventh national monument managed by the US Forest Service and the only national monument in the National Forest system devoted primarily to archaeological resources. The area continues to hold special significance for today's Native American peoples.



PACKING ESSENTIALS

Don't hit the trail without:

- Topographic Map and Compass + GPS
- Whistle
- Flashlight or Headlamp
- Sunglasses, Sunscreen and Hat
- High-energy Food and Plenty of Water
- Appropriate Clothing and Extra Layers
- Waterproof Matches
- Insect Repellent
- Pocket Knife
- First-Aid Kit
- Sturdy Footwear



CONSERVING OUR FORESTS

The 21st Century Conservation Service Corps (21CSC) is a bold national effort that grew out of former President Obama's "America's Great Outdoors" initiative, which seeks to advance conservation priorities and expand access to lands and waters for recreation and restoration. 21CSC seeks to put America's youth and veterans to work protecting, restoring and enhancing America's Great Outdoors.

The project aims to focus its effort by developing natural and cultural resources stewards who can look towards the future through preservation, provide training and employment opportunities and to increase public access and use of public lands.

To date nine national partners and 4 local partners have joined the 21CSC, providing hundreds of young people, veterans and other under-represented communities an opportunity to engage in public land restoration and conservation. These organizations engage a broad spectrum of diversity nationwide. Organizations and programs working with youth and/or vet-



erans on conservation or other environmental issues are encouraged to submit a Letter of Interest, describing their program and how it fits with 21CSC. For more information, including eligibility requirements, visit www.21CSC.org.

You don't have to be a part of an organization to help preserve America's forests, you just need to learn how to visit respectfully. Leave No Trace is a national program that teaches people how to enjoy the outdoors responsibly and promotes and inspires proper stewardship of America's public lands. The US Forest Service and many other federal land management agencies are cooperating partners in this program. You can help minimize impacts to the natural resources and social experiences of other visitors by practicing the seven principles listed below. For more information, please visit LNT.org.

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts.
- Respect wildlife.
- Be considerate of other visitors.

Consider applying these principles during your travels. We always need your help in preserving our shared lands for future generations. It is the most important thing you can do for the places you love. Make the commitment to Leave No Trace. You can make a difference.



USDA Forest Service

21CSC gets youth and veterans to work protecting and revitalizing public lands.

REGION 3

The Jemez National Recreation Area comprises 57,650 acres of beautiful valley bottoms and high mesas. Jemez National Recreation Area was established in 1993 in order to "conserve, protect, and restore the recreational, ecological, cultural, religious, and wildlife resource values of the Jemez Mountains." This includes working with the Pueblo of Jemez to "assure access to religious and cultural sites, enhancing the privacy and continuity of traditional cultural and religious activities and protecting traditional cultural and religious sites."

REGION 4

The Spring Mountains National Recreation Area (SMNRA) is part of the Humboldt-Toiyabe National Forest. Better known to locals as Mount Charleston, it is located just 30 minutes from downtown Las Vegas and encompasses more than 316,000 acres of remarkable beauty and surprising diversity. The Humboldt-Toiyabe National Forest's spectacular 6.3 million acres makes it the largest national forest in the lower 48 states. Located in Nevada and a small portion of eastern California, the Forest offers year-round recreation of all types.

REGION 5

The San Gabriel Mountains National Monument was designated on October 10th, 2014. This monument, encompassing 346,177 acres of the Angeles National Forest and neighboring San Bernardino National Forest, is the eighth national monument under Forest Service management. The area is within 90 minutes of 15 million people in the Los Angeles Basin, of which the San Gabriel Mountains provide 70% of their available open space and 30% of their drinking water. The national

monument serves as the backyard to the nation's second-largest urban center.

REGION 6

The Congressionally designated Columbia River Gorge National Scenic Area (CRGNSA) encompasses 292,500 acres in Washington and Oregon, where the Columbia River cuts a spectacular river canyon through the Cascade Mountains. The US Forest Service manages approximately 80,000 acres in the National Scenic Area and works with the Gorge Commission, states, counties, treaty tribes, and partners to protect and enhance scenic, natural, cultural, and recreational resources.

REGION 8

Indian Nations National Scenic and Wildlife Area is a 41,051-acre scenic area in the Ouchita National Forest. It includes the Homer L. Johnson Wildlife Management Area and a 15-acre fishing lake atop Post Mountain, as well as the 78 acre Cedar Lake, primarily used for fishing. Facilities include boat docks and ramps, drinking water, outdoor grills, pavilion, picnic area with tables, playground, hook-up sites for recreational vehicles and tent sites for camping.

REGION 9

Encompassing 100,000 acres of the Monongahela National Forest, the scenic Spruce Knob-Seneca Rocks National Recreation Area (NRA) contains the highest peak in West Virginia, some of the best rock climbing on the east coast, outstanding views and a chance to enjoy America's great outdoors.

Congress established the Spruce Knob-Seneca Rocks National Recreation Area in 1965. It was the first NRA to be designated in the USDA Forest Service.

REGION 10

Misty Fjords National Monument extends 2.3 million acres across Tongass National Forest, and includes the largest wilderness in Alaska's national forests and the second largest in the nation. Misty Fjords is a natural mosaic of sea cliffs and rock walls jutting

3,000 feet straight out of the ocean as well as dramatic waterfalls, lakes and streams. Taking its name from the almost constant precipitation characteristic of the area, the monument is covered with thick rainforests that grow on nearly vertical slopes from sea level to mountaintops.



A ROOM WITH A VIEW



USDA Forest Service

Many fire towers were built by the Civilian Conservation Corps in the 1930s.

Picture this: from your front door, the world unfolds around you, mountains and valleys forming an imposing and impressive topography that stretches for miles. Sound tempting? Well, you too can wake up to such a view when you rent a U.S. Forest Service fire lookout through their popular recreation rental system.

America's lookouts have a rich history deeply tied to our nation's legacy. At one point during the 1940s, there were over 10,000 fire lookouts in national forests across the country, and nearly every stream drainage on forest land was "covered," often from two or three vantage points. Lookout numbers spiked during the Great Depression, when Civilian Conservation Corps crews were commissioned to build new structures. During World War II, the U.S. government instituted the "Aircraft Warning Service," and lookouts were used to watch for enemy aircraft in addition to forest fires. But, with the advent

of new technologies like computerized lightning detection systems and air patrols, the need for lookouts decreased and many were decommissioned in the 1970s and 1980s.

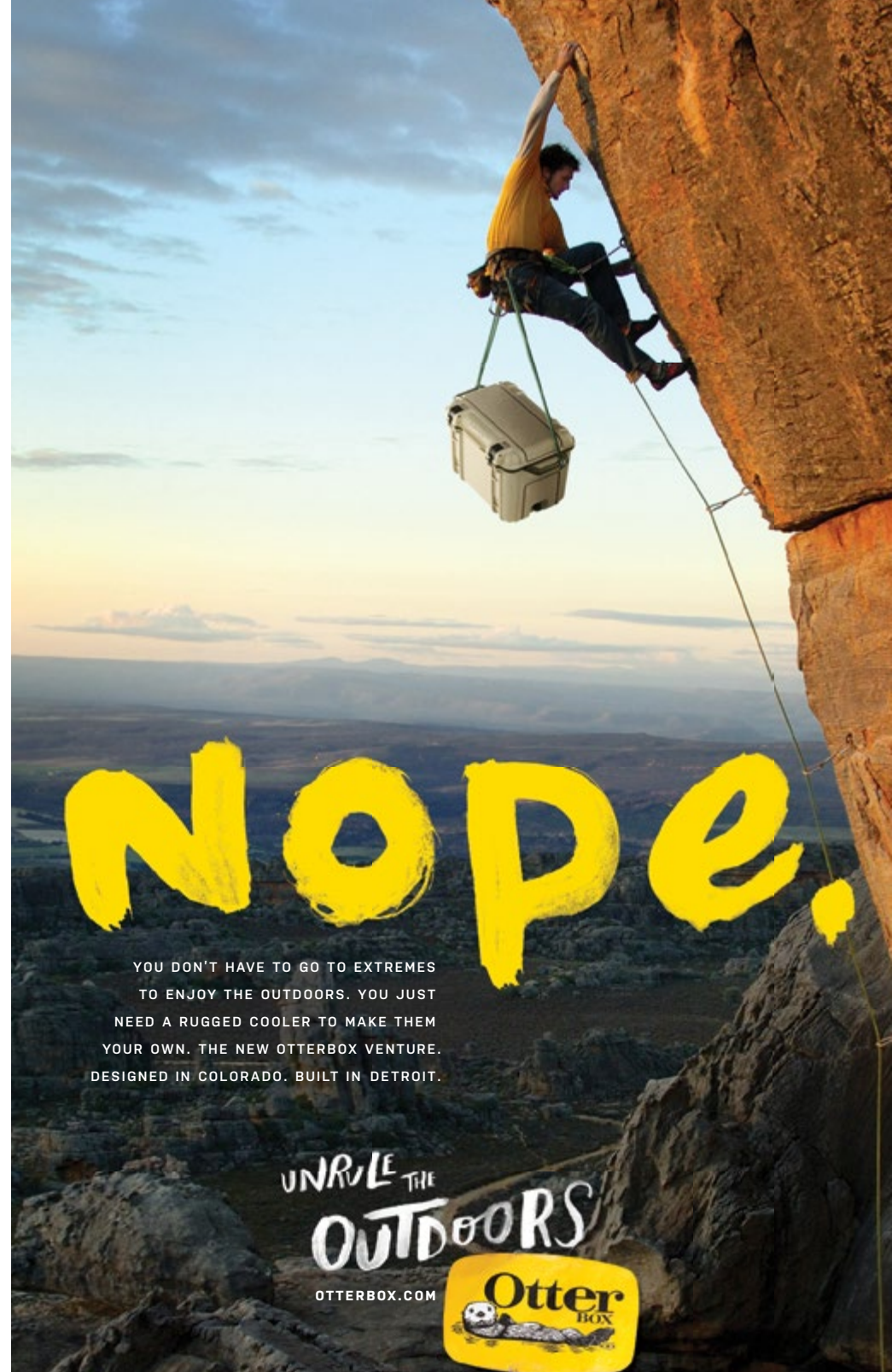
Today, there are 2,758 lookouts, with several hundred of those actively staffed during fire season. Many of the remaining lookouts have been restored by volunteers through the Forest Service's Passport in Time Program and still house historical equipment, like the Osborne Fire Finder.

There are 50 lookouts you can rent in states across the West for around \$25 to \$50 a night. Rental fees are dedicated solely to maintenance of the lookout itself. Keep in mind that the lookouts are small—often around 12 to 15 square feet in size—so they usually don't accommodate more than four people. Not all are accessible by car and amenities are rustic. Most lookouts have a heat source, cooking utensils, table and chairs and beds, ask what is provided. Start at firelookout.org/lookout-rentals.htm. Once you have picked out your desired destination, you can make a reservation up to 180 days in advance, at recreation.gov.

The wide panoramas and vast solitude will amaze you. Mornings are a revelation, and some swear that the stars shine brighter up there. Want to reserve a cabin or a lookout? All reservations can be made through recreation.gov or by calling (877) 444-6777.

Explore more NATIONAL FORESTS • WWW.FS.FED.US

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EASTERN REGION

For millions of people each year, the 16 national forests of the Eastern Region are popular destinations for recreation year-round. Water-based recreation is especially popular in these forests, where more than 10,000 lakes and 15,000 miles of streams provide settings for canoeing and trophy fishing. Whether it's finding solitude in the wilderness, snowmobiling on a snow covered trail or skiing down a world-class ski run, the Eastern Region national forests have something for everyone.

FEATURED WILDERNESS

BOUNDARY WATERS CANOE AREA

The Boundary Waters Canoe Area Wilderness is a unique natural area located in the northern third of the Superior National Forest

in northeastern Minnesota. It extends nearly 150 miles along the international boundary—with Canada's Quetico Provincial Park—and with Voyageurs National Park to the west.

Glaciers carved Boundary Waters into the rugged cliffs and rocky shores of the approximately **1,175 lakes** which lie within the wilderness. The area has human history from 10,000 years ago through the early American fur trade, including villages, pictographs and sites of ritual importance.

Boundary Waters has approximately 80 entry points with 12 hiking trails and nearly 2,000 campsites. Its **1,200 miles of streams** provide the opportunity for long distance travel by watercraft in the spirit of the French Voyageurs of 200 years ago. In the winter months, visitors can enjoy opportunities for skiing, dog sledding and ice fishing. Visitor services are available at nearby Ely and Grand Marais, Minnesota. For more information, visit ely.org or grandmarais.com.

IN THE AREA

ALLEGHENY NATIONAL FOREST

Pennsylvania's only national forest is approximately 517,000 acres located in the northwest corner of the state. The motto "**Land of Many Uses**" captures the goal of a healthy, vigorous forest that provides wood products, watershed protection and recreational opportunities. The best way to see the forest might be the 36 miles of the Longhouse National Scenic Byway. Made up of three main legs that form a loop around the Allegheny Reservoir—State Routes 59 and 321 and the Longhouse Scenic Drive—the byway's foliage makes this loop particularly striking in the fall, and it contributes its roads

to multiple bicycling events each year. Stop at several vistas of the reservoir for campgrounds featuring beaches, picnic areas, boat launches and an accessible fishing pier.

Visit the **Buzzard Swamp Wildlife Management Area** for some of the best wildlife viewing opportunities in the forest—especially for deer and black bears. Fifteen man-made ponds have been constructed and are just one of the ways the area is managed to help its animal population. Buzzard Swamp is an important link in the Atlantic Flyway during the waterfowl migration and features an 11.2-mile trail system designed for hiking, skiing and mountain biking, though motorized vehicles, ATVs and snowmobiles are not allowed on any trails.

GREEN MOUNTAIN & WHITE MOUNTAIN NATIONAL FORESTS

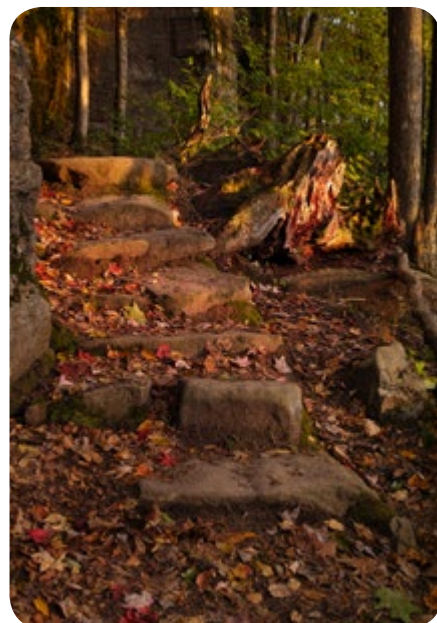
The Green and White Mountain National Forests combine rugged mountain peaks with quaint New England villages. For a great photo-op, stop at Thundering Falls, one of the tallest waterfalls in Vermont and the site of a historic mill powered by the falling water. Starting from the River Road parking area, this accessible section of **The Appalachian Trail** passes through open Ottauquechee River floodplain across 900 feet of boardwalk, then ascends to the falls viewing platform via an accessible switchback and spur trail. For some unique history, the Robert Frost Recreational Trail commemorates the work of the American poet who for 42 years taught at Middlebury College's, Ripton, Vermont campus. The trail combines his pastoral poetry with some of the scenery that inspired it.

The White Mountain Trail is the most popular auto tour in the White Mountain and is recognized as one of a select group of "**America's Scenic Byways**." This

100-mile loop encompasses all the natural splendor, cultural richness, historical charm and recreation opportunities the White Mountains Region has long been known for. Stop by **The Russell-Colbath House** on the Kancamagus Highway in Albany, New Hampshire for an up close look at a 19th century farmhouse with period furnishings which operates as a historic house museum, with an on-site historic interpreter.

MONONGAHELA NATIONAL FOREST

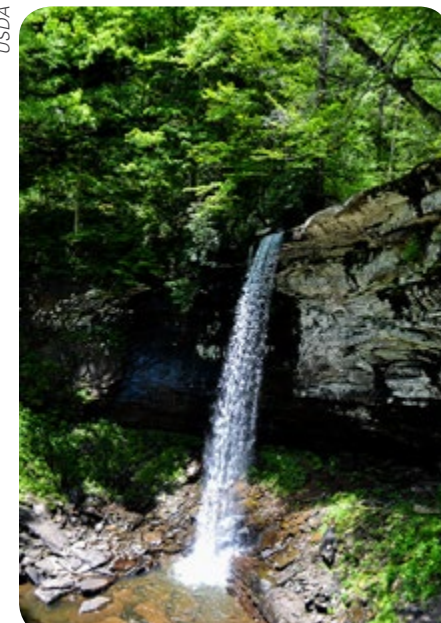
Considered by The Nature Conservancy to be in an area of global ecological importance, the Monongahela remains one of the most biologically diverse national forests in the country. The drastic differences in altitude, precipitation and land formation make a home for at least 75 tree species, more than 225 species of birds and eight federally listed, threatened or endangered species.



pkuljahe/Stock

Hiking trails in Allegheny's National Forest lead up rocky, tree-lined paths.

USDA



Monongahela National Forest offers visitors lush paths and hidden waterfalls.

The forest holds a great deal of history as well, making **The Seneca Rocks Discovery Center** a ideal place to start your visit. The iconic Seneca Rocks represent an enormous quartzite crag that remains the only true peak on the east coast. Because its peak is only accessible by climbing, it serves as one of the most popular climbing destinations in America. The center provides an active education of the area's history through Civil War reenactments, blacksmithing, flint knapping and other demonstrations of frontier living. Just a short walk from the discovery center rests the **Sites Homestead**, a beautiful and historic home originally constructed in 1839 by **Jacob Sites**. Tours are available on Saturdays during the summer season, and visitors are welcome to tour the grounds, including the summer kitchen and heirloom gardens, during regular day-use hours.

The Monongahela is home to hundreds of miles of streams branching from the headwaters of the five major river systems found within. During high water in the spring, they offer an extraordinary diversity of whitewater experiences. The Laurel Fork, Dry Fork and Glady Fork offer a mix of scenic runs, which vary in difficulty from the family friendly floating of Class II to the riskier and athletic Class IV. For the thrill seekers, Red Creek, Seneca Creek and the Upper Blackwater offer expert quality whitewater; among the most challenging in the U.S. For those looking for a gentler time in the water, the lower summer flow is more suitable for lazy float trips or canoeing through scenic valleys. See local purveyors to rent equipment and hire guides.

The campaigns of the Civil War in West Virginia built the reputations of many leading figures in the war and are an important part of American history. For an exploration of this legacy in the Monongahela, take The

Civil War Discovery Trail through the landmarks of the state's early wartime conflicts. Notable stops on the tour include the graves of Cheat Summit Fort, the hills of Camp Allegheny and the museum and lookout tower of Droop Mountain Battlefield State Park.

Located at the junction of Rt. 150 and Rt. 39/55, the Cranberry Mountain Nature Center holds an exhibit hall and auditorium with guided tours and programs for all ages, including the very popular live snake display. The center also features a nature store, a na-

tive plant garden and a nature trail. The center is open daily from May through October. The nature center sits just minutes from the Cranberry Glades Botanical Area, which protects a large concentration of bogs in the southwest of the forest. A half-mile boardwalk makes its way over the bogs so that visitors can see the unique, moss-covered wetland up close without damaging the fragile ecosystem. The barrier-free boardwalk is also a great opportunity for some of the best birdwatching in the forest.

MONONGAHELA NF: WALKING & HIKING TRAILS

Trail <i>Trailhead</i>	Description	Round-Trip <i>Distance</i>	Difficulty <i>Elevation Gain</i>
Seneca Rocks Trail <i>Spruce Knobs - Seneca Rocks</i>	Pretty steep ascent but worthwhile for the observation platform and its wonderful views from the top.	2.6 miles <i>1.5 hours</i>	Moderate <i>900 ft</i>
Red Creek Plains <i>Off Forest Rd 70 south of the Forest Rd 19 fork</i>	Moving over the high altitude wetlands of the Red Creek Plains, this rewarding trek has views of bogs, red rocks and forest.	3.6 miles <i>3 hours</i>	Easy <i>200 ft</i>
Sod Circuit <i>Blackbird Knob</i>	Hike along Redcreek Valley and Stonecoal Run, with some steep climbing for a view of the Redcreek Valley.	15.4 miles <i>Full Day</i>	Difficult <i>Varies</i>
Rohrbaugh Overlook <i>Off Dolly Sods Rd. near intersection (Dayton Carr Rd)</i>	Follow this old forest service road down to the rim of Red Creek Canyon with great views of the Dolly Sods Wilderness.	3.6 miles <i>3 hours</i>	Easy to Moderate <i>300 feet</i>

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.

EASTERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Allegheny National Forest 4 Farm Colony Drive Warren, PA 16365 814-723-5150	Hiawatha National Forest 820 Rains Drive Galstone, MI 49837 (906) 428-5800	Monongahela National Forest 200 Sycamore Street Elkins, WV 26241 (304) 636-1800
America's Outdoors Center for Conservation, Recreation, and Resources 626 E. Wisconsin Avenue, Suite 100E Milwaukee, WI 53203 (414) 297-3693	Hoosier National Forest 811 Constitution Avenue Bedford, IN 47421 (812) 275-5987	Ottawa National Forest E. 6248 U.S. Highway 2 Ironwood, MI 49938 (906) 932-1330
Chequamegon-Nicolet National Forest 500 North Hanson Lake Road Rhineland, WI 54501 (715) 362-1300	Huron-Manistee National Forest 1755 S. Mitchell Street Cadillac, MI 49601 (800) 821-6263 (231) 775-2421	Shawnee National Forest 50 Highway 145 South South Harrisburg, IL 62946 (618) 253-7114
Chippewa National Forest (CP) 200 Ash Avenue, NW Cass Lake, MN 56633 (218) 335-8600	Mark Twain National Forest 401 Fairgrounds Road Rolla, MO 65401 (573) 364-4621	Superior National Forest 8901 Grand Avenue Place Duluth, MN 55808 (218) 626-4300
Green Mountain National Forest 231 North Main Street Rutland, VT 05701 (802) 747-6700	Midewin National Tallgrass Prairie (CP) P.O. Box 88 30239 S. State Route 53 Wilmington, IL 60481 (815)423-6370	Wayne National Forest (CP) 13700 U.S. Highway 33 Nelsonville, OH 45764 740-753-0101
		White Mountain National Forest 71 White Mountain Drive Campton, NH 03223 (603) 536-6100

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SOUTHERN REGION

Enjoy a refreshing swim in a cool stream, go climbing at the Red River Gorge, or hike along the famous Appalachian Trail. The scenery varies as much as the recreation in this historic region—from cypress swamps and mountain meadows to pine and hardwood forests. There are over 30 national forests in this region, so it's easy to plan an adventure to the Southern Region.

FEATURED WILDERNESS

UPPER BUFFALO WILDERNESS

The Upper Buffalo Wilderness in the Ozark Mountains of Arkansas contains the headwaters of the scenic Buffalo National River, which flows through a rough forested land of steep slopes that descend into deep valleys. People once made their homes down in the valleys, and you'll see their old homes, stone fences surrounding pastures, antiquated farm equipment and cemeteries on river banks and off old dirt roads.

White-tailed deer, wild turkeys and black bears are the largest resident species, with a fair number of smaller animals including foxes, beavers and bobcats.



sshopard/Stock

Beginning in Georgia, the white blazes of the Appalachian Trail mark the long path to Maine.

White oaks, red oaks and hickory create shade during the hot and humid summer months, while January temperatures may drop below zero. A system of old logging roads that runs throughout the area provides an informal network of trails for hiking and horseback riding, but the route to scenic overlook of **Hawksbill Crag** is the only designated hiking trail located in the wilderness, leading past some of the waterfalls found in the area.

IN THE AREA

CHATTAHOOCHEE-OCONEE NATIONAL FOREST

Georgia's national forests are a hiker's paradise, and not just because the **Appalachian Trail** begins here. Be sure to stop at **Brasstown Bald**, the highest peak in Georgia. This staple is a short drive from Atlanta and features trails that traverse the mountain and a visitor center with an observation deck of the area.

The Ridge and Valley Scenic Byway weaves through the Armuchee Ridges of the Appalachians. Several major Civil War battles were fought in this area, most of them centered along the route of the railroad, stretching from Chattanooga to Atlanta. For a little recreation with your history, **Lake Oconee** sits next to an easy one-mile trail leading to a ghost town that was the site of Georgia's first cotton gin and paper mill, **Scull Shoals**.

DANIEL BOONE NATIONAL FOREST

The Daniel Boone National Forest embraces some of the most rugged terrain west of the Appalachian Mountains. The



DANIEL BOONE NF: WALKING & HIKING TRAILS

Trail Trailhead	Description	Round-Trip Distance	Difficulty Elevation Gain
Auxier Ridge Trail <i>Tunnel Ridge Rd. off KY 15.</i>	The ridge gives a scenic lookout of Haystack Rock, Auxier Branch and the Double Arch on the way to Courthouse Rock.	5 miles 3 hours	Moderate 620 ft
Yahoo Falls Trail <i>Near Whitely City, KY</i>	A walk along Big South Fork to the 113-ft falls, said to be the highest in Kentucky. Best in fall, for a panoramic view of color.	8.5 miles 5-6 hours	Moderate 500 ft
Gray's Arch <i>Gray's Arch Picnic Area off Tunnel Ridge Rd.</i>	A steady descent towards Gray's Arch and the cave outcroppings, then through a shady creek before a fairly steep return.	3.3 miles 2 hours	Moderate 400 ft
Rock Bridge Loop <i>Rock Bridge Picnic Area of Tunnel Ridge Rd.</i>	This mostly paved trail takes a slight descent to the scenic waterfall and bridge, crossing over the water on the way.	1.5 miles 1 hour	Easy 100 ft
<i>Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.</i>			

forest lies within the **Cumberland Plateau**, where forested slopes, sandstone cliffs and narrow ravines characterize the land. No place embodies this unique topography like the **Red River Gorge Geological Area**, known for its unusual rock formations. The Red River Gorge has become an international-class, climbing destination. Climbers have been scaling favorites like **Chimney Top Rock** and the **Caver's Route at Tower Rock** for over 50 years. The rock faces can range in difficulty and integrity, so hire a local outfitter to guide you through the best areas.

For a history of the area, visit the **Gladie Learning Center**, which focuses on the cultural heritage, unique resources and spectacular geology found within the boundaries of the Red River Gorge and the **Clifty Wilderness**. Informational exhibits provide a look into the past and convey the wild beauty that fills the gorge. Maps and recreation fee passes for climbing are avail-

able for purchase during business hours. Another family-oriented attraction is the **Big South Fork Scenic Railway** located in the **Big South Fork National River and Recreation Area**, along the south-central Kentucky and Tennessee border. The train ride departs from Stearns and takes passengers to an abandoned coal-mining village and back.

Kentucky has more naturally formed arches than any other state, and **The Natural Arch Scenic Area** is home to one of the largest, a 50 by 90-foot rock that cuts across the sky. But this is just one of the dozens of arches spread throughout the park, accessible by either car or by trail. Hikers and horseback riders will enjoy the sights along the **Sheltowee Trace National Recreation Trail**, which extends the entire length of the Daniel Boone. The trail passes the Big South Fork Area, Cumberland Falls, Natural Bridge State Park and the Red River Gorge.

NATIONAL FORESTS IN CAROLINA

Set out on the 79-mile **Forest Heritage National Scenic Byway** from the southern entrance to the **Pisgah National Forest**, for a great mix of views and roadside sites. Become a true nature enthusiast at the **Cradle of Forestry**—located 11 miles from the southern entrance—at the first school of forestry in America, **Biltmore Forest School**. Enjoy a hands-on exhibit or hike a guided trail to experience the wonders of the forest first-hand, including a restored logging locomotive from 1915. The

rhododendron gardens in Roan Mountain represent a natural treasure of the forests of North Carolina. One of the top rafting rivers in the country, the **Nantahala River** hosted the **2013 Freestyle Kayaking World Championships**, which brought competitors and spectators from around the world. For a different water ecosystem, see the boardwalks of the **Cedar Point Tideland Trail** and the ecology of an estuary as it crosses a tidal marsh. In an effort to restore the rare peregrine falcon population, some rock cliffs are closed to climbers.



SOUTHERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Angelina-Davy Crockett-Sabine-Sam Houston National Forests, Caddo-Lyndon B. Johnson National Grasslands
415 S. First Street, Suite 110
Lufkin, Texas 75901
(936) 639-8501

Apalachicola-Ocala-Osceola National Forests
325 John Knox Road, Suite F-100
Tallahassee, FL 32303
(850) 523-8500

Bienville-Delta-DeSoto-Holly Springs-Homochitto-Tombigbee
200 S. Lamar Street, Suite 500N
Jackson, MS 39201
(601) 965-1600

Chattahoochee-Oconee National Forest
1755 Cleveland Highway
Gainesville, GA 30501
(770) 297-3000

Cherokee National Forest
2800 N. Ocoee Street N
Cleveland, TN 37312
(423) 476-9700

Croatan-Nantahala-Pisgah-Uwharrie National Forests
160A Zillicoa Street
Asheville, NC 28801
(828) 257-4200

Daniel Boone National Forest
1700 Bypass Road
Winchester, KY 40391
(859) 745-3100

El Yunque National Forest
HC-01, Box 13490
Rio Grande, PR 00745-9625
(787) 888-1880

Francis Marion-Sumter National Forests
4931 Broad River Road
Columbia, SC 29212
(803) 561-4004

George Washington & Jefferson National Forests
5162 Valleypointe Parkway
Roanoke, VA 24019
(540) 265-5100

Kisatchie National Forest
2500 Shreveport Highway
Pineville, LA 71360-2009
(318) 473-7160

Land Between The Lakes NRA
100 Van Morgan Drive
Golden Pond, KY 42211
(270) 924-2000
(800) 525-7077

Ouachita National Forest (Arkansas and Oklahoma)
P.O. Box 1270
100 Reserve Street Federal Building
Hot Springs, AR 71902
(501) 321-5202

Ozark-St. Francis National Forest
605 W. Main Street
Russellville, AR 72801
(479) 964-7200

William B. Bankhead-Conecuh-Talladega-Tuskegee National Forests
2946 Chestnut Street
Montgomery, AL 36107
(334) 832-4470

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ROCKY MOUNTAIN REGION

IN THE AREA

BLACK HILLS NATIONAL FOREST

The famous outlaw town of Deadwood, South Dakota—run by infamous gamblers and gunslingers—was home to legendary characters like Wild Bill Hickok and Calamity Jane, and its central location is a great place to start your exploration of the area. The famous Sheriff Bullock did as much for the forests surrounding the town as the town itself. Besides being Deadwood's first sheriff, he was one of the first forest supervisors of the Black Hills National Forest, appointed by President Roosevelt. Just two miles south of **Deadwood**, he built the Mount Roosevelt Friendship Tower in 1919 as a dedication to his close friend of many years. Bullock chose the location for its overlook of the plains beyond Belle Fourche and on into North Dakota where Roosevelt had his ranch.

In the south part of the forest sits Harney Peak, the highest point east of the Rocky Mountains. A lookout tower at the summit gives hikers views of four states and the

Enjoy the quiet beauty of a mountain meadow or hike through aspen groves and rugged mountain passes. Challenge yourself on some of the world's finest ski slopes or relax by a fireplace in a friendly mountain resort. You'll find yourself wanting to return often once you discover the refreshing change of pace awaiting you in the iconic Rocky Mountain Region.

FEATURED WILDERNESS

NEVER SUMMER WILDERNESS

Never Summer Wilderness in Colorado is bordered by the Rocky Mountain National Park Wilderness to the east encompassing the Arapahoe and Roosevelt Forests. As its name suggests, Never Summer Wilderness is blanketed in large amounts of rain and snow that collect on peaks with names that hint at their cloud-kissed heights: Cirrus, Cumulus, Stratus and Nimbus.

Never Summer supplies water to three main rivers: the Colorado, the North Platte and the Cache la Poudre. In damp gulches, trees absorb the abundant moisture and grow old and exceptionally large. **Spruce** and **fir** in **Bowen Gulch** have been measured at four feet in diameter and estimated at 600 years in age. To see them, take the **Bowen Gulch Trail**, which ventures five miles into the oldest of the old growth.

Straddling the Continental Divide, Never Summer has about **20 miles of trails** that lead up gulches and cross the divide on two high passes, crossing several trout-filled lakes and streams and offering true Rocky Mountain views.

USDA



The first sheriff of Deadwood, SD, dedicated the Mount Roosevelt Friendship Tower to President Roosevelt in 1919.

rock formations of the Black Elk Wilderness. The Black Elk Wilderness is the most popular hiking area of the forest and its miles of hiking and horse trails lead to Harney Peak from almost any direction.

NEBRASKA NATIONAL FOREST

The Nebraska National Forest encompasses nearly 1.1 million acres of land in central and northwest Nebraska and central and southwest South Dakota. The Nebraska is made up of the Nebraska and **Samuel R. McKelvie National Forests** and the **Buffalo Gap, Oglala and Fort Pierre National Grasslands**.

Just minutes from the north entrance to Buffalo Gap National Grassland in the tiny town of Wall, South Dakota, sits the learning center for the history of the Forest Service's 20 National Grasslands. The National Grasslands Visitor Center offers a theater, interactive exhibit room and Junior Ranger program designed to educate on Great Plains history. Step into an archeological excavation in progress at the **Hudson-Meng Bison Kill Research & Visitor Center** in Oglala National Grasslands. A climate-controlled enclosure

rests over the central portion of the bonebed and is open to the public each summer to see archaeologists at work. Just a 3-mile trail hike will take you to what is often considered Nebraska's Badlands, at Toadstool Geologic Park. Volcanic ash swept over this area 30 million years ago, preserving hundreds of prehistoric plants and animals of the Oligocene Epoch, many of which are being discovered only now as the toadstool-like towers crumble.

The **Charles E. Bessey Nursery** was established to produce the tree seedlings used to create the "World's Largest Man-Made Forest" in the adjacent Bessey Ranger District. The nursery and ranger district were named in honor of Charles E. Bessey, a professor of botany who, believing the Native American legend that the Sandhills were once covered in trees, set about planting pine seedlings until a forest stood. To see the true reach of the man-made forest, take the 3-mile Scott Lookout National Recreation Trail as it winds between Ponderosa pines and red cedars to its high point, and a 65-foot watchtower that offers sweeping views of the surrounding countryside.



NEBRASKA NF: WALKING & HIKING TRAILS

Trail <i>Trailhead</i>	Description	Round-Trip <i>Distance</i>	Difficulty <i>Elevation Gain</i>
Scott Lookout National Recreation Trail <i>Off Jewett Ave.</i>	Moves through the Ponderosa pines and red cedars of the hand planted Bessey Forest to a 65-foot lookout tower.	3 miles <i>2 hours</i>	Easy <i>200 ft</i>
Bison Trail <i>Leaves from Toadstool Park, off Hwy 2/71</i>	A 3-mile hike through canyons and grasslands to Hudson Meng, with views of surrounding badlands and grasslands.	6 miles <i>3 hours</i>	Moderate <i>300 ft</i>
Soldier Creek Wildemess Loop <i>Off Soldier Creek Rd.</i>	Trooper Trail Loop cuts through the wilderness, mostly in open sun, passing wildflowers and climbing to a tall peak with panoramic views.	11 miles <i>6 hours</i>	Easy <i>1434 ft</i>

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.

SHOSHONE NATIONAL FOREST

Inside America's first National Forest, the 47-mile road between Cody, Wyoming and the Beartooth Highway, the **Chief Joseph Scenic Byway** (State Highway 120) is considered one of the most beautiful drives in the country. Not only will you find the breathtaking views that Wyoming is known for, but several historical markers along the road provide more information about the flight of the Nez Perce Indians the road is named for. The route passes the Yellowstone River, Beartooth Peak and the spectacular Dead Indian Pass, with many campsites scattered along the way.

At the head of the Wood River, near Francis Peak, sleeps the historic site of

Kirwin, WY. This small ghost town is a treasure trove for historians. Once a thriving hub with a population of 200 gold miners and their families, harsh winters and avalanches eventually pushed them out. Historical restoration and stabilization of the site began in 1999 and continues today. The mixed conditions of the picturesque and rugged upper Wind River Range have made them a training area for generations of world-class mountaineers. The best-known climbing areas are the Cirque of the Towers and the Fremont Peak areas along the Continental Divide. Check nearby towns for purveyors, guides and outfitters and to find more information about mountaineering programs.



ROCKY MOUNTAIN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Arapaho-Roosevelt National Forests(CP) Pawnee National Grassland

2150 Centre Avenue Building E
Fort Collins, CO 80526-8119
(970) 295-6600

Bighorn National Forest 2013 Eastside 2nd Street

Sheridan, WY 82801
(307) 674-2600

Black Hills National Forest 1019 North 5th Street

Custer, SD 57730
(605) 673-9200

Grand Mesa-Uncompahgre-Gunnison National Forests

2250 Highway 50
Delta, CO 81416
(970) 874-6600

Medicine Bow-Routt National Forests; Thunder Basin National Grassland

2468 Jackson Street
Laramie, WY 82070
(307) 745-2300

Nebraska & Samuel R. McKelvie National Forests; Buffalo Gap, Fort Pierre, & Oglala National Grasslands

125 North Main Street
Chadron, NE 69337
(308) 432-0300

Pike-San Isabel National Forests; Cimarron & Comanche National Grasslands

2840 Kachina Drive
Pueblo, CO 81008
(719) 553-1400

Rio Grande National Forest (San Luis Valley Public Lands Center)

1803 W. Highway 160
Monte Vista, CO 81144
(719) 852-5941

San Juan National Forest (San Juan Public Lands Center)

15 Burnett Court
Durango, CO 81301
(970) 247-4874

Shoshone National Forest 808 Meadowlane Avenue

Cody, WY 82414
(307) 527-6241

White River National Forest (CP)

P.O. Box 948
900 Grand Avenue
Glenwood Springs, CO 81601
(970) 945-2521

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NORTHERN REGION

The Northern Region covers Montana, North Dakota, northeastern Washington and parts of Idaho and South Dakota and features 12 national forests and grasslands. The Missouri Plateau and the grasslands of the Great Plains dominate the majority of the land in this region, but over 70 ranges of the Rocky Mountains sit in the western reaches in a patchwork of forests that form one of the richest areas of national forests in the country. Follow the route of the Lewis and Clark Expedition through the Bitterroot Mountains, catch your limit of trout at a pristine alpine lake or camp under the stars and listen to the wolf howls.



miwst16/Stock

Montana's National Forests are home to elusive bighorn sheep.

FEATURED WILDERNESS

ABSAROKA-BEARTOOTH WILDERNESS

The United States Congress designated the Absaroka-Beartooth Wilderness in 1978 and it now contains over 900,000 acres of Southern Montana and Northern Wyoming, just north of Yellowstone National Park. The Wilderness is a part of the Custer, Gallatin and Shoshone National Forests. It is named for the two great mountain ranges found within its borders, the Absarokas—named after the Crow Indians—and The Beartooth Mountains—named for the jagged mandibles of the nearby grizzly population.

Vast, treeless plateaus dominate the tundra of the Beartooth portion, while the Absarokas have dense forests and broad meadows with crossing streams. More than **700 miles of hiking trails** cut through this backpacker's dream and both ranges offer opportunities for an unsurpassed wilderness experience—though cold and precipitation can strike any day of the year, so be prepared for the elements. **Bighorn sheep, wild horses and mountain goats** roam about the mostly rugged country, along with **elk, coyotes and black and grizzly bears**. The lakes and streams in both ranges are brimming with trout and are ready for fishing (proper permit and license required).

IN THE AREA

FLATHEAD NATIONAL FOREST

Covering over 2 million acres of Western Montana, with over 1 million acres of

designated wilderness, Flathead National Forest sits in the Crown of the Continent Ecosystem, a prime location for sightseeing. The forest neighbors Lewis and Clark National Forest to the east, Lolo National Forest to the south and the Kootenai National Forest to the west. Glacier National Park meets it to the east and the Canadian Border to the north. There's a lot to explore, so keep in mind the local outfitters who can provide the equipment and hands-on expertise to make yours a successful visit. One of the most completely preserved mountain ecosystems in the world, The Bob Marshall Wilderness, or "the Bob" as it is sometimes called, is a treasure centered around the Continental Divide. It features rugged peaks, alpine lakes, grassy meadows and big river valleys relatively untouched by man. Northern access to the wilderness is gained through the Spotted Bear Ranger district. Take NF-895 (West Side Road) around the Hungry Horse Reservoir to the district office.

To the west, the Swan Lake District of the park runs up against the Flathead Indian Reservation and the southwest shores of Flathead Lake, the largest freshwater lake west of the Mississippi. The glacial lake remains incredibly clear, even in late summer, and the mild climate allows for cherry orchards on the east shore and vineyards on the west. For a more active time on the lake, make the short waterfront drive up Route 35 to where the Swan River runs into Flathead Lake, at the town of Big Fork, a hub for water recreation, art galleries and unique shops. Big Fork's close proximity to Flathead, Echo and Swan Lakes make it a great spot for anglers, boaters and anyone else looking to get their feet wet.

The historic town of Whitefish, Montana is a great hub on the north side of the centrally located Flathead Valley. The quaint town is home to golf, shops, cabins and some of the best skiing in the area at the Whitefish Mountain Resort. Once there, be sure and stop by the Forest Service Sum-



FLATHEAD NF: WALKING & HIKING TRAILS

Trail		Round-Trip	Difficulty
Trailhead	Description	Distance	Elevation Gain
Danny On Trail Whitefish. 4 miles down the Big Mountain Rd. turnoff	Hike the slopes up to Summit House and its view of Glacier and the surrounding wilderness, with an optional chairlift ride.	3.8 miles 2 hours	Moderate 2353 ft
Holland Falls Trail Hwy 83 to Rd. #44, at the road's end.	Follows the shoreline of Holland lake up to the base of the multi-tiered falls. Great day hike for a picnic.	1.6 miles 45 minutes	Easy 240 ft
Stove Pipe Canyone Rd. #2924 east of Tally Lake, 10 miles from Whitefish.	Hike and bike trail through Stove Pipe Canyon, to Tally Lake. Downhill towards water makes the return harder.	1.4 miles 40 minutes	Easy 400 ft
Moose Peak Trail North Fork Road (Country Rd. #486) to Rd. 316 to Rd. 315	Winding around Moose Lake, this fairly steep hike up to Moose Peak offers a stunning view from the craggy precipice.	2.9 miles 2.5 hours	Moderate 1876 feet
Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.			



U.S. Forest Service

Explore the landscape of the Northern Region as the pioneers did; on horseback.

mit Nature Center located in the lower level of the Summit House on top of Big Mountain. The nature center hosts informational displays and hands-on activities. In the summer, they host daily wildflower nature walks on the mountainside and families can check out an "Adventure Pack" filled with field guides and materials for fun outdoor exploring. During the winter, school groups strap on snowshoes to explore the winter environment, learning about avalanches, how people and animals adapt to the cold and ways to properly gear up for winter adventure.

HELENA-LEWIS AND CLARK NATIONAL FOREST

Located in central and north central Montana, the Lewis and Clark National Forest and Helena Forest were combined into one. The features a nice balance of roll-

ing hills and dramatic mountains. For an interactive history of the famous expedition, visit the Lewis & Clark National Historic Trail Interpretive Center in Great Falls, Montana, featuring a permanent exhibit hall, 158-seat theater and a retail store. Staff is on hand year-round with a full schedule of activities and performances. Take the Kings Hill National Scenic Byway (US Highway 89) from Great Falls down through the plains part of the forest for a little of everything. As you work your way down, stop for a soak in the mineral baths of White Sulphur Springs and make sure not to miss the beautiful hike to Memorial Falls, just past Many Pines campground. There is plenty of downhill skiing nearby, but the Silver Crest cross country trail system has four easy-to-intermediate loop trails at the winter sports parking lot right off US Highway 89.

LOLO NATIONAL FOREST

The Lolo National Forest is located in west central Montana between the Bitterroot Mountains and the west slope of the Continental Divide. In the Superior Ranger district sits the Savenac Historic Tree Nursery. Founded in 1907 as a USDA Forest Service tree nursery, the site is now used for cabin rentals. Continuing east on I-90 takes you to the historic Remount Depot at Ninemile Ranger Station, established in 1930 when the Forest Service purchased the old Allen Ranch. It has a visitor center open

from Memorial Day to Labor Day, a self-guided tour available any time of the year and is a great stop to gather information for your trip. The Stuart Peak/Twin Lakes Trail roams around the Rattlesnake Wilderness' alpine terrain surrounding Stuart Peak. This spectacularly wild 9.5-mile loop will take you through the best wildlife and birdwatching in the area. On the east side of the forest (off Route 83), lays Seeley Lake. Stop at Big Larch Campground on the east side of the lake to cool off on its beach and boat launch or visit the nature trail.



NORTHERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Beaverhead-Deerlodge National Forest

420 Barrett Street
Dillon, MT 59725-3572
(406) 683-3900

Bitterroot National Forest

1801 N. First Street
Hamilton, MT 59840
(406) 363-7100

Clearwater National Forest

12730 Highway 12
Orofino, ID 83544
(208) 476-4541

Custer National Forest

1310 Main Street
Billings, MT 59105
(406) 587-6701

Dakota Prairie Grasslands

240 West Century Avenue
Bismarck, ND 58503
(701) 989-7300

Flathead National Forest

650 Wolfpack Way
Kalispell, MT 59901
(406) 758-5204

Gallatin National Forest

P.O. Box 130
Bozeman, MT 59771
(406) 587-6701

Helena National Forest

2880 Skyway Drive
Helena, MT 59602
(406) 449-5201

Idaho Panhandle National Forests

3815 Schreiber Way
Coeur d'Alene, ID 83815
(208) 765-7233

Kootenai National Forest

31374 U.S. Highway 2
West Libby, MT 59923
(406) 293-6211

Helena-Lewis & Clark National Forest

1101 15th Street North
Great Falls, MT 59401
(406) 791-7700

Lolo National Forest

Building 24 Fort Missoula
Missoula, MT 59804
(406) 329-3750

Nez Perce National Forest (CP)

104 Airport Road
Grangeville, ID 83530
(208) 983-1950

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INTERMOUNTAIN REGION

The Intermountain Region encompasses national forests found in Utah, Nevada, Idaho, Wyoming, Colorado and California. This region offers forest visitors rugged mountains and fertile valleys, rivers and lakes, deserts and high altitude, diverse wildlife, adventure and solitude. A national forest is just a few hours drive from anywhere in the Intermountain West.

FEATURED WILDERNESS

JARBIDGE WILDERNESS

One of the wilderness areas originally designated by the Wilderness Act in 1964, Jarbidge—named for a fantastical creature the Shosonne people trapped in a cave—is the largest of the Nevada wil-

dernesses. Jarbidge features deep canyons and towering peaks with views for over 100 miles.

This area is unusually wet for Nevada, with the seven to eight feet of snow falling annually allowing for vegetation that varies from northern desert plants to alpine trees. Many creeks and a few small lakes provide points of interest for anglers and hikers, while the elk and deer that graze on the eastern side of the area attract their fair share of hunters.

Despite its remote nature, around 170 miles of trail can be accessed from several main trailheads, including Snow Slide Gulch, Camp Draw and Three Day Creek. Maps and trail information are available at the Jarbidge or Ruby Mountain ranger stations.

IN THE AREA

BRIDGER-TETON NATIONAL FOREST

The Bridger-Teton National Forest in western Wyoming is the second largest national forest in America, and with its size comes a large and diverse body of wildlife. Summer visitors are likely to see coyotes, bald eagles and grizzly bears, and although it is widely known for its large mammals, Bridger-Teton also supports over 355 species of birds, including the trumpeter swan and bald eagle.

Just 18 miles northeast of Jackson, Wyoming, the Gros Ventre Slide is a one-mile-wide section of mountain that collapsed in 1925, damming the Gros Ventre River. Lower Slide Lake formed behind the dam for two years before the dam gave way, flooding the town of Kelly, Wyoming. A trail

winds through the area with signs pointing out the visible history and ecology of this massive landslide. After your hike, be sure and take a dip in the Granite Hot Springs nestled in the Gros Ventre Mountains. The hot springs provide an almost unbroken view of the surrounding vistas and a campground can be found nearby for those who need extended soaking.

Situated at the base of the limestone cliffs of the Salt River Range, the unique Periodic Spring discharges its cold water in intermittent blasts that range anywhere from 4 to 25 minutes. There are only a few springs like this in the world, and there are still disputed theories about the spring's perplexing behavior. The Upper Snake River in the Snake River Canyon is an extremely popular camping destination known for its crystal clear waters, unique geology and great hikes. The stream opens in April for anglers and boasts big and diverse fish and an opportunity for the catch of a lifetime. The Snake River Canyon is located south of Jackson and runs along Highway 89 to Alpine, Wyoming. From Alpine, you are only a short

drive from the neighboring Grand Teton National Park.

CARIBOU-TARGHEE NATIONAL FOREST

The Caribou-Targhee National Forest occupies over 3 million acres and stretches across southeastern Idaho, from the Montana, Utah and Wyoming borders. The Upper Mesa Falls is marked by a small rainbow that weaves through its mists every morning. From the surrounding walkways, safely enjoy the power and beauty of the 300-foot-wide falls. In beautiful St. Charles Canyon, northwest of Bear Lake, Minnetonka Cave offers a half-mile of fascinating stalactites, stalagmites and beautiful geothermically formed rock. From June until Labor Day, guided tours carry thousands of visitors through the cave, which stays a brisk 40 degrees all year long.

During the 1880s the Birch Creek Valley bustled with activity as miners worked a rich body of ore located about 10 miles east of the Kilns, known as the Viola Mine. It was discovered in 1881



U.S. Forest Service

Minnetonka Cave in Caribou-Targhee National Forest.



BRIDGER TETON NF: WALKING & HIKING TRAILS

Trail		Round-Trip	Difficulty
Trailhead	Description	Distance	Elevation Gain
Wyoming Peak Trail	Ascent to the old Wyoming Peak Fire Lookout and view of surrounding ranges from the summit of Wyoming Peak.	5 miles	Moderate to Difficult
<i>Off Shale Creek Rd.</i>		2.5 hours	3000 ft
Mink Creek Trail	Pleasant trail through wooded and open country with a great view of the Wind River Range from the trail's peak.	5 miles	Easy
<i>2 miles off the Cliff Creek Trailhead</i>		3 hours	100 ft
Cabin Creek Trail	Following Cabin Creek through wildflower meadows and passing beaver dams, with occasional open ridges providing views.	4.6 miles	Moderate
<i>Off Cabin Creek Rd. south of Cabin Creek Campground</i>		2.5 hours	700 ft

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.



and produced \$2.5 million worth of lead and silver before the ore ran out in 1888. The Charcoal Kilns Interpretive Site is home to the kilns built to replace the overworked furnaces, which consumed enormous quantities of fuel.

DIXIE NATIONAL FOREST

The Dixie National Forest is home to many extremes. For example, the Red Canyon Visitor Center—located off of Scenic Byway 12 en route to Bryce Canyon National Park—seems precariously perched atop the flaming red cliffs of the gorge and offers stunning views of the red spires, hoodoos and other rock formations against the green pines. There are several trails that are available right out of the parking

area, like the Pink Ledges Trail and Golden Wall Trail. Vertical gray-orange walls of Navajo sandstone stand above two canyon tributaries of the Escalante River in Box-Death Hollow Wilderness. The name Death Hollow gives reference to a number of livestock that plunged to their death trying to cross the steep canyon. Raging waters often flood these canyon narrows after rain. Along the creek banks, you may see mule deer, an occasional cougar, or even elk in winter. Boulder Mountain, one of the largest high-elevation plateaus in the United States, is known for its many small lakes, all over 10,000 feet above sea level. Most waters are managed as fisheries, and nearby streams are also ripe with fishing opportunities.



INTERMOUNTAIN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Ashley National Forest

355 North Vernal Avenue
Vernal, UT 84078
(435) 789-1181

Boise National Forest

1249 S. Vinnell Way, Suite 200
Boise, ID 83709
(208) 373-4100

Bridger-Teton National Forest

P.O. Box 1888
340 North Cache
Jackson, WY 83001
(307) 739-5510

Caribou-Targhee National Forest; Curlew National Grasslands

1405 Hollipark Drive
Idaho Falls, ID 83401
(208) 524-7500

Dixie National Forest

1789 N. Wedgewood Lane
Cedar City, UT 84721
(435) 865-3700

Fishlake National Forest

115 East 900 North
Richfield, UT 84701
(435) 896-9233

Humboldt-Toiyabe National Forest

1200 Franklin Way
Sparks, NV 89431
(775) 331-6444

Manti-La Sal National Forest

599 W. Price River Drive
Price, UT 84501
(435) 637-2817

Payette National Forest

800 West Lakeside Avenue
McCall, ID 83638
(208) 634-0744

Salmon-Challis National Forest (Salmon-Challis Public Lands Center)

1206 S. Challis Street
Salmon, ID 83467
(208) 756-5100

Sawtooth National Forest

2647 Kimberly Road East
Twin Falls, ID 83301
(208) 737-3200

Uinta-Wasatch-Cache National Forest

125 South State Street
Salt Lake City, UT 84138
(801) 999-2103

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SOUTHWESTERN REGION

IN THE AREA

COCONINO NATIONAL FOREST

The low elevation of the Coconino National Forest cultivates a fascinating brand of botanical diversity unique to the arid places of the earth, full of various cacti and hardy shrubs, as well as softer beauties like wildflowers. The Red Rock Ranger District of the forest is aptly named for landmarks such as Bell Rock and Cathedral Rock, which are colored a bright, rusty red. Visitors can view the iron oxide formations of Bell Rock and the adjacent landmark Courthouse Butte, by hiking Bell Rock Pathway or Courthouse Butte Loop.

A few miles north of Flagstaff, Arizona, evidence remains of an ancient flow of lava.

If exploring a labyrinth of canyons and mesas or floating in an inner tube past sandstone cliffs sounds like a fun way to relax, then the national forests of the Southwestern Region are just what you're looking for. Encompassing 20.6 million acres, the region includes New Mexico, Arizona, parts of Oklahoma and the Texas panhandle. Whether you decide to visit the magnificent mountains or colorful desert, there's no end to the rewards.

FEATURED WILDERNESS

GILA WILDERNESS

In 1964, based on environmentalist Aldo Leopold's insistence from year's prior, the Gila Wilderness of New Mexico became the world's first designated wilderness area. It now contains more than 500,000 acres, making it the largest wilderness in New Mexico and one of the best destinations for backpackers in America.

The western and eastern portions boast high mesas and mountains, like the Mogollon Range and steep canyons carved from the drainages of Turkey and Mogollon Creek, while Ponderosa pines blanket the central portion, with sheer cliffs outlining the Gila River. Rainbow trout, catfish and bass can be found in the Gila and Three Forks rivers, which run year-round, and hot springs can be found scattered along their lengths.

The Gila Cliff Dwellings National Monument is a series of homes set in high caves above the middle fork of the Gila River. Information on the wilderness can be found at the monument's visitor center, which also serves as a launching point for some of the hundreds of miles of hiking and riding trails in the Gila Wilderness.

U.S. Forest Service



See the Sycamore Canyon Waterfalls of Kaibab National Forest.

The flow cooled and hardened on the outside, but the inside continued moving, forming a volcanic vein. The empty vein remains and now serves as a natural attraction called Lava River Cave. The petroglyphs of V-Bar-V feature rock art left by the Sinagua people between 1150 and 1400 A.D. A visitor center is nearby for those who wish to learn more about this large and well-preserved Heritage Site. Elden Pueblo features the remains of another site previously inhabited by the Sinagua. Archaeology programs are held throughout the year, including a public “field day,” where visitors can excavate the sites and clean artifacts.

CORONADO NATIONAL FOREST

Coronado National Forest, in southern Arizona, hosts one of the real treasures of the region, the Sky Islands—mountains surrounded by lowlands of a completely different environment. The mountains are year-round playgrounds for outdoor recreation and provide a unique habitat. For a closer look, travel along the Sky Island Parkway, one of the only roads leading to

the top of Mt. Lemmon, providing a unique chance to experience four seasons in its 27-mile ascent. The Do’ag Vista is the perfect place to take a rest and enjoy views of the Santa Catalina Mountains and the Tucson Basin.

South of Mt. Lemmon, in the vast Sabino Canyon, is the great forest resource of the Sabino Canyon Visitor Center. Here, the staff can answer questions about nearby points of interest and provide detailed information about hiking trails in the Santa Catalina Ranger District. Rock climbers should be sure and visit the Cochise Stronghold, the crags of which once served as a hideout for Apaches. The high granite cliffs here are known for their rugged faces and difficult routes, but there are also more moderate options for a wide variety of climbers. Try the intermediate Ewephoria, one of the area’s crown jewels. It requires a steep 45-minute hike as do many of the climbs in this maze-like area, but the views are worth the work.

On the the northwest face of the Santa Rita Mountains sits Madera Canyon,


known as one of the best birdwatching sites on the planet. The higher elevation grants relief to deswert dwellers during hot months and access to snow in winter. A major resting place for migrating species, rarities seen here include the Elegant Trogon, Elf Owl and Painted Redstart.

KAIBAB FORESTS

The Kaibab National Forest is 1.6 million acres in size and sits on the north and south rims of the Grand Canyon—with the famous wonder splitting the forest’s regions. This split personality is reflected in the forest’s seemingly improbable juxtaposition of terrain. The lower desert areas of the North Kaibab differ drastically from the alpine slopes of the Tusayan Ranger District to the south. Most of the terrain is relatively level, except the sandstone cliffs of the Mo-

gollon Rim that cut diagonally across the southwest portion of the forest, and Coconino Rim in Tusayan.

The North Kaibab is a great area for mountain bikers. The gentle rolling high plateau is spotted with short, steep passages and remains largely undiscovered. The forested byways that lead to the canyon are lined with aspen, old-growth yellow pine and scrub Gambel oak. As you skirt along the northern rim of the canyon, you can see Vulcan’s Throne and Steamboat Rock, and from the top you’ll have clear views of Bryce and Zion national parks in Utah. The historic Route 66, immortalized in John Steinbeck’s novel The Grapes of Wrath, makes its way through the Kaibab. Often called America’s Main Street during the Great Depression, the road offered easterners the hope of starting a new life in California.



CORONADO NF: WALKING & HIKING TRAILS

Trail	Description	Round-Trip Distance	Difficulty
<i>Trailhead</i>			<i>Elevation Gain</i>
Crest Trail #144 (Santa Rita Moutains) <i>Florida Canyon</i>	High elevation walking trail on the spine of the Santa Ritas with views of Santa Catalina, the Huachucas and into Mexico.	3.2 miles 2.5 hours	Moderate 1643 ft
Romero Canyon Trail <i>Catalina State Park</i>	Leads to a collection of seasonal pools in Romero Canyon, then heads into the Pusch Ridge Wilderness.	6.6 miles 5 hours	Difficult 3200ft
Mount Kimball/ Finger Rock Trail <i>Oro Valley, in the Pusch Ridge</i>	Strenuous mountain hike past Finger Rock to the Linda Vista with views of the canyon and the flats of Tucson.	6.3 miles 7 hours	Difficult 3100 ft
Sutherland Trail <i>Off East Innovation Park Dr. from North Oracle Rd.</i>	Relaxing hike through old-growth mesquite, into desert scenery and views of the Catalina foothills	5.2 miles 3 hours	Moderate 650 ft

Please follow Leave No Trace principles when hiking. See the “Preservation” section for more information.



SOUTHWESTERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Apache-Sitgreaves National Forest P.O. Box 640 30 S. Chiricahua Street Springerville, AZ 85938 (928) 333-4301	Coconino National Forest 1824 S. Thompson Street Flagstaff, AZ 86001 (928) 527-3600	Lincoln National Forest 3463 Las Palomas Blvd. Alamogordo, NM 88310 (575) 434-7200
Carson National Forest 208 Cruz Alta Road Taos, NM 87571 (575) 758-6200	Coronado National Forest 300 W. Congress Street Tucson, AZ 85701 (520) 388-8300	Prescott National Forest 344 S. Cortez Street Prescott, AZ 86303 (928) 443-8000
Cibola National Forest; Kiowa and Rita Blanca and Black Kettle and McClellan Creek National Grasslands 2113 Osuna Road NE, Suite A Albuquerque, NM 87113 (505) 346-3900	Gila National Forest 3005 E. Camino del Bosque Silver City, NM 88061 (575) 388-8201	Santa Fe National Forest 11 Forest Lane Santa Fe, NM 87508 (505) 438-5300
Kaibab National Forest 800 S. Sixth Street Williams, AZ 86046 (928) 635-8200	Tonto National Forest 2324 E. McDowell Road Phoenix, AZ 85006 (602) 225-5200	



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PACIFIC SOUTHWEST REGION

Here is a place where you can use words like “tallest” and “oldest” without exaggerating. For a start, see the coastal redwood (the tallest) or the bristlecone pine (the oldest) trees on Earth. Enjoy a picnic by a cool rushing stream, or discover mountain meadows filled with delicate spring wildflowers. You’ll find recreation opportunities for everyone in the national forests of the Pacific Southwest Region encompassing California, Hawaii and U.S. Affiliated Pacific Islands..

FEATURED WILDERNESS

TRINITY ALPS WILDERNESS

The Trinity Alps Wilderness is the second largest wilderness in California and encompasses more than 525,000 acres.

The wilderness includes peaks up to 9,000 feet in elevation, deep glacial canyons and spectacular mountain meadows. The granitic Trinity Alps to the east make for great climbing and the glacial ponds nestled in between the peaks are a good source of trout with the tributaries of the **Wild and Scenic Trinity**

River harboring migrating Chinook salmon. The variation in elevation, soil types and geology make this region one of the most diverse with respect to native plants and animals. Common wildlife sightings include **black bear, coyote, mountain quail and rattlesnakes**, while some visitors may be lucky enough to spot the less common river otter, northern spotted owl or mountain lion.

Located 50 miles west of Redding, California, access to Trinity Alps Wilderness is via a network of over 550 miles of trails. Numerous loops weave through the land, most taking between three and five days to complete, with the Canyon Creek Trail acting as the most well-known. Seventeen miles of the Pacific Crest Trail run through the Scott Mountains in the northeast part of the wilderness.

As much as 12 feet of snow falls on the high country every year and trails at higher elevations are often not clear until late June. In keeping with the character of wilderness, trail signing is minimal. Many trails are not easy to follow and a map, compass and the skill to use them is a must. Severe weather is always a possibility and can create trail hazards. Management of the wilderness is shared by the **Klamath National Forest, Shasta-Trinity National Forest, Six Rivers National Forest** and the **Bureau of Land Management**. Check these websites for information on permits, food storage requirements, trail conditions and possible closures.

IN THE AREA

ANGELES NATIONAL FOREST

The Angeles National Forest is set in the San Gabriel Mountains of California. With majestic mountains and habitat teem-

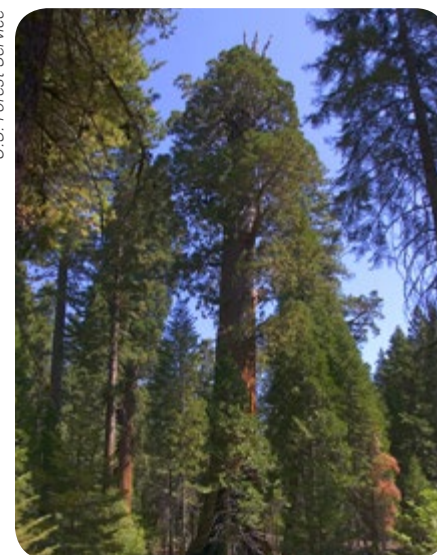
ing with wildlife, it is sometimes hard to believe the forest is situated less than an hour away from a bustling downtown Los Angeles. The forest’s beauty is highlighted by its chaparral, a shrubland or heathland plant community often resistant to drought, which is the only biome of its kind in the entire United States.

While the forest gives millions of Los Angeles residents an escape from the stress of modern life, it also provides crucial habitat for the federally endangered California condor. In the wake of Los Angeles County’s largest wildfire in history, the National Forest Foundation has designated the Angeles as a Treasured Landscape site and is conducting large-scale tree planting and forest restoration to rebuild the ecosystem, revitalize watersheds and restore valuable wildlife habitat.

Devil’s Punchbowl is a county park located inside the area of Angeles National Forest. The bowl itself formed when the growth of the San Gabriel Mountains caused the sandstone to become tilted and jut out of the ground. A variety of trails take hikers to **Devil’s Chair**, which acts as a 100-foot-high lookout point over the rock beds. It’s important to remember that there are steep drop-offs and rocky ridges.

The **Mt. Baldy Schoolhouse Visitor Center** offers an indoor trail that takes visitors on a simulated trip from the foothills of the mountains to Mt. Baldy peak, while simultaneously highlighting resident wildlife. Exhibits inside the center provide historical detail about the early schoolhouse. A reproduction California Gold Rush camp and Gabrielino-Tongva village help bring history to life for visitors and provide a great place to take the kids!

U.S. Forest Service



Stroll along the Trail of 100 Giants in Sequoia National Forest and feel like a lilliputian.

SAN BERNARDINO NATIONAL FOREST

The lands of the San Bernardino and San Jacinto Mountain Ranges were designated a national forest more than a hundred years ago. The landscape surrounding **Deep Creek** is unique in a southern California context because of the diversity of land formations. The area is host to some of the best fly fishing in the forest, as well as a home to a great deal of wildlife, including the colorful and rare Arroyo toad.

North Shore Drive (SR 38) runs on the north shore of the four-mile-long Big Bear Lake and meets Big Bear Boulevard (SR 18), which travels on the south side though the community of Big Bear Lake. Located on SR 38 near the community of Fawnskin on the north edge of the lake, the **Big Bear Discovery Center** is a large natural resources and learning center operated by the San Bernardino National Forest Association. This site has exhibits for children and adults, focusing on the life in the park



U.S. Forest Service

Angeles National Forest offers a wilderness experience in the shadow of Los Angeles.

SAN BERNARDINO NF: WALKING & HIKING TRAILS			
Trail		Round-Trip	Difficulty
Trailhead	Description	Distance	Elevation Gain
Jenks Lake Trail <i>Off the Rio Monte Trail, near the Barton Flats Visitor Center</i>	Follows an old logging road to Jenks Lake, with views of San Gorgonio and much to explore around the lake.	2.5 miles 1.5 hours	Moderate 500 ft
Pine Knot Trail <i>Hwy 18 to Mill Creek Rd. off the Aspen Glen Picnic Area</i>	Switchbacking through forest and meadows with views of Catalina Island. In the summer, wildflowers abound. Out and back.	6 miles 3.5 hours	Moderate 1400 ft
Woodland Trail Loop <i>North Shore Dr, one mile east of Big Bear Discovery Center.</i>	Nice hike with signs explaining the fauna of Big Bear Lake. Finishes lakeside with connections to other trails.	1.5 miles 1 hour	Easy 300 ft
Forsee Creek Trail <i>38 past Angelus Oaks, on Jenks Lake Rd.</i>	Some real backwoods trails with occasional steep passages, but some of the most rewarding sights in the forest.	8 miles 5 hours	Moderate 2800 ft
Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.			

and how to become a responsible caretaker for the forest, as well as visitor information for those with specific questions about the San Bernardino National Forest.

Take State Highway 18 west to Heaps Peak and its unique arboretum and botanical gardens. The mountain oasis greets visitors with a diversity of native plants and re-introduced species. The **Heaps Peak Arboretum's gardens** also feature an "animal tracks trail," that teaches the language of native animal prints. Heaps Peak Arboretum is open 365 days a year and is free to the public. **Palms to Pines Scenic Byway** offers a full variety of ecosystems in the Lower Sonoran region. This 67-mile route will take you from Palm Desert to Banning Pass, going from clusters of desert palms to high country conifer forests and snow-capped mountains, within a short distance. Admire fantastic views of the urbanized valley floor below and the stunning **San Gorgonio Wilderness** to the north on the Banning Pass section.

Rising abruptly from the desert floor, the

Santa Rosa and San Jacinto Mountains National Monument provides a picturesque backdrop to local communities, contributing significantly to the Coachella Valley's allure. It is also a backcountry destination accessible by trails from both the valley floor and the alpine village of Idyllwild, California. The Santa Rosa and San Jacinto Mountains National Monument **Visitor Center**, south of Palm Desert on Highway 74, has informational displays on wildlife in the area and visitor programs, while the **Idyllwild Ranger Station** is a good source for hiking information and natural and cultural history exhibits.

SEQUOIA NATIONAL FOREST

The rich and varied landscape of the **Giant Sequoia National Monument** holds a diverse bounty of scientific and historic resources. The monument is divided in two sections, separated by Sequoia and Kings Canyon National Parks; the northern portion is in the **Hume Lake Ranger District**, with vehicle access to the national parks,

while the southern portion is in the **Western Divide Ranger District**. Thirty-three groves or grove complexes of giant sequoia trees are protected within the monument for visitors to explore. Groves and individual trees that are easiest to reach by passenger vehicle include Converse Basin Grove, Long Meadow Grove and the Trail of 100 Giants.

The beautiful 87-acre Hume Lake lies behind the world's first concrete reinforced multiple arch dam, constructed

in 1908 by the Hume-Bennett Lumber Company. During lumber operations, the lake stored logs for an adjacent mill and supplied water for a flume used to transport the cut lumber to Sanger, California. The lake is a hotbed for activity, whether during warmer months for fishing, non-motorized boating and mountain biking or during the winter for cross-country skiing and snowmobiling.

Jennie Lakes Wilderness is known for its wide variety of pine forests and an

PACIFIC SOUTHWEST REGION DIRECTORY		
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Angeles National Forest 701 N. Santa Anita Avenue Arcadia, CA 91006 (626) 574-1613	Lassen National Forest 2550 Riverside Drive Susanville, CA 96130 (530) 257-2151	Sequoia National Forest 1839 S. Newcomb Street Porterville, CA 93257 (559) 784-1500
Cleveland National Forest 10845 Rancho Bernardo Rd., Ste 200 San Diego, CA 92127 (858) 673-6180	Los Padres National Forest 6755 Hollister Avenue, Suite 150 Goleta, CA 93117 (805) 968-6640	Shasta-Trinity National Forest 3644 Avtech Parkway Redding, CA 96002 (530) 226-2500
Eldorado National Forest 100 Forni Road Placerville, CA 95667 (530) 622-5061	Mendocino National Forest 825 N. Humboldt Avenue Willows, CA 95988 (530) 934-3316	Sierra National Forest 1600 Tollhouse Road Clovis, CA 93611-0532 (559) 297-0706
Inyo National Forest 351 Pacu Lane, Suite 200 Bishop, CA 93514 (760) 873-2400	Modoc National Forest 800 West 12th Street Alturas, CA 96101 (530) 233-5811	Six Rivers National Forest 1330 Bayshore Way Eureka, CA 95501 (707) 442-1721
Klamath National Forest; Butte Valley National Grassland 1711 S. Main Street Yreka, CA 96097-9549 (530) 842-6131	Plumas National Forest P.O. Box 11500 159 Lawrence Street Quincy, CA 95971 (530) 283-2050	Stanislaus National Forest 19777 Greenley Road Sonora, CA 95370 (209) 532-3671
Lake Tahoe Basin Management Unit 35 College Drive S. South Lake Tahoe, CA 96150 (530) 573-2600	San Bernardino National Forest 602 S. Tippecanoe Avenue San Bernardino, CA 92408 (909) 382-2600	Tahoe National Forest P.O. Box 6003 631 Coyote Street Nevada City, CA 95959 (530) 265-4531

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PACIFIC NORTHWEST REGION

Within the lush forests of Oregon and Washington, is a bounty of pristine wilderness. Float the Snake River through the deepest gorge in North America, or enjoy a scenic drive around snow-capped Mount Hood. Explore a rain forest of spruce and fir growing beside glacier-fed rivers, or enjoy a forest interpreter's program at Mount St. Helens National Volcanic Monument. From high alpine Cave meadows and craggy peaks to surf-splashed coastlines, the national forests of the Pacific Northwest Region offer unlimited opportunities for outdoor recreation.

FEATURED WILDERNESS

SKY LAKES WILDERNESS

Just south of Crater Lake National Park in Oregon lie more than 140 miles of trails

that make up the Sky Lakes Wilderness. As it stretches along the crest of the volcanic Cascade Mountains it encompasses the Seven Lakes, Sky Lakes and Blue Canyon basins. An overall high-elevation forest consisting largely of Shasta red fir and mountain hemlock yields to lodgepole pine around many of the lakes. All of southern Oregon seems to lie at your feet when viewed from the summit of the beautiful volcano Mount McLoughlin.

You'll find creeks and **ice-cold springs**—such as Ranger Springs, where the Middle Fork of the Rogue River flows from the beneath the lava—grassy meadows full of wildflowers and scores of crystalline sub-alpine lakes. Several of the wilderness's lakes were found to have among the most pure water on the globe.



Sandy Brown Jensen

At Newberry National Volcanic Monument, centuries of volcanic activity has transformed the landscape.

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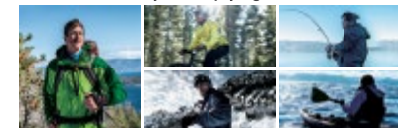


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DESCHUTES NF: WALKING & HIKING TRAILS			
Trail	Description	Round-Trip	Difficulty
Trailhead		Distance	Elevation Gain
Deschutes River Trail <i>Deschutes River</i>	Relatively flat hike with unparalleled views of the Deschutes River. Lots of interaction with river rafters and bicyclists.	6 miles 3 hours	Easy 100 ft
Todd Trail <i>Recreation Pass Site</i>	Takes hikers through the Three Sisters Wilderness past the gorgeous Todd Lake with views of Mt. Bachelor.	5 miles 3 hours	Moderate 200 ft
Swede Ridge Trail <i>Swampy Lakes or Swampy Loop Trail</i>	A good day hike through the Tumalo Falls area. Access to other loops from just past the trail head.	5 miles 3 hours	Moderate 100 ft
Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.			

Elk herds spend much of the summer and early fall in the northern third of the Sky Lakes Wilderness, and the elk-hunting season can be very active; the entire wilderness supports roving populations of pine martens and fishers, black bears, cougars and coyotes, as well as pikas and golden-mantled ground squirrels. During October and November, migrating birds pass over in the hundreds of thousands, often stopping at the high lakes—making it a special time for birdwatching. Game fish are stocked in the Sky Lakes by the state of Oregon annually. These include brook trout, rainbow trout, cutthroat trout and Kokanee. The Pacific Crest National Scenic Trail passes through the entire length of Sky Lakes Wilderness north-south for about 35 miles, but much of the route is well away from streams, springs and other water sources. All together, there are more than 140 miles of trails in Sky Lakes. Human use is heavy in the three main lake basins, particularly at the larger lakes, which are popular fishing, hiking and camping destinations. The 1888-inscribed “Waldo Tree” at the southeast shore of Island Lake is a draw for a few historically-minded visitors each year, as is the opportunity to hike along the

route of an 1860s-1890s military wagon road, on the present Twin Ponds Trail. The summit of Mount McLoughlin is a popular but very strenuous summer day hike to the 9,495-foot summit, the highest in southern Oregon.

IN THE AREA

DESCHUTES NATIONAL FOREST

Nestled along the Cascade Mountains, the Deschutes National Forest is one of the most popular recreation forests in the Pacific Northwest. This four-season vacationland attracts more than 8 million people every year. Its name comes from French Canadian fur trappers who traveled on the “river of many falls.” Currently, parts of the West Bend Area is off limits to visitors to restore the forests here. Check for local closures before visiting.

Located inside the forest, the Deschutes River provides rafters with every class of rapids and hundreds of waterfalls. The expansive **Newberry National Volcanic Monument** encompasses all of the Newberry Caldera, parts of the upper slopes of the volcano and most of the volcano’s northwest rift zone. For an

encompassing view of the area, hike to the top of Paulina Peak. For additional information and maps of the trails and activities available in the area, visit the **Lava Lands Visitor Center**. Here, the rangers can help orient you to the monument using a 3D topographic map and exhibits on area geologic and cultural history. There are two trails leaving from the visitor center—the Trail of the Molten Lands and the Trail of the Whispering Pines—as well as a short drive to the top of Lava Butte for a spectacular view of Central Oregon.

For a more intimate look at the volcanic systems that formed the areas, **Lava River Cave Interpretive Site** offers seasonal self-guided exploration of a mile-long lava tube. In the interest of preventing the spread of White-nose Syndrome to bats that reside in the cave, it is asked that you not wear or bring into the cave, any clothing or gear you have used in a cave or mine outside of Oregon or Washington.

One of the best ways to explore the forest highlights is by driving the Deschutes-**Cascade Lakes Scenic Byway**. This 66-mile road cuts through the heart of the forest, passing by some of the most beautiful lakes in the state. With dazzling views of the snowcapped Cascades, this is a great route for any first time or return visitor.

GIFFORD PINCHOT NATIONAL FOREST

Located at the end of State Highway 504 in the heart of the Mount St. Helens blast zone, **Johnston Ridge Observatory** hosts displays that tell the biological, geological and human story of the active volcano and is a great place to start your trip. The Lone Butte Wildlife Emphasis Area encompasses over 12,000 acres of distinctive habitats that provide the curious chances to view elk, beaver,

snipe, warblers, turtles and orchids. Be sure to bring binoculars, field guides, food and water to enjoy this intriguing area.

Within a seven-mile radius are five high-elevation lakes with developed campgrounds called the Midway High Lakes. Each provides fishing and limited boating, with access to nearby berry picking and recreation trails to the Mt. Adams Wilderness. The Gifford Pinchot is covered in edible berries. In fact, during the Great Depression people picked so many huckleberries that an agreement was made reserving specific areas of the **Sawtooth Berry Fields** for harvest by local Native American tribe members. Check with the nearest Forest Service office for places to pick the tasty fruit.

MT. BAKER-SNOQUALMIE NATIONAL FORESTS

The Mt. Baker-Snoqualmie National Forest is located on the western slopes of the Cascades between Seattle and Vancouver. Here you will find glacier-covered peaks, spectacular mountain meadows and old-growth forests. The most prominent feature of the



Yellow cedar trees are a common sight along the Humptulips in Olympic National Forest.



Mt. Baker Wilderness Area is the 10,781-foot **active volcano**. Baker's summit, called **Grant Peak**, is actually a 1,300-foot-deep mound of ice, which hides a massive volcanic crater. Mt. Baker offers a variety of approaches with varying degrees of technical difficulty for would-be climbers; however, all routes to the summit are technical climbs on glaciers. Glacier travel experience, knowledge of crevasse rescue techniques and safe climbing habits are a must. A recreation

pass, which you can buy online, is required at the trailhead.

The **Skagit Wild and Scenic River System** begins in the North Cascade Mountain Range and winds out to the Puget Sound. The rivers of the Skagit System flow through wilderness, rural communities, farmlands and cities of the lower Skagit Valley. The essence of the river system reveals itself in abundant wildlife, exceptional fisheries and outstanding scenery.



PACIFIC NORTHWEST REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Columbia River Gorge

902 Wasco Avenue, Suite 200
Hood River, OR 97031
(541) 308-1700

Colville National Forest

765 South Main Street
Colville, WA 99114
(509) 684-7000
(877) 727-8704

Crooked River National Grassland

813 SW Highway 97
Madras, OR 97741
(541) 416-6640

Deschutes National Forest

63095 Deschutes Market Rd
Bend, OR 97701
(541) 383-5300

Fremont-Winema National Forests

1301 South G Street
Lakeview, OR 97630
(541) 947-2151

Gifford Pinchot National Forest

10600 NE 51st Circle
Vancouver, WA 98682
(360) 891-500

Malheur National Forest

P.O. Box 909
431 Patterson Bridge Road
John Day, OR 97845
(541) 575-3000

Mt. Baker-Snoqualmie National Forest

2930 Wetmore Avenue, Suite 3A
Everett, WA 98201
(425) 783-6000

Mt. Hood National Forest

16400 Champion Way
Sandy, OR 97055
(503) 668-1700

Ochoco National Forest & Crooked River National Grassland

3160 NE 3rd Street
Prineville, OR 97754
(541) 416-6500

Olympic National Forest

1835 Black Lake Boulevard, SW
Olympia, WA 98512
(360) 956-2402

Okanogan-Wenatchee National Forest

215 Melody Lane
Wenatchee, WA 98801
(509) 664-9200

Rogue River-Siskiyou National Forest

3040 Biddle Road
Medford, OR 97504
(541) 858-2200

Siuslaw National Forest

3200 SW Jefferson Way
Corvallis, OR 97331
(541) 750-7000

Umatilla National Forest

2517 SW Hailey Avenue
Pendleton, OR 97801
(541) 278-3716

Umpqua National Forest

2900 NW Stewart Parkway
Roseburg, OR 97471
(541) 672-6601

Wallowa-Whitman National Forest

P.O. Box 907
1550 Dewey Avenue
Baker City, OR 97814
(541) 523-6391

Willamette National Forest

3106 Pierce Parkway, Suite D
Springfield, OR 97477
(541) 225-6300

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ALASKA REGION

North to Alaska! Evergreen forests blanket rugged snow-capped mountains, rushing streams teem with salmon and icebergs the size of office buildings calve from glaciers into the water. Camp along historic gold rush trails, watch eagles soar above forests from the comfort of a passenger ship, or kayak the shoreline of a quiet fjord. Your national forests in Alaska are a special reason to visit America's "Last Frontier."

FEATURED WILDERNESS

MISTY FJORDS NATIONAL MONUMENT

Misty Fjords National Monument is a part of Tongass National Forest and includes over 2 million acres on the southern tip of the Alaska Panhandle. It is part of a vast coastal rain forest and can receive 160 inches of rain annually. The region is marked by deep valleys with sharp ridges formed by volcanoes and carved by glaciers. Many steep-walled fjords offer excellent sea kayaking opportunities,

although 25-foot changes in the tides and frequent storms can make boating challenging. Choose your campsite carefully; ideal-seeming beaches may be underwater two hours after pitching a tent. Behm Canal, the longest waterway into the Wilderness, runs for over 100 miles with views of Walker Cove, Rudyerd Bay and Punchbowl Cove—the preserve's most picturesque areas. Winter skiing continues to become increasingly popular, but avalanche danger is often high.

Both brown and black bears, mountain goats and black-tailed deer are common sights. All five species of salmon share the waters with harbor seals, killer whales and porpoises, while migratory birds—from hummingbirds to trumpeter swans—fill the skies.

IN THE AREA

TONGASS NATIONAL FOREST

The Tongass National Forest encompasses almost 17 million acres of Alaskan wildlands, making it the



TONGASS NF: WALKING & HIKING TRAILS

Trail		Round-Trip Distance	Difficulty Elevation Gain
<i>Trailhead</i>	<i>Description</i>		
East Glacier Loop Trail <i>Mendenhall Glacier Visitor Center</i>	Short hike near the Oakridge Campground where farmland has reverted back to forest, with views of Mendenhall Glacier.	2.8 miles 2 hours	Moderate 400 ft
Connell Lake Trail <i>Connell Lake Dam parking area</i>	Easy access along the shore of Connell Lake for berry picking, fishing, nature study and camping.	2 miles 1 hour	Easy 200 ft
Ward Lake Nature Trail <i>Main parking area</i>	The trail is a gravel surfaces and easy to hike as it wraps around Ward Lake and offers information on the local wildlife.	1.5 miles 40 minutes	Easy 100 ft

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.

largest national forest in the United States. The size of West Virginia, the forest is a favorite of anglers, hunters, hikers, kayakers and adventurers.

Alexander Archipelago is made up of over 1,100 islands in Southeast Alaska. Prince of Wales Island, slightly larger than the state of Delaware, is one of the largest islands in the forest. Venturing up to the cold, remote Alaskan wilderness provides views of glaciers that can only be seen in a few locations on earth. Located 13 miles from downtown Juneau, the Mendenhall Glacier is known as Alaska's "drive-in" glacier. The forest also encompasses the Stikine Icefield which stretches 2,900 miles and viewable via charter boats, kayaking and flight seeing.

Forest Supervisors may issue orders periodically to restrict areas with the intent of protecting resources and preventing damages. Check the USDA website for up-to-date information.

Tongass is home to a variety of wildlife including grizzly bears, bald eagles and wolves. Pack Creek, located on Admiralty Island has more brown bears than all the lower 48 states combined. Be sure to stay a safe distance from wildlife, and keep in mind, summertime visitors must have a permit. The Tongass is known for the five varieties of Pacific salmon that inhabit the lakes and streams of the forest. Saltwater fishing is even more popular and can yield halibut, shrimp and crab. Pick up a valid Alaska state fishing license and find out if the area you plan to visit is catch and release.

CHUGACH NATIONAL FOREST

This stunning landscape stretches across south-central Alaska, from the salty waters and snowy peaks of Prince William Sound to the world class salmon and trout streams of the **Kenai Peninsula**, covering an area the size of New Hampshire. It is one of the few places left in the world where glaciers still grind valleys into the earth. Kayakers sit spell-bound, witness to orcas slicing still water next to towering blue-white glaciers. The 3,500 miles of coastline and three million acres of ocean and land in the sound engage both spirit and body. Whether you kayak, motor your boat through narrow channels, or watch with awe as your cruise ship glides past, you will experience one of the planet's extraordinary places.

Portage Valley is a 14-mile isthmus that connects the Kenai Peninsula to mainland Alaska. Portage Glacier once extended the entire length of the valley. The Glacier Ranger District is also home to the Portage Valley Learning Center; a multi-use classroom that serves as an extension of the visitor center and expands the opportunities for a conservation education program in both summer and winter. On the terminal moraine left behind by Portage Glacier rests the Begich, Boggs Visitor Center. The visitor center offers an opportunity to learn about the Chugach National Forest through award-winning exhibits, educational presentations, films and an Alaska Geographic bookstore.



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ALASKA REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

Chugach National Forest

161 E 1st Ave. Door 8
Anchorage, AK 99501
(907) 743-9500

Tongass National Forest

648 Mission St.
Ketchikan, AK 99901-6591
(907) 225-3101



FOREST REGULATIONS & SAFETY

Please abide by the following regulations and safety tips, which are in place to help protect the forests, wildlife and you, the visitor. During your visit, please follow Leave No Trace and Tread Lightly! principles.

Camping: Do not dig into or level the ground, as archaeological resources could be disturbed or erosion initiated.

Driving: Observe posted speed limits. Watch for turns. Be especially alert for animals crossing the road.



PRESERVING THE PAST

Have you ever dreamed of unearthing ancient artifacts in scenic locations, or of helping to piece together the jigsaw pieces of history? Well, you're in luck! You too can fulfill your secret (or not so secret) Indiana Jones fantasy with the U.S. Forest Service's Passport in Time program. Participants have been assisting forest archeologists and historians at field sites across the country since 1991, helping them to explore and preserve the history of our national forests and the cultures that have used these lands for millennia. As a volunteer, you could find yourself restoring ancient rock art, gathering oral histories, renovating historic structures or curating important artifacts. Projects over the years have ranged from stabilizing cliff dwellings in New Mexico to excavating a 10,000-year-old village site in Minnesota. Participants are responsible for their travel, food and accommodation costs, and projects last from two days to two weeks or longer. So if you're ready to get your hands dirty preserving our nation's rich historic legacy, visit passportintime.com to begin the journey.

Firearms: Regulations vary by forest and grassland. Check with the forest or grassland you plan to visit before your trip for more information.

Fires: Wood fires are permitted only in existing fireplaces at campgrounds and established picnic grounds. Not all forests permit building fires. Use wood from inside the forest or local sources.

Insects: To reduce your risk of being bitten by ticks, which are active year-round, stay on trails and avoid grassy, bushy areas.

Off Highway Vehicles: OHV rules vary by forest and grassland. Contact the location before your visit to find out if OHV use is allowed or if permits are required. Observe all age restrictions when using OHV's.

Poison Ivy: Avoid poison ivy by staying on trails and keeping away from brushy areas. A hat, long pants and a long-sleeved shirt also help.

Trees: Significant flaws and structural damages from insects or worn over time can make any tree a hazard.

Valuables: Don't leave valuables in your car. They are an easy target in a locked or unlocked vehicle.

Vandalism: Please take only pictures and memories home with you. Do not deface, destroy or remove any flowers, trees, shrubs, rocks or historical objects.

Wildlife: Feeding, petting or harassing wildlife is prohibited. Animals may seem tame, but they are wild and can hurt you and themselves if you get too close.



WHAT WAS YOUR CLOSEST WILDLIFE ENCOUNTER?
TELL US! @OhRanger.com



PRESERVATION

The national forests and grasslands represent some of the most diverse ecosystems in the country. Though the forests have been protected by the National Forest System, threats remain a reality.

INVASIVE SPECIES

Firewood is one of the largest transporters of invasive species like the **emerald ash borer**, which has ravaged trees in Minnesota and Wisconsin. To keep from spreading, campers should not bring in firewood from outside areas unless permitted by the forest they are visiting.

Weeds may not appear to be threatening, but they are one of the biggest threats that cling onto clothing, pets and horses. Make sure to do a routine check of your clothes for any potential hitchhikers. Brushing pets and shaking out the top layer of your clothing can help reduce the chances of transporting weed species.

While riding **horses** on trails is exciting, these animals can become vehicles for passengers other than you. Visitors are required to bring **weed-free feed** for their animals. Other feed brought in may contain harmful and invasive plant species.

If you go **fishing**, bear in mind that your boat or waders could potentially transport **aquatic species**. Moving from one body of water to another without properly cleaning, drying and disinfecting fishing equipment can lead to the spread of invasive species. Some are visible, but many organisms are too small to be noticed.

KEEP WILDLIFE WILD

As far as animals are concerned, you should never feed wildlife or leave food exposed as it teaches wild animals to forage at campsites and human use areas. Animals will come looking for a free meal if they associate humans with food.

U.S. Forest Service



Volunteers like the Idaho Conservation Corps work hard to maintain hiking and mountain biking trails. Be sure to stay on the trail to do your part for preservation.

FIRE CONTROL

It is critical to make sure your campsite is fire safe, as uncontrolled fires still occur and cause significant damage. Check where the forest permits you to build fires, which is often only in fire pits at campgrounds and picnic areas. These areas can safely contain fires. Never leave your campfire unattended and use water to completely put out the fire. Use wood from inside the forest or local sources to avoid transporting invasive species into forests.

TREE HAZARDS AND THE MOUNTAIN PINE BEETLE

A large problem in national forests located in western states is the mountain pine beetle. Although the beetles are only about a quarter of an inch in length, they can bring down a mature pine tree hundreds of feet tall.

If a tree becomes unstable, the Forest Service sends in experts to remove hazardous arbors from campsites. This ensures everyone has an enjoyable and safe time in the forests. It is important to check the specific forest website or call for updates on conditions. For more information, please visit www.fs.fed.us.



TREASURED LANDSCAPES, UNFORGETTABLE EXPERIENCES



Kristine Paulus

Salt Spring, in Ocala National Forest.

While each of the 175 National Forest and Grasslands are treasures in their own right, the National Forest Foundation has selected several National Forests as part of the Treasured Landscapes, Unforgettable Experiences conservation program. On each of these sites the NFF is working with local partners and the U.S. Forest Service to restore landscapes and connect Americans to their backyard forests. From re-introducing bison in Midewin, only an hour from Chicago, to increasing pace and scale of on the ground trail improvements in Colorado's "fourteeners," to helping Los Angeles protect its forested water supply, the Treasured Landscapes campaign is making a real difference for our National Forests.

To learn more about our Treasured Landscapes, campaign, please visit www.nation-

alforests.org/treasured. You can donate to a specific site or give support on a national level. Through a partnership with the U.S. Forest Service, all private donations are matched dollar for dollar.

Current Treasured Landscapes Forests and Grasslands:

- Angeles National Forest, California
- Find Your Fourteener, Colorado
- Deschutes National Forest, Oregon
- Idaho Panhandle National Forest, Idaho
- Midewin National Tallgrass Prairie, Illinois
- Mt. Hood National Forest, Oregon
- Ocala National Forest, Florida
- Okanogan-Wenatchee National Forest, Washington
- Ozark National Forest, Arkansas
- Pike National Forest, Colorado
- Tahoe National Forest, California
- Tongass National Forest, Alaska
- San Gabriel Mountains, California
- Uinta-Wasatch-Cache National Forest, Utah
- White Mountain National Forest, New Hampshire
- White River National Forest, Colorado
- Mt. Hood National Forest, Oregon
- Find Your Fourteener, Colorado



ECLIPSE

On August 21, 2017, millions of Americans will witness one of nature's most incredible spectacles: a total eclipse of the sun.

An eclipse occurs when the orbit of the moon passes directly between the sun and the earth, blocking the sun completely and turning daylight to instant twilight.

Viewing this rare celestial event will be even neater if you're watching from one of the National Parks, State Parks or National Forests in the "path of totality," stretching from the Pacific Ocean to the Atlantic Ocean. Nearly every U.S. resident lives within a day's drive of its path.

It's important to take precautions prior to the eclipse. Special glasses are required to prevent damage to your eyes.

To learn more about how you can best enjoy the eclipse in Illinois, visit www.dnr.illinois.gov/recreation/Pages/TotalSolarEclipse.aspx. For information about

solarseven/Stock



the eclipse, online telescopes and an eclipse livestream, check out www.slooh.com.

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White Clouds Wilderness, ID © Jim Rueckel





PHOTOGRAPHY

The ecosystems of America's national and state parks and public lands are among the most diverse on the planet—from the wetlands of the Everglades to the temperate rain forests of Olympic National Park and the deserts of Death Valley to the mountains of Yellowstone and Grand Teton. For both aspiring and experienced photographers, the goal of any trip to a national park is to capture its endemic wildlife.

Taking photographs of animals presents a unique set of challenges. Landscapes cooperate; wildlife does not. Not only are animals likely to react to a photographer's presence, but they are also driven by their own instincts and behavior, which can make capturing them difficult. The tips below will help you compose better wildlife images of all creatures great and small—from the bison to the tiniest hummingbird and everything in between.

- **Use a tripod.** If you are using a large telephoto lens, consider investing in a gimbal head, which will make it easier to track your subject.
- **Know your subject.** Before you take out your camera, understand your subject's

behavior so that you can be prepared for what it will do next.

- **The eyes have it.** Capturing your subject's eyes will lead the viewer into the picture and make your image more impactful. Always keep the eyes in focus and try to place them in the power points (the intersection of rule of third guidelines).
- **Keep a safe distance.** You'll want to keep a minimum of 25 yards between you and your subject and more than 75 yards for larger predators. That means that you'll need a big telephoto lens if you want to get up close and personal.
- **Shoot in burst mode.** Instead of taking a single frame, increase the probability that you'll capture the behavior, head position or angle by capturing multiple frames.
- **Be prepared.** Wildlife, and particularly birds, move quickly and without provocation. Practice your panning skills to better catch birds when they alight.
- **Timing is everything.** The best time to photograph wildlife is during the golden hours—at dusk and dawn—when the light is soft and less likely to cast harsh shadows across your subject's face.
- **Keep it simple.** The easiest way to draw attention to your subject is to use a simple background. Use a shallow depth of field to blur any distracting backgrounds.
- **Aim for the action.** Make your image more compelling by capturing your subject exhibiting its natural behavior—flying, hunting, eating or caring for young.

The best way to take better photographs is to practice, and you don't need to go far. Buy a bird feeder and build a studio in your backyard, where you'll be able to create your own version of *A Star(ling) is Born*.



J.Pechal/Stock

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Canyonlands National Park




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JUST FOR KIDS

National forests encourage kids toward exploration, wildlife viewing, hiking and a respect for nature. Learn to use your senses and observational skills while adventuring through some of the most amazing scenery in the country.

DISCOVER THE FOREST

Discover the Forest is a website that allows kids to search for forests and parks only minutes away from their homes. The website features fun and educational activities such as how to identify animal tracks, create leaf rubbings, recognize animal sounds and use a compass. For more information, please visit discovertheforest.org.



TAKING CARE OF THE FORESTS

In our forests, kids can learn about navigation, wildlife, survival and much more, but to really interact with the forests and wilderness, everyone must learn how to protect them. Keeping your distance from animals, making sure to leave everything you find and packing out trash are just some of the ways to make sure the area is preserved for generations to come. Leave No Trace principles offer some excellent guidelines for being a good steward of the land. Kids can learn more, play games and earn PEAK (**Promoting Environmental Awareness in Kids**) certification at Int.org/teach/peak/peakonline.

Every Kid in a Park: Discovering America's Public Lands and Water initiative. Every Kid in a Park is a White House, government-wide initiative that will tackle the ambitious goal of providing every 4th grader in the United States with a

SMOKEY BEAR

Forest fires are preventable and kids can learn simple ways to protect the forest. Check out Smokey Bear's website for games and information about proper campfire etiquette. Visit smokeybear.com/en/smokey-for-kids.

JUNIOR FOREST RANGER

The Junior Forest Ranger Program gives kids a fun opportunity to learn valuable skills and learn about forests. Kids can download and complete the activities in the booklet, which includes equipment guides and a log to mail it in for a membership card and pin. For more information, please visit na.fs.fed.us/ceredirect/jfr.



Spending time outdoors can instill a lifelong love for America's natural resources.

meaningful experience on their public lands and waters. This campaign launched in August, 2015 and engages all public land and water management agencies; diverse non-governmental organizations and educational partners; and strives to reach millions of 10-11 year olds in the 2017 school year.

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TRAILS LESS TRAVELED



The Nez Perce National Historic Trail traces the flight of the Nez Perce from their homelands, extending from Wallowa Lake, Oregon, to the Bear Paw Battlefield near Chinook, Montana.

Ignatius Tan

Conquer part of the Pacific Crest Trail along the Squaw Valley and Chief Granite Wilderness in **Tahoe National Forest**.

Paddle down the Wambaw Creek Canoe Trail in **Francis Marion National Forest** among the warblers and river otters.

Cross the Sea of Grass in **Cimarron National Grassland**, where covered wagon caravans once cut through.

Pass through the world's largest sand pine scrub forest on The Florida Trail, in **Ocala National Forest**.

Spot the historic coal trains that pass through the Powder River Basin of the **Thunder Basin National Grassland**.

Trace the historic path of the Nez Perce Indians on the **Nez Perce National Historic Trail** to the Bear Paw Mountains of Montana.

Kayak among the orcas and massive glaciers of the Stikine Icefield, in the **Tongass National Forest**.

Weave an ATV through the hills and

trees of the Centennial Trail in **Black Hills National Forest**.

Pass under the Alum Cove Natural Bridge in the **Ozark National Forest** where settlers used to cross the stream.

Stand in the shadows and bask in the glory of the colossal Cathedral Rock in the **Coconino National Forest**.

Feel the sand between your toes on the Lake Michigan shoreline in the Nordhouse Dunes Wilderness Area of the **Huron-Manistee National Forest**.

Explore the banks of Lake Superior via the Whitefish Bay Scenic Byway in **Hiawatha National Forest**. In 2012, Chimney Rock became a National Monument. Chimney Rock represents one of the largest Pueblo II (900-1150AD) historical communities in southwestern Colorado.



For answers to all your questions, go to OhRanger.com

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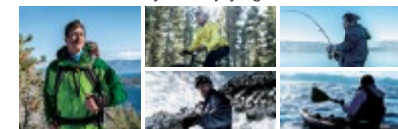


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1 Built-in low-power GPS 1 Full-color map display for offline use 1 Dual-layer LCD 1 Bluetooth® connection 1 50-meter water-resistant structure 1 Military Standard compliance 1 Android Wear™ APP 1

*1 Original Casio criteria *2 •Drop: Tested in conformance with MIL-STD-810G Method 516.7 Procedure IV. •Random Vibration: Tested in conformance with MIL-STD-810G Method 514.7 Procedure I. •Humidity: Tested in conformance with MIL-STD-810G Method 507.6 Procedure II. •Solar Radiation: Tested in conformance with MIL-STD-810G Method 505.6 Procedure II. •Non-Operating Altitude: Tested in conformance with MIL-STD-810G Method 500.6 Procedure I. •Operating Altitude: Tested in conformance with MIL-STD-810G Method 500.6 Procedure II. •Non-Operating High Temperature: Tested in conformance with MIL-STD-810G Method 501.6 Procedure I. •Non-Operating Low Temperature: Tested in conformance with MIL-STD-810G Method 502.6 Procedure I. •Temperature Shock: Tested in conformance with MIL-STD-810G Method 502.6 Procedure I.C. •Wing Freezing Rain: Tested in conformance with MIL-STD-810G Method 521.4 Procedure I. (The performance of this instrument has been confirmed under various test environments, but its operation in actual use is not guaranteed for every environment. Freedom from breakage or failure can also not be guaranteed.) •This product conforms to the JIS C 61000-3-2 harmonic electrical current standard. •This product is in conformity with or certified to the Radio Law, Telecommunications Business Law and VCCI. •The screen design shown is correct at the time of development. Actual design may vary. •The final specifications may differ from those shown. •Bluetooth® and Bluetooth SIG are registered trademarks. •Wi-Fi are Wi-Fi Alliance registered trademarks. •Android, Android Wear and other terms are trademarks of Google Inc. •Other service and product names are, in general, trademarks or registered trademarks of the companies concerned.



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ON LAND AND WATER

