

Interpretive Hike Descriptions

Calling all Junior Rangers: Families can go on a Self Guide Nature Scavenger Hunt and come away with some knowledge of wilderness safety and what plants, trees & animals live in the Sierra. This is a short hike to Frog Lake for 5-12 year-olds. Approximately 1 ½ - 2 hour amble along the PCT trail with fun activities along the way. Inquire within the Carson Pass Information Station for directions and self guided tour guide. **All participants will earn a junior ranger patch by completing a short series of questions.**

Watercolor Painting: Come along and learn about watercolor painting in the forest. All paper, paints, and materials are supplied, but each participant should carry their own. A mile wander through the forest and an hour dabbing paint on paper! This activity is geared to beginning and intermediate art enthusiasts who are willing to hike a little and paint a little. **All participants will leave with their artwork!** This is a three-hour event.

Wildflower Walk: Take a walk through the lupine and many other wildflowers at Carson Pass. This will be a walk to Frog Lake (*and perhaps beyond, for the more adventurous*) experiencing wildflowers through the eyes of a passionate flower expert. This event will be about 2 ½ hours. Another hike will take you to Meiss Meadows to view wildflowers, approximately 4 hours. Check the calendar for the 2 dates.

Geology Walk: Learn about the geology of Carson Pass and the Sierra Nevada on this 1-2 hour hike. We will start at Carson Pass Station at 10:30 a.m. and will hike to Frog Lake (about 1 1/2 miles) while discussing the geologic processes that formed the region. We will walk to the east end of Frog Lake to enjoy the view over Hope Valley and talk a little about the cultural history of the pass and its significance to California. Participants will be released at Frog Lake to continue hiking on their own or return to the station. Please carry water, snacks/lunch and wear appropriate footwear.

Devil's Ladder History Walk: Learn about the significance of Carson Pass to the Gold Rush, California's statehood, and the great influx of immigrants from the east on this 45-60 minute walk. We will start at Carson Pass Station and walk down to the top of Devil's Ladder, the last major obstacle for immigrants on their journey west. We will then walk a short section of the emigrant/immigrant trail and pass Register Rock where the names of many immigrants were preserved, and then return to the station. We will meet at Carson Pass Station at 10:00 a.m. and the walk is about 1/2 mile in length.

A Sense of Wonder Hike: Take a walk in the wilderness and learn a bit about the area's natural and cultural history. Share in the wonders of nature and our place within it. Learn a bit about the lifeforms inhabiting the area and the forces that shaped the landscapes. Work to recapture a bit of your youthful sense of observation and exploration.

Forest Bath: Practicing Shinrin-Yoku (*Forest Bathing*) means spending time in nature, amongst the trees and grass, and mindfully engaging within a forest atmosphere or other natural environments. It is usually done by walking through a forest at a slow and gentle pace, without carrying any electronics, and taking the time to use all 5 senses to soak up the surrounding nature.

Family Nature Journaling: COME ALONG to explore and closely observe the plants, trees, animals, birds and insects of the Sierra Nevada Mountains. COME AWAY with some new skills in creating your own nature notebook. All family members are welcome. Activities geared to all ages as we walk towards Frog Lake. Basic nature journaling materials will be provided. Bring your own nature journals and/or drawing & art supplies if you have them. Let's get outside! This is a 1 ½ - 2-hour activity