



**ENFIA 2025 Interpretive
Activities @ Carson Pass!**
Updated Schedule posted to:
FB: “Carson Pass Information Station”
and <http://ENFIA.org>

Carson Pass Interpretive Hikes. Docents lead and teach their passion! All hikes meet at Carson Pass Information Station on Highway 88. No cost for the hike, \$5.00 parking fee.

Participants are urged to wear good shoes, carry water, have snacks/lunch and ENJOY!

Hikes may be cancelled for weather or unforeseen circumstances

<u>Date</u>	<u>Topic</u>	<u>Time</u>	<u>Leader</u>
Tues July 1	Family Nature Journaling (1 ½ - 2 hour)	10:30 AM	Laurel Gromer
Wed July 2	Family Nature Journaling (1 ½ - 2 hour)	10:30 AM	Laurel Gromer
Thu July 3	Family Nature Journaling (1 ½ - 2 hour)	10:30 AM	Laurel Gromer
Fri July 4	Geology Hike (1 - 2 hour)	10:30 AM	Carl Gwyn
Fri July 4	Wildflower Hike to Frog Lake (2 hours)	10:00 AM	Lu Belancio
Sat July 5	Devil’s Ladder History Walk (45 - 60 mins)	10:00 AM	Carl Gwyn
Sun July 6	Devil’s Ladder History Walk (45 - 60 mins)	10:00 AM	Carl Gwyn
Fri July 11	Family Nature Journaling (1 ½ - 2 hour)	10:30 AM	Laurel Gromer
Sat July 12	Wildflower Hike to Meiss Meadows (4 hours)	10:00 AM	Lu Belancio
Mon July 14	Forest Bath Nature Hike	10:00 AM	Chris Belmer
Tues July 15	Geology Hike (1 - 2 hour)	10:30 AM	Kevin Cornwell
Fri July 18	Family Nature Journaling (1 ½ - 2 hour)	10:30 AM	Laurel Gromer
Fri July 18	Geology Hike (1 - 2 hour)	10:30 AM	Carl Gwyn
Sat July 19	Devil’s Ladder History Walk (45 - 60 mins)	10:00 AM	Carl Gwyn
Sun July 20	Devil’s Ladder History Walk (45 - 60 mins)	1:00 PM	Carl Gwyn
Sun July 20	A Sense of Wonder Hike	10:00 AM	Phil Hartvig
Mon July 21	Wildflower Hike (1 ½ - 2 hour)	10:00 AM	Susan Hunn
Sat July 26	Devils Ladder History Walk (45 - 60 mins)	10:00 AM	Beckie Galloway
Sun July 27	Devils Ladder History Walk (45 - 60 mins)	1:00 PM	Beckie Galloway
Sun July 27	A Sense of Wonder Hike	10:00 AM	Phil Hartvig
Fri Aug 1	Geology Hike (1 - 2 hour)	10:30 AM	Carl Gwyn
Sat Aug 2	Devil’s Ladder History Walk (45 - 60 mins)	10:00 AM	Carl Gwyn
Sat Aug 2	Family Nature Journaling (1 ½ - 2 hour)	10:30 AM	Laurel Gromer
Sun Aug 3	Devil’s Ladder History Walk (45 - 60 mins)	1:00 PM	Carl Gwyn
Sun Aug 3	A Sense of Wonder Hike	10:00 AM	Phil Hartvig
Mon Aug 4	Devil’s Ladder History Walk (45 - 60 mins)	1:00 PM	Beckie Galloway
Sat Aug 9	Water Coloring Painting at Frog Lake	10:00 AM	Mary Stoll
Sat Aug 9	Devil’s Ladder History Walk	10:00 AM	
Sun Aug 10	Water Coloring Painting at Frog Lake	10:00 AM	Mary Stoll
Mon Aug 11	Family Nature Journaling (1 ½ - 2 hrs)	10:00 AM	Reanna Suela
Tue Aug 12	Geology Hike (1 - 2 hour)	10:30 AM	Kevin Cornwell
Sat Aug 16	Water Coloring Painting at Frog Lake	10:00 AM	Mary Stoll
Sun Aug 17	Family Nature Journaling (1 ½ - 2 hrs)	10:00 AM	Reanna Suela
Sun Aug 24	Junior Ranger Hike (1 ½ - 2 hrs)	10:00 AM	Reanna Suela
Thu Aug 28	Junior Ranger Hike (1 ½ - 2 hrs)	10:00 AM	Reanna Suela

All ENFIA Interpretative Hikes begin at Carson Pass Information Station on HWY 88

Hikes that go into Mokelumne Wilderness are limited to 12 participants

To reserve your spot call (209) 258-8606

For an updated/current schedule check our website at <http://ENFIA.org>
or Facebook at “Carson Pass Information Station”

Interpretive Hike Descriptions

Junior Ranger Hike: Become a Forest Junior Ranger! Families can join this hike to discover, learn, and enjoy the Eldorado National Forest. Activities along the hike are geared to all ages as we walk towards Frog Lake from the Carson Pass Info Station. Note that the trail is a narrow dirt path along a gradual uphill slope. Families should bring water, food/snacks, sun protection, and items to prepare for the weather such as extra clothing layers. After the program, families will be released to continue hiking on their own or return to the station. This is a 1 ½ - 2-hour activity.

Junior Rangers Hike (Self Guided) : 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 with a naturalist in the forest and learn a bit about the area's natural history. Hikes start at Carson Pass Station at 10:00 am. There are options on hike to turn back after 1, 2, or 3 hours, returning along the main trail from Frog Lake. Distances covered are approximately 1, 2, or 3 miles hiking out, plus your return to the station. These options allow you to return at different points on the hike based on your physical abilities, interests, or schedule. Some of the hike occurs off trail to explore various habitats not seen by the general public who walk along on the main trail. Suitable for all ages. Share in the wonders of nature and our place within it. Learn a bit about various lifeforms inhabiting the area and the natural cycles that have shaped this special place. Work to recapture a bit of your "youthful" sense of wonder by exploring the natural world, observing and asking questions about what you see, hear, and feel. "And into the forest I go, to lose my mind and find my soul" John Muir

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



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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 are geared to all ages as we walk towards Frog Lake from the Carson Pass Info Station. Note that the trail is a narrow dirt path along a gradual uphill slope. Basic nature journaling materials will be provided. Bring your own nature journals and/or drawing & art supplies if you have them. Families should bring water, food/snacks, sun protection, and items to prepare for the weather such as extra clothing layers. After the program, families will be released to continue hiking on their own or return to the station. This is a 1 ½ - 2-hour activity.

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