



Interpretive Hike Event Descriptions

Check the ENFIA website at <https://enfia.org/calendar> for scheduled Interpretive events. All Interpretive Hikes are FREE !!

Calling All Junior Rangers

SELF GUIDED Family Nature Scavenger Hunt: Ask any Carson Pass docent at the Information Center for the Nature Scavenger Hunt and have fun looking for the clues as you walk along the PCT trail. Mark as many as you can find and bring your completed Scavenger Hunt to a Carson Pass docent to take the Junior Ranger pledge and receive the Junior Ranger patch. Geared for ages 5-12yrs.

GUIDED Family NATURE SCAVENGER HUNT: Come along on a Nature Scavenger Hunt with a Carson Pass Docent and come away with some knowledge of wilderness safety and what plants, trees & animals, insects live in the Sierra Mountains. A 1+ hour amble along the PCT trail with fun activities along the way. All participants will earn their junior ranger patch. Geared to ages 5 to 12yrs.

FAMILY NATURE JOURNALING: Come Along and learn some fun journaling activities as we slow down, notice more and get curious about what plants and animals live in the Mokelumne Wilderness. Come Away with some new activities to get you started in creating your own nature notebook. All family members welcomed. Activities geared to all ages as we walk towards Frog Lake. Basic nature journaling materials will be provided or bring your own nature journals and art supplies if you have them. Let's get outside and start exploring. A 1-to-2-hour activity depending on how far you want to go.

Historical Hikes

DEVILS LADDER: 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 / ½ 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.



Natural Science

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 past 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.

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.

Artisan / Sensory / Recreational

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.

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.

Introduction to Fun Hiking Apps for Hikers

On a hike to Frog Lake, we will explore three fun apps for hikers: 1) AllTrails 2) PeakFinder and 3) INaturalist. The hike leader will have an iPad and iPhone to demonstrate the apps and what you can do with them. There is an optional Zoom session the Thursday evening before the hike, where the leader will discuss the apps and show you how to download them to your phone or other device. Then, you can experiment with them on our hike. AllTrails helps you locate and learn about trails; Peakfinder is a simple app to help identify surrounding summits; and INaturalist helps in identifying and learning about plants and animals you observe on your hikes.