



NEWS RELEASE
Humboldt-Toiyabe National Forest
Spring Mountains National Recreation Area
4701 North Torrey Pines Drive
Las Vegas, Nevada 89130

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Stop Date is October 11, 2008

Forest Service to Host Interpretive Hikes Every Saturday

Las Vegas, Nevada...The Spring Mountains National Recreation Area (NRA) will continue to host interpretive hikes every Saturday until October 11, 2008.

Trained hike leaders conduct the hikes. The hikes will vary in distance and levels of difficulty on established Forest Service walking trails. Most hikes will begin in the morning and finish later in the afternoon. Participating hikers may enjoy cooler climates and a wide array of scenic beauty.

"All of the hike leaders are knowledgeable in the natural and cultural history of the Spring Mountains," said Amy Nichols, Spring Mountains NRA Natural Resource Specialist. "We want to share the truly unique places of the NRA that are largely unknown to most visitors and Las Vegas residents. Many people that have already experienced the hikes have expressed how much they have enjoyed the opportunity to learn more about the Spring Mountains."

Don't miss this great opportunity to get out and enjoy the Spring Mountains National Recreation Area.

If you are interested, please contact the Kyle Canyon Visitor Center at 702-872-5486 for reservations to join a group hike and information on what hikes are available. Group size is limited. For other recreation information, visit our website at www.fs.fed.us/r4/htnf/districts/smnra.

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2008 Interpretive Hike Schedule Spring Mountains National Recreation Area

Date	Trail	Leader	Rating	Round Trip Mileage
2-Aug	North Loop from Trail Canyon	Chris Dempsey	3	12
9-Aug	Cathedral Rock	Kimberly / Paula	1 Dogs	2.8
16-Aug	South Loop Trail (2-3 mile section)	Matt Flores	1	5
23-Aug	Cathedral Rock	Jim G	1	2.8
30-Aug	Fletcher Canyon Trail	Paulus	1	3.6
6-Sep	Mt. Charleston	Chris Dempsey	4	18
13-Sep	Mary Jane Falls	Jim G	1	2.4
20-Sep	Trail Canyon	Paulus / Christiana	1	4
28-Sep	Bristlecone Trail	Kimberly / Paula	2 Dogs	6
4-Oct	Mary Jane (Fall colors)	Paulus	1	2.4
11-Oct	Sawmill	Jim G	1	1

Registration and More information

* Please Register for hikes by calling the Spring Mountains Visitor Center at 702-872-5486

* Group size for hikes is limited to 15 people, so call soon!

Rating Guide

1

These hikes are generally around 2 miles round trip with moderate terrain (elevation changes of 500 to 1000 feet). The focus of the hike is interpretation of the natural and cultural beauty of the Spring Mountains. Hiking pace will be slow with several stops. Plan at least 3 hours to complete these hikes.

2

These hikes are between 3 and 7 miles round trip with moderate terrain (elevation changes of 500 to 1500 feet). The focus of the hike is interpretation of the natural and cultural beauty of the Spring Mountains with a good level of exercise. Hiking pace will be moderate with a few stops. Plan at least 5 hours to complete these hikes.

3

These hikes are strenuous with the focus being on covering some mileage and getting strenuous exercise. Some interpretation of the natural and cultural surroundings will be a part of the trip. Hiking pace will be swift with a few stops. Plan a minimum of 7 hours for these hikes and be absolutely sure that you are fit enough to make the trip.

4

These hikes are the most strenuous and require that you are physically fit and used to hiking in high altitude (above 8500 feet). The focus of these hikes is destination driven with some limited amount of interpretation of the natural and cultural beauty of the Spring Mountains. The pace of these hikes is swift with limited stops. Plan at least 14 hours to complete these hikes.

Dogs

These hikes will focus on encouraging dog owners to bring their companions out for a day of hiking. Please make sure your dog brings a leash and that you pack water for both you and your dog. Enjoy the day with other dog lovers. You don't have to bring a dog to join in on these hikes, but be prepared to be surrounded by the canine kind!