

Respectful and Safe Wildlife Viewing

While hiking the trails you might encounter wildlife. Please practice the following:

- Give wildlife plenty of space by viewing from a distance. Be especially careful not to approach a female moose with a calf.
- Avoid using calls or devices to attract wildlife.
- Let animals eat their natural foods.
- Keep dogs on a leash at all times.



To learn more about Creamer's Field Migratory Waterfowl Refuge and available programs contact:

Friends of Creamer's Field
PO Box 81065
Fairbanks, AK 99708
907-452-5162

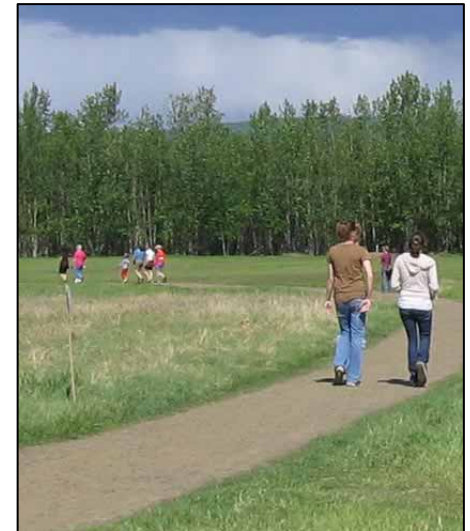
The Healthy Walk in the Woods program is a partnership with Alaska Department of Fish and Game, Chief Andrew Isaac Health Center, Friends of Creamer's field, and U.S. Fish & Wildlife Service.



Healthy Walk in the Woods

Would you like to spend more quality time with your family and friends outdoors?

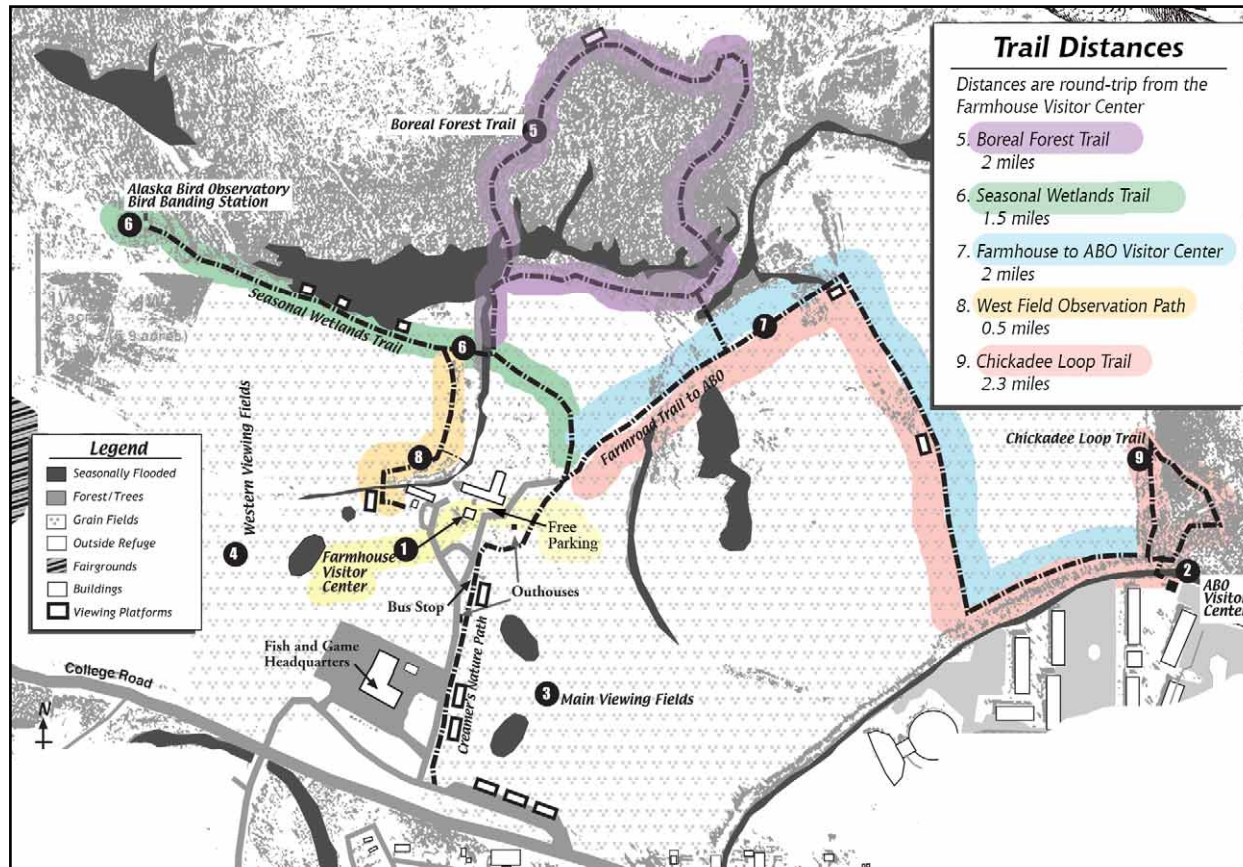
It might be as simple as taking a Healthy Walk in the Woods!



Join Friends of Creamer's Field staff for guided aerobic walks:

The summer 2009 schedule will be posted when it becomes available.

Healthy Walk in the Woods



Directions to Creamer's Field Migratory Waterfowl Refuge

Creamer's Field trails are open year-round. During the summer the Farmhouse Visitor Center is open 10am-5pm daily. The trails and Visitor Center are located at 1300 College Road. Park at the Farmhouse Visitor Center to access the trails. There is a bus stop nearby on College Road.

Scheduled Nature Walks

These walks are free. No registration is required. They're a great way to learn the trails and have some walking company.

Walks begin at the Farmhouse Visitor Center from June through August:

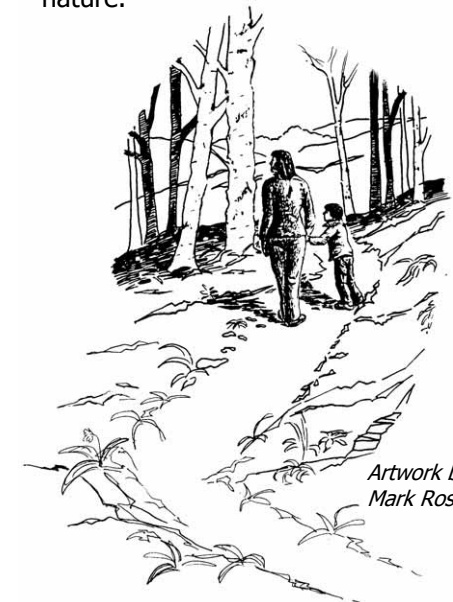
- 10-11 am Monday thru Friday
- 7-8 pm Wednesday

Backpacks and Pedometers Available

When you visit Creamer's Field Migratory Waterfowl Refuge you are welcome to visit the Farmhouse Visitor Center and check out a pedometer or a backpack to take on the trail.

Backpacks for adults interested in aerobic exercise include a pedometer, binoculars, bug dope, water bottle, trail map, and information about moose safety.

Backpacks for families and groups include all of the above and more! These backpacks also include bubbles, a sketchbook with art supplies, and magnifying glasses to help you have fun and enjoy nature.



Artwork by Mark Ross