

Get Fit Great Falls National Trails Day

Saturday, June 19, 2010

Tentative List of Hikes & Information

- 1. Memorial Falls:** This easy-moderate hike will take place in the Little Belt Mountains. The group will hike to the lower Memorial Falls, and if water levels allow, the group will cross the stream and climb a couple hundred feet to the upper falls. Approximately 1.25 miles round trip. When the hike concludes, its location would present an opportunity for people to branch out on their own in their vehicles or on foot to explore the camping and hiking opportunities along Highway 89 in the Little Belts.
- 2. Sulfur Springs:** This moderate 3.5 mile hike will travel to the Sulfur Springs, visited by members of the Lewis & Clark expedition. The trail is located on the north side of the Missouri River, a short distance downstream from Great Falls.
- 3. First People's Buffalo Jump:** Come enjoy a moderate 3 mile hike and learn more about the use of this area by Montana's first people.
- 4. Benton Lake Wild Life Refuge:** Learn more about this nearby National Wildlife Refuge on a 2 mile easy-moderate hike that will present great opportunities to view waterfowl and other birds.
- 5. Tower Rock:** While a relatively short 2.5 miles in length, the challenging terrain presents the day's most difficult hike and an opportunity for people to scramble up several hundred feet in elevation on a steep and rocky trail to take in the view of the Missouri River as enjoyed and described by members of Lewis & Clark expedition.
- 6. Rivers Edge Trail:** Exercise your mind and body while enjoying an interpretive hike and learn about some of Great Falls History that can be experienced from the trail. This easy hike will be enjoyed by all, and is accessible to all, including those using wheelchairs or strollers for young children. Approximately 1.5 miles round trip.
- 7. Rivers Edge Trail Youth Hike:** This hike was designed with our community's youth in mind. Participant will get to move their bodies while enjoying a brisk hike along the Rivers Edge Trail with some local standout high school athletes. Approximately 2 miles roundtrip.

