



ANNUAL HIKE FOR HEALTH DAY

At The Nature Conservancy's River Fork Ranch on Genoa Lane

8 am to 1:30 pm, Saturday, June 6, 2015

Outdoor adventures and fun for all ages—**FREE!!!**

8 to 9:30 am

- **Bird Watching Hike** with Jim Woods from Birding Under Nevada Skies
- **Biking 101** with Denis Coyne from Bike Habitat
- **Geocaching 101** with Deby O'Gorman (CVTA board member)



9:30 to 11 am

- **River Preservation—Vegetation, Flowers and Monarch Habitats Hike** with Norah Gastelum (CVTA board member)
- **Photography** with Eddie Sanderson (<http://www.eddiesanderson.com/>)



10:30 to 11 am

- **Washoe Tribe History Presentation** with Lynda Shoshone and Jim Irwin



11 am to 12:30 pm

- **Compass Basics** with Jeremy Vlcan (CVTA board member)



Noon to 1:30 pm / BBQ Lunch—Free for CVTA members

Donation requested from non-members: \$5 adults; \$3 children

All participants must register onsite and sign waiver and release agreement. Parent or guardian signature required for participants age 17 and under. Please arrive at least 10 minutes prior to any activity you plan to participate in. Bring water, hat and sunscreen. **Dogs are not allowed on the trails at River Fork Ranch.**

Questions? Send an email to info@carsonvalleytrails.org

