

### **Activity 1: Try Disc Golf**

South Fork Landing is home to the only Disc Golf course in North Bend! Disc Golf is played similar to traditional golf, but instead of clubs and balls, you use a disc! Disc golf is easy to learn and accessible to all ages, fitness, and skill levels. The objective of the game is to make the disc in the basket in as few throws as possible, with the winner being whomever has the least cumulative throws after all holes.

If you know how to throw a disc, and like being outside, disc golf may be right for you! Disc's can be purchased on the east end of the park at the General Store. If you are interested in joining the growing community of disc golf members, or just looking to make new friends while getting outside to recreate, consider joining the South Fork Landing disc golf club.

If you would like to learn more, visit <https://www.siviewpark.org/disc-golf.phtml> for more information.

### **Activity 2: 10 essentials checklist**

The Ten Essentials is a checklist created by outdoor adventurers, for outdoor adventurers. The list is designed to help you be prepared for any situation that arises while out exploring. While not everything on the list is needed for every adventure, it is always helpful to have and will assist in your packing decisions as you also consider factors such as weather, difficulty, duration, and distance.

**1. Navigation:** in this day and age, many people keep their navigation on their smart phone or a GPS. It is still important to always have a map and compass as batteries do die.

**2. Sun Protection:** protecting yourself from the sun goes a long way especially during the warmer months. Sun protection can come in the form of sunscreen, sun glasses, and a hat. If you are extra sensitive, you may also look into sun shirts

**3. Insulation:** Weather, especially in the mountains, and even more so here in the PNW, can change very quickly. It is important to always dress in or pack layers of clothing, especially a rain jacket.

**4. Illumination:** Important to remember for camping as well as hikes for sunrise or sunset, having a handy flashlight or headlamp to light your way will keep you on track.

**5. First Aid Kit:** One of the most important items on the list, a well prepped first aid kit should always be on your list. Your kit should include: band aids, antibacterial, personal medications, blister treatment, and pain relievers. A stretch bandage or brace is also useful for any twisted ankles.

**6. Fire Starter:** In case of emergencies to start a fire for warmth or signaling. This can come in the form of waterproof matches, a lighter, or flint. Always be careful and aware of surroundings if building a fire.

**7. Tools:** a knife or multitool can be used in a multitude of ways if you find yourself in a jam. Duct tape is another light weight tool that can be used to fix everything from broken tent poles to a ripped bag.

**8. Nutrition:** Always bring some form of food along and pack that extra energy bar or snack in case of any unexpected overnights or delays on your outing.

**9. Hydration:** Water is life. Always carry more than you think you will need. When estimating how much to bring, consider these factors: time, distance, temperature, sun exposure. If going on longer adventures, you may find use in the purchase of either a pump filter, purification tabs, or iodine. Never drink unfiltered water!

**10. Shelter:** an emergency tarp or space blanket can help shelter you through sudden storms. Also handy in case of an unexpected overnight stay.

### **Activity 3: Leave no trace principles**

The 7 Principles of Leave No Trace can be applied in all outdoor spaces from the back country, to your backyard. Each principle is focused on a topic to help minimize impact to the natural land. For extended information, please visit the Leave No Trace – Center for Outdoor Ethics website.

**1. Plan Ahead & Prepare:** Trip planning is important because it helps set your group to Leave No Trace, keep everyone safe, and accomplish the goals you set out with. Factors to consider when planning your trip include: ability of participants, knowledge of the area, weather, terrain, local laws/regulations, group size & speed.

**2. Travel and Camp on Durable Surfaces:** The goal while traveling through any natural area is to minimize the damage done to the land and waterways. Trampled vegetation can lead to soil erosion and the eventual destruction of a trail. Always travel on maintained trails and never cut through trail switchbacks. When you must travel off trail, keep in mind the surface durability. This is especially important when setting up camp, as you will want to set your gear up in ways that least disrupt the natural environment.

**3. Dispose of Waste Properly:** Waste comes in many forms, and all should be packed out as you leave the environment. All garbage and food waste should be put in your pack in a plastic bag to be thrown in garbage cans at trail heads or back home. A common misconception with food waste is that if it is biodegradable, it can be left in the woods. This is not an appropriate practice as an orange peel or apple core is not natural to that environment.

Human waste is handled by making a “Cat hole”. Using a small shovel, dig a small hole roughly 200 feet from trails and waterways. These holes should then be covered with natural materials so that to not be stepped on or attract any wildlife. All TP should be put in a sealable bag and stored with garbage to be packed out.

**4. Leave What You Find:** Avoid damaging trees and other wildlife by not hammering nails into trees or carving things into them. Wild flowers are beautiful and you may think it is ok if you just take a few, but if everyone just takes a few the resource can be depleted. Leaving natural objects and cultural artifact will allow future adventurers to also enjoy everything the environment has to offer.

**5. Minimize Campfire Impacts:** Always consider the impact and potential risks while building a fire. Consider the weather conditions during the dry summer months, and learn to build a proper fire ring. Always have water on hand to extinguish fully. Never leave a fire unattended.

**6. Respect Wildlife:** Remember, while recreating in the wild, you are a visitor in the animal’s home. Do not feed or touch the animals. We never know what diseases animals may carry and the possibility of young animals being abandoned by parents. Give animals plenty of space and try to make as minimal noise as possible as to not startle them.

**7. Be Considerate of Other Visitors:** When recreating outdoors, be aware of other people using the space. Music and discussions should be kept at a low volume. Keep pets on leash at all times and remember to pack out their waste as well. Common courtesy is to allow up hill hikers the right of way.

#### **Activity 4: Tent set up with Jill**

Learning how to properly place and set up a tent is an important aspect of setting up while out camping. When establishing your site, pick a location with a durable surface, where there will be minimal damage done to any vegetation. Once your spot is picked out it is time to set up! Always practice setting up a tent at home before setting up on your trip. Tents should be set up on a level surface and roughly 200 feet from any water source. This will give any wildlife trying to access the water plenty of space.

#### **Activity 5: What to wear/ How to pack a day bag with Zach**

Factors to consider when dressing for an outdoor adventure such as a hike include: weather, duration, distance, sun exposure, and knowing how your own body reacts to different temperatures. Layers are extremely important here in the PNW and especially in the mountains as the weather will change very quickly. Always remember to pack a rain jacket to keep yourself dry. Layers allow you to dress down or up to match the weather and your own comfortability. Proper clothing can also offer protection from the sun, bugs, and any thorny plants you may encounter. Avoid cotton as it holds moisture that will take longer to dry. Look for loose, breathable fabrics.

When packing a bag for a day hike or an extended back packing trip, always consider what you will be reaching for most often. Objects such as tents, sleeping bags and pads, and any loose clothing should be stored at the bottom of the bag. Heavier items such as food, fuel, and gear for camp should be packed in the middle and close to your back, with lighter items behind them. This will help you from feeling like tipping backwards with a heavy bag. The top of your bag is your lightest and most frequently grabbed items. This area would include sunscreen, snacks, light weight layers, and first aid gear. Hydration, tent or hiking poles can all be kept in side pockets.

#### **Activity 6: Recreating with dogs**

Before setting out on a hike with your 4-legged friend, always learn before hand if dogs are welcome. Keep dogs on leash to lessen the chance of them chasing any wild life and trampling over the natural vegetation. If a dog goes off trail their scent may scare off the local animals from feeding or nesting in that area. Dogs need similar things to you. Remember to pack them plenty of food and water. Small bags can be purchased to fit a dog back that will allow them to carry some small items. Part of the Leave No Trace principles includes packing out your dog's waste. Pack plenty of dog baggies so to clean up after them and leave the area nice for the next visitor. Not all hikers will love your dog. Keep them on leash and under control while passing other groups or hikers.

#### **Activity 7: What is Geocaching?**

Geocaching is an outdoor recreation activity that utilizes GPS to find hidden treasures. These treasures or "caches" are hidden around the world by other participating members. Once hidden, they are entered into the Geocaching app that will give you coordinates and clues to find the hidden caches. Caches are typically waterproof containers that hold a log book to write out whom has found it, and occasionally small trinkets people have left behind. Geocaching is fun for all ages and promotes

exploring new areas. Check out the geocaching website or app to get started hunting today! There are several hidden around the city of North Bend!

#### **Activity 8: Welcome to the pond**

The pond is a focal point in the park. This pond serves as a natural habitat to the animals that call this park home. Heard of elk have even been seen making a stop by the pond! South Fork Landing is home to many indigenous plants and trees to this area of the state. These are plants that thrive in our environment and are naturally grown here. English Ivy and Scot's broom are some of the known "invasive species" found in western Washington. Invasive species are plants that dominate a space soaking up the sunlight and water resources from our native plants.

#### **Activity 9: Nature exploration – river trail.**

This trail leads to a portion of the South Fork of the Snoqualmie River. The South Fork is roughly 31 miles long and rejoins the Snoqualmie river proper just above the Snoqualmie Falls. The river is a popular spot for fishing, sun bathing, floating and enjoying the natural beauty. The Snoqualmie River and its forks have played an important part in the history of the Snoqualmie Tribe. The river and lands have been significant to their people for cultural and spiritual purposes for time immemorial. When enjoying these special places, you can help ensure the longevity of these natural habitats by practicing the Leave No Trace ethics as well as educating yourself and others on the history of the land and the people whom have called it home. Along this trail you can find even more native species as well as blackberry bushes blooming in the late summer. Please keep this area free of trash so it can be enjoyed by all year round.