

FOLFAN FUN DAY!

Sunday, June 4, 2023

FOLFAN's Fun Day offers various recreational and informative activities to choose from within the Folsom Lake State Recreation Area - for FOLFAN members and non-members alike!



Guided Hike to Avery's Pond

Former park ranger and travel author Ken McKowen will lead this hike to historic Avery's Pond. The meandering and shady trail starts at Rattlesnake Bar State Park (at the boat launch parking lot) and proceeds through oak and pine woodlands along the North Fork of the American River.

It's a 3-hour/4-mile out & back hike that's fairly easy, although there is a short uphill climb coming out of Rattlesnake Bar. The meetup time for this hike is 10:30 am (allow 20 min to drive from Granite Bay to Rattlesnake Bar).



Birding at Sweetwater Creek

State Parks Interpretive Specialist and birding expert Nicole Barden will lead this slow-paced birding hike along Sweetwater Creek in the South Fork of the American River area of Folsom Lake. We will be looking for nesting bird behaviors and listening for singing spring birds. Parking at the Sweetwater Creek trailhead (38.7511964727645, -121.04874618967246) is limited, so carpool if you can. The closest restroom is located at the Old Salmon Falls Assembly Area, which is about 1-mile west of the Sweetwater Creek trailhead. Bring your own binoculars or borrow a pair of ours and let's see what birds we can find!

This is a 2 ½ hour/2-mile out & back hike that's fairly easy. The trail is unpaved and uneven, but does not have much elevation change. The meetup time for this hike is 9:00 am.



Kayak/SUP Tour of Upper Lake Natoma

Naturalist Crystal Tobias will lead this leisurely kayak (or SUP) tour along upper Lake Natoma, exploring nature and wildlife along the way. The approx. 2 ½ hour paddle starts at the boat ramp at Black Miners Bar State Park, then goes up into the American River Canyon, then to the islands across from an active bald eagle nest, and then back to Black Miners Bar. You must provide your own kayak or SUP and personal floatation device.

The meetup time for this kayak tour is 9:30 am.



Gold Rush History Hike

State Parks Senior Park Aid and historian Zak Adams will lead this hike along the shores of the American River (now Lake Natoma), beginning at the main parking lot just inside Black Miners Bar State Park. Zak will share the stories of settlers and entrepreneurs who came to California seeking gold and a better life, as well as visit some of the Native American grinding rocks in the area.

This is a 2 ½ hour/3-mile out & back hike that's fairly easy. The meetup time for this hike is 10:00 am.



Guided Horseback Rides out of Shadow Glen

Shadow Glen Riding Stables (a state park vendor, located at 4854 Main Avenue, Fair Oaks) will equip and lead this easy 1-hour horseback ride on the north side of Lake Natoma. They have over 45 years of experience and are committed to ensuring that your experience is safe, fun and educational. Riders often see coyotes, deer, jackrabbits, gray squirrels, wild turkeys and, occasionally, bobcats. Please, no riders under 7 years of age, and children 7-15 must be accompanied by a parent or guardian.

Group rides will be offered at 10:30 am, 12:00 pm, and 3:00 pm (provided there are a sufficient number of riders signed up for each ride). Get there 15-20 min before your scheduled group ride.



Guided Bicycle Tour around Lake Natoma

Do you love biking and nature? If so, join naturalist Eric Buell for a leisurely bike ride around beautiful Lake Natoma, a scenic stretch of the American River surrounded by nature and wildlife.

This roughly 3-hour/12-mile bike ride will start and end at the Folsom Powerhouse State Historic Park, with the paved trail following the lake's shoreline. Eric will make a number of stops along the way to discuss habitats and ecosystems. You will see a variety of birds, fish, plants, and animals that live in and around the lake. You must bring your own bike and helmet.

The meetup time for this bicycle tour is 10:00 am.

COST

The hikes, the bike tour and the kayak tour each cost \$5 for FOLFAN members and \$10 for non-members. Thanks to Shadow Glen Stables, Fun Day horseback riding fees are about half of their usual amounts: \$25 for members, and \$30 for non-members. No refunds unless requested before June 1.

BE PREPARED

- Dress appropriately for the activity and the weather.
- Bring sunscreen, a hat and water.
- Do not bring your dog.

Snacks will be provided and all activity participants will receive a FOLFAN reusable water bottle. When you sign up for an activity, be sure to provide your email address (or send us an email). The signup pages will tell you about the activity fees and how to pay them. Once you have signed up for an activity and paid your fee, we will send you an email confirming that you are registered. We will also send you a liability waiver to sign and bring with you on June 4. Alternatively you may sign it, take a photo of it, and then email the digital copy to us.

SIGN UP FOR YOUR FUN DAY ACTIVITY USING THIS LINK:

<https://signup.zone/uqJB6zeNf57WxC2AL>

Friends of Lakes Folsom and Natoma (FOLFAN) is a 501(c)(3) nonprofit organization, and the State Park Cooperating Association for the Folsom Lake State Recreation Area. Our mission is to "Enhance education and recreation opportunities for the public and protect the wonders and resources of Lakes Folsom and Natoma."