



Flathead National Forest

Media Release

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Take a Hike on Family-Friendly Trails on Flathead National Forest

Families are invited to enjoy the great outdoors and experience the Flathead National Forest by taking a hike! The forest hosts more than 2,000 miles of trails and several trails are family-friendly. June has recently been designated as Great Outdoors Month with the intent to connect America's families with nature and our public lands.

Flathead National Forest Conservation Education Specialist Teresa Wenum said, "There are many trails that are rated easy to moderate that are ideal for family hikes." She encourages parents to experience the great outdoors with their kids, and help create an awareness and stewardship of public lands in Northwest Montana. Wenum suggests the following forest trails for family hikes:

Finger Lake Trail

Length: 1.5 miles

Elevation gain: approximately 300 feet

Trail begins near the Stillwater Campground, approximately 20 miles west of Whitefish on the Tally Lake District and has unique alpine lakes lined by cliffs.

Holland Falls National Recreation Trail

Length: 1.3 miles

Elevation gain: approximately 350 feet

Trail begins near the Holland Lake Campground, north side of Holland Lake, south of Condon on the Swan Lake District. The trail travels along Holland Lake to the falls and includes spectacular views of the Mission Mountains Wilderness.

Beardance Trail

Length: 1 mile

Trail begins off of MT State Highway 35 south of Woods Bay on the Swan Lake District. The trail descends to Flathead Lake gradually and requires a short climb back to the trailhead. An interpretive trail guide is available.

Lion Lake Trail

Length: Less than 1 mile

Trail starts at the Lion Lake Picnic Area south of Hungry Horse on the Hungry Horse-Glacier View District. The trail follows the east shore of Lion Lake and includes gentle and rolling terrain through the woods with views of the lake.

When hiking the National Forest, please remember to practice Leave-No-Trace skills such as:

- Plan ahead and prepare,
- Pack it in and pack it out,
- Leave what you find, and
- Respect other trail users.

For more information about family-friendly trails or other recreational opportunities on the Flathead National Forest, please contact a local Forest Service office or visit

www.fs.fed.us/r1/flathead. For more information about the proclamation of June as Great Outdoors Month visit www.whitehouse.gov/the_press_office/Presidential-Proclamation-Great-Outdoors-Month/.

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