

# National Trails Day focuses on Van Sickle Park

Join the Tahoe Rim Trail Association for American Hiking Society's 19th annual National Trails Day event on June 4.

Celebrate the start of the trail season by volunteering to build trail or by learning more about Leave No Trace principles. The event begins at Van Sickle Bi-State Park off Lake Parkway in South Lake Tahoe.

To participate, register online or contact Max at (775) 298.0239 or [trails@tahoerimtrail.org](mailto:trails@tahoerimtrail.org).

## **Volunteer trail work: 9am–4pm, Van Sickle Park**

Enjoy free coffee donated by Seattle's Best, then help the TRTA build trail for the first time this season. Volunteers of all skill levels and physical abilities are welcome and encouraged to participate – no prior experience necessary.

Volunteers will receive free lunch sponsored by REI. The event will conclude at 4pm with a volunteer party at Explore Tahoe, including free food and drink. This event opens the third trail-building season of a multiyear project, which will connect the Tahoe Rim Trail with Van Sickle State Park, reroute the TRT off paved roads, and provide stunning views of Lake Tahoe to more people. Volunteers must wear long-sleeved shirts, long pants, boots, and work gloves; bring sunscreen, bug spray, water and a backpack. The Tahoe Rim Trail Association will provide hard hats, trail building tools and crew leaders.

## **Leave No Trace Activities: 10am-noon, Explore Tahoe**

Learn about the seven Leave No Trace principles in a fun, interactive format. The hands-on activities in this program

are appropriate for all ages from kindergarten through high school and adults. Leave No Trace principles are relevant for everyone – hiking, biking, camping, backpacking, climbing, skiing, or even just walking through the local park. Activities will take place at Explore Tahoe, 4114 Lake Tahoe Blvd., South Lake Tahoe.