

Swan View Coalition Nature and Human Nature on the Same Path



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YOU'RE INVITED to Practice the SWAN CREST CRAWL!

You are cordially invited to participate in the Swan Crest Crawl, a mindful practice to see how long you can take to hike 70 miles (the length of the Swan Crest from Inspiration Point near the Bob Marshall Wilderness to Columbia Mountain).

You can hike, walk or crawl the 70 miles wherever you wish, but you are encouraged to take your time and enjoy everything the outdoors has to offer:

- Sit in the shade by a mountain stream and listen to the songbirds.
- Look around for wildlife big and small. The outdoors is their only home.
- Walk slowly and talk to the wildlife that might be just around the corner in the trail so you don't have a surprise encounter with a bear, mountain lion or mama moose! Keep your lightweight bear spray handy just in case.
- Keep an eye out for wildflowers and definitely stop to smell the wild roses.
- Bring along kids and elders, sharing enthusiasm and knowledge.
- Carry lots of heavy plant and bird ID books to help slow you down!
- Better yet, bring a bit of camping gear and spend a night or two under the stars!

You can track your 70 miles of progress (and mindful delays) using our Swan Crest Virtual Trek at <http://www.swanrange.org/index.php/info/virtual-trek/>, where you'll find links to a map and a chart on which you can track your progress.

The interactive map you'll find there is also a great way to learn more about the natural and cultural history of the Swan Crest. And, it will get you thinking about even more ways to appreciate and spend time in the great outdoors wherever you are!

Happy trails, sights, sounds, and smells,

A handwritten signature in black ink that reads "Keith".

Keith J. Hammer - Chair