

You will become familiar with life in the Cress Creek area as it is now and as it was long ago. If you hike quietly you may see deer, rabbits, small lizards, maybe even an eagle or a moose. The nature trail is self-guided with many beautiful interpretive signs posted along the way to assist you. The first half mile of the trail is accessible by wheelchair. The upper trail follows the creek and goes over a small bridge. It meanders its way through juniper and bunchgrass where it narrows and gets steeper as you climb toward the top. If you are really adventurous, you can go the top of the mountain where you catch a breath-taking view of our world in eastern Idaho.

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U.S. Department of the Interior

Bureau of Land Management

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..on the South Fork of the Snake River

Cress Creek Nature Trail

Idaho Falls Field Office

BLM

Welcome to Cress Creek!

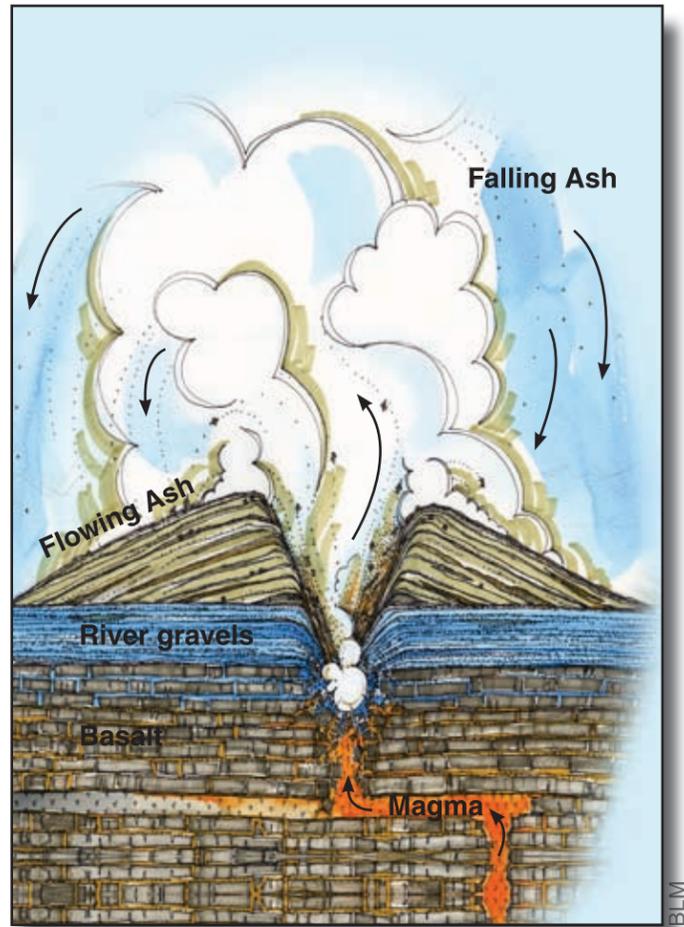
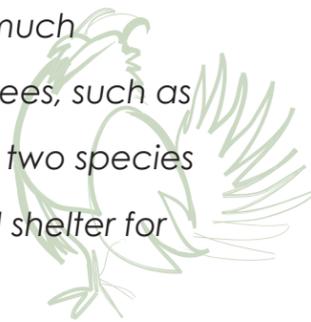
Discover this beautiful nature trail just a short distance from Idaho Falls on the scenic South Fork of the Snake River. Cress Creek derives its name from the watercress plant, a favorite food of the moose that live in this area. With clear skies, prepare for quite an expansive view of the Snake River, volcanos and farmland. Plenty of parking, restrooms and trail accessibility opens Cress Creek to a wider spectrum of trail users. Come join us...



Wet and Dry Environments.

Cottonwood trees rely on the water in the creek and river. They have ribbons of color and texture especially in the fall. The cottonwood drinks over 100 gallons of water every summer day.

On the hillside above the trail, hardy plants can survive without much water. Native shrubs and trees, such as bitterbrush, sagebrush, and two species of juniper provide food and shelter for wildlife.



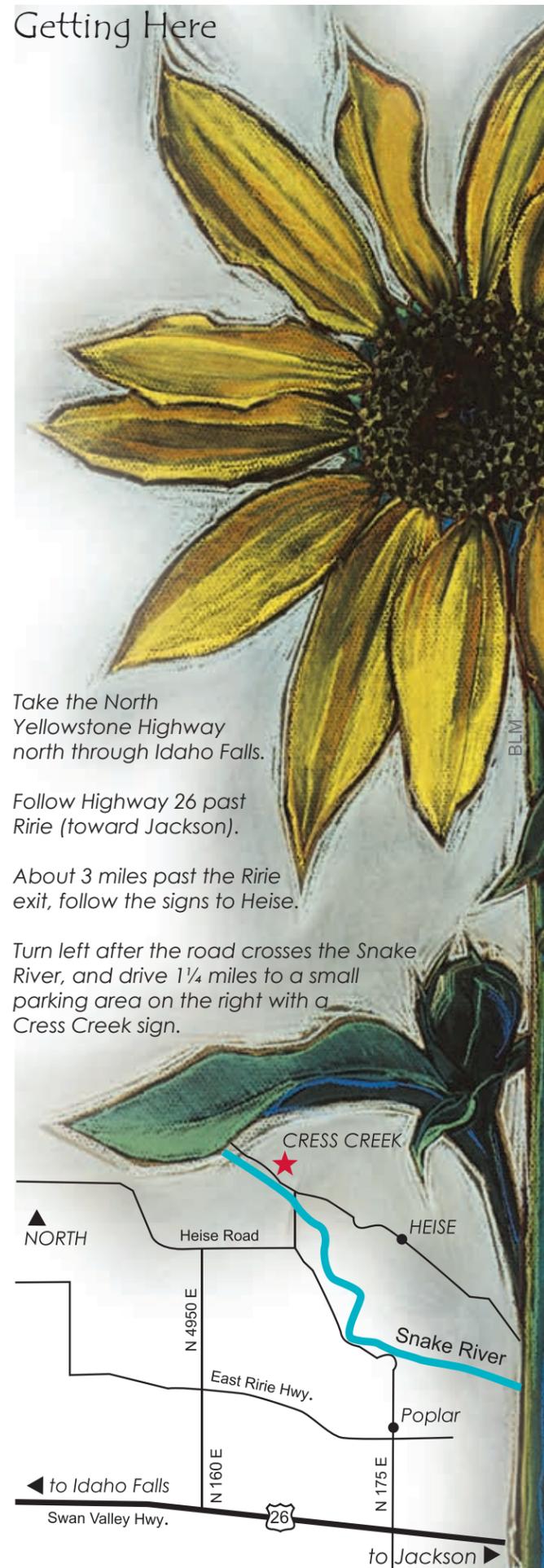
A Variety of Wildlife.

You may spot a bald eagle. Eagles need the cottonwood trees to nest and the river to hunt fish.

There are other animals here, too. Coyotes and chipmunks; red fox and rabbits; moose, mule deer, and magpies call Cress Creek home. If you are lucky enough to see a rattlesnake, do not approach it! Give ALL snakes space and they are unlikely to harm you.



Getting Here

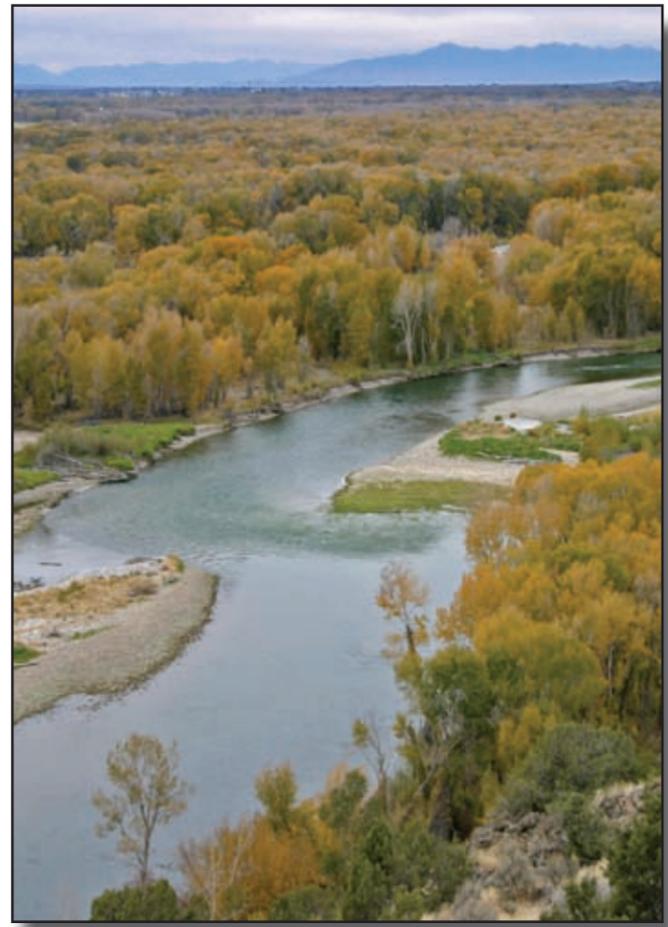
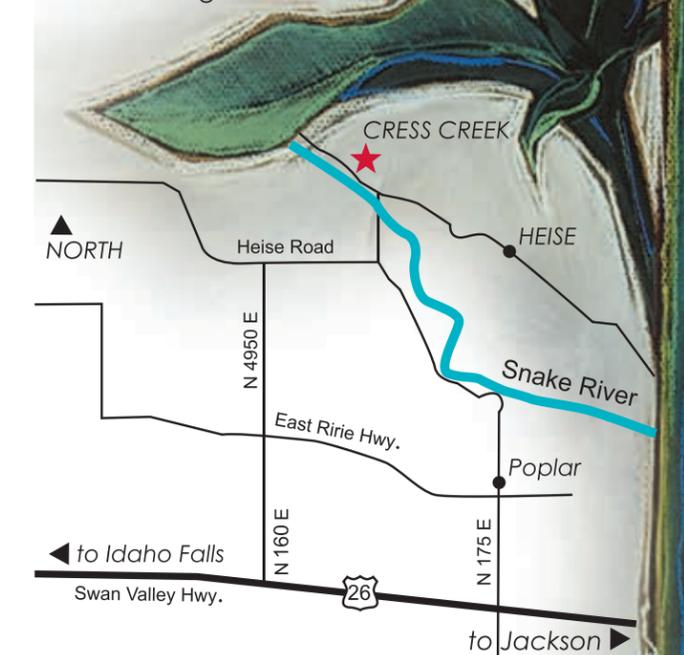


Take the North Yellowstone Highway north through Idaho Falls.

Follow Highway 26 past Ririe (toward Jackson).

About 3 miles past the Ririe exit, follow the signs to Heise.

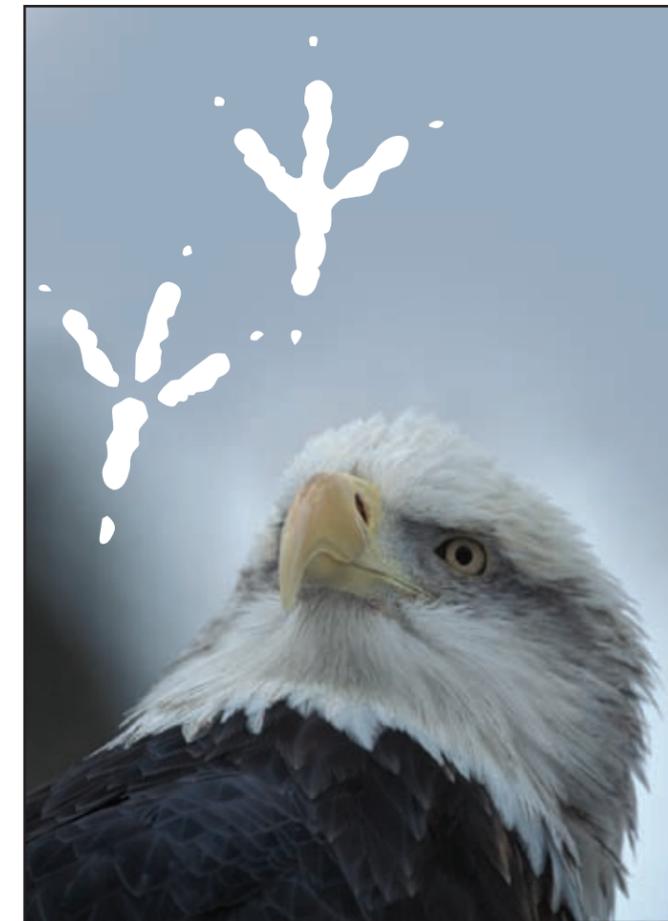
Turn left after the road crosses the Snake River, and drive 1 1/4 miles to a small parking area on the right with a Cress Creek sign.



Geology's Important Role.

Cress Creek's lukewarm water circulates deep within the earth and is warmed by the natural heat before rising along a fault to the surface.

Layers of volcanic ash are exposed along the trail. It was deposited after a volcano erupted 3 million years ago. You can see at least 2 volcanos looking out over the valley toward Rigby. They are the Menan Buttes.



Jim Sommers