A Day in Your National Park

When was the last time you spent a day in your favorite backyard national park? Miles of hiking and biking trails, nature viewing, camping, and a number of other recreational opportunities await you at Prince William Forest Park, an oasis just a short driving distance from Washington, D.C. The park is an outdoor escape, providing peace and tranquility you deserve after a busy week at your job or home.

Enjoy your time here and help protect this place that means so much to so many. Here’s a “Ranger’s pick” of activities that will help ensure you have a safe and enjoyable visit.

1. **Leave no trace** – Carry out trash that you have generated while in the park. Help keep our trails, picnic areas, and other public areas clean for others to use and enjoy.

2. **Stop by the Visitor Center** – Visit with park rangers and volunteers to get the latest news and updates on our trails, facilities, and programs. Hours: 9:00 a.m.-5:00 p.m.

3. **Pick up a brochure** – Learn the “inside scoop” from brochures, maps, and guides on a variety of resource topics.

4. **Think safety** – Prepare your trip in advance. Ask yourself the simple questions that could prevent injury. Do I have the proper shoes? Do I need sunscreen? Is my

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Contrary to popular belief, ticks do not jump, fly or drop from trees. Instead, they rest in leaf litter and on the tips of plants, waiting to grab hold of any unsuspecting passerby. Most ticks usually grab onto your lower legs and then crawl up your body looking for a damp, dark place to attach and feed. If this doesn’t sound like fun to you, check out the following precautions to help you fight off that dreaded tick:

- Wear light colored, long-sleeved clothing, and tuck your pants into your socks. This may not be a great fashion statement, but it helps you spot ticks before they ever get a chance to find a spot to feed.
- Perform routine tick checks and remove attached ticks properly & promptly. Using a pair of tweezers, grab the tick as close to your skin as possible and pull it straight out, or use a credit card to scrap it off. Then, be sure to keep the area clean to avoid getting an infection.
- Consider using a repellent containing permethrin or DEET. Be sure to follow all label instructions and cautions as well as EPA guidelines.

Tick bites are usually painless and consequently many people are not aware that they have been bitten. Deer ticks (Ixodes scapularis), which are much smaller than the common dog and lone star ticks, can carry the bacteria that causes Lyme disease. In their larval and nymph stages, they are no bigger than a pinhead and can be hard to find. According to the Centers for Disease Control (CDC), transmission of the Lyme disease bacteria is unlikely to occur in the first 36 hours after the tick has bitten you. So, check yourself early and often after being outside. Other diseases carried by deer, dog, and lone star ticks include Rocky Mountain Spotted Fever, Ehrlichiosis, and Babesiosis.

For more information on tick related illnesses, visit the CDC website at: http://www.cdc.gov/nicdod/diseases/list_tickborne.htm.
No Tent, No Problem: How to Camp without a Tent
Have you ever wanted to go camping but didn’t want to drag out the tent? Maybe you’ve never been camping and you don’t even own one. Well, that’s no problem when you come to Prince William Forest Park.

Prince William Forest Park administers five rustic cabin retreats, which we refer to as cabin camps. Each cabin camp is composed of groups of small attractive wooden structures, built by the Civilian Conservation Corps in the 1930s. Cabin Camps 1-4 (Camp Goodwill, Camp Mawavi, Camp Orenda, and Camp Pleasant) are on the National Register of Historic Places. Cabin Camp 5 (Camp Happyland), our largest camp, has an outdoor pavilion, heated dormitories, cabins, and is open all year. The other cabin camps are available from May to October.

Groups, ranging in size from 60 to 200, of youth, scouts, church retreats, family reunions, theater groups, weddings, and many others have enjoyed the camps for decades.

Each group camp has a central dining hall, which features a commercial-sized oven, refrigerator, and freezer, spacious countertops, and a large dining area. Sleeping cabins are equipped with sturdy single cots and mattresses. Showers and flush toilets are located in the center of each camp.

Rates vary from $170 to $400 per night, depending on camp size. Reservations are required for Group Cabin Camps 1, 2, 4, 5 and C Unit of Cabin Camp 3. A $25 nonrefundable application fee must be mailed with your application. Applications are accepted on the following schedule:

**Spring/Summer:** Camping from the first week of May through August 31 - applications accepted from October 1 to December 1.

**Fall:** Camping from September 1 through the third weekend of October - applications accepted from March 1 through May 1.

**Winter:** Camping from November through April in Cabin Camp 5 - applications accepted on a first come, first served basis.

Priority placement is given to those groups who apply before deadline dates and who request lengthier stays and multiple camps. Always feel free to inquire after a deadline about what may still be available.

If you would like to rent only one or two cabins (rather than an entire camp), the park also rents individual cabins. These cabins have cots to sleep 4, 6, or 10 people. Each cabin has a ceiling fan and its own outdoor picnic table. Cooking is done on the grill outside of each cabin. Showers and flush toilets are centrally located, as is a children’s playground. Rental prices per night are: $30 for a 4-person cabin; $40 for a 6-person cabin; and $50 for a 10-person cabin. Individual cabin camping is available May-October. Reservations are accepted beginning in March, but walk-ins are welcome if space is available.

For more information, please contact our Cabin Camp Coordinator at 703-221-5843.
The Friends of Prince William Forest Park have been busy in 2004! In January, the Friends approved several actions to help Prince William Forest Park celebrate its rich cultural history. The Friends voted to establish the Civilian Conservation Corps Commemoration Committee (C5) with the goal of honoring the work of the Civilian Conservation Corps (CCC). The Friends also voted to assist the park with financial contributions to help maintain and improve the five CCC-era cabin camps.

The first contribution enabled the park to display interpretive signs in the dining hall of each of the cabin camps. The interpretive signs provide information on the work completed by the CCC in establishing the Chopawamsic Recreational Demonstration Area, the original name for what is now Prince William Forest Park. The May Civilian Conservation Corps Recognition Day ceremony took place in the dining hall of Cabin Camp 3 and included a program about the Civilian Conservation Corps, the unveiling of the interpretive signs, and a presentation of the 2004 Conservation Champion award to Joe Hebda, one of CCC “boys” who worked to build park facilities and infrastructure.

The second contribution of the Friends was a new Civilian Conservation Corps display in the visitor center. The beautiful display was dedicated in March and included a special presentation by Dave Failor, the Executive Director of Stamp Services for the U.S. Postal Service. His office is responsible for the design, production, and distribution of all U.S. postage stamps and stamp-related products.

The Friends also helped park employees learn new preservation skills. Funding was provided for special skills training necessary for park employees to maintain the CCC cabin camps. The training helped employees learn new “old” skills. By learning construction techniques used by the CCC in the 1930s, park staff can ensure that repairs to the historic structures will be architecturally consistent with the original construction by the CCC.

Funding for projects involving the cabin camps comes from the Cabin Camp Restoration Fund established by the Friends in the fall of 2003. The initial deposit for this fund was a result of the Chopawamsic Cycle Challenge sponsored by the Friends last fall.

While the Friends’ focus so far this year has been on the cultural resources within the park, the Friends are still very much committed to assisting the park in promoting its environmental and recreational resources, and will be sponsoring several special events throughout the year. To lend your own helping hand, find out more about becoming a Friend by visiting the Friends web site at www.fpwfp.org.

This year Prince William Forest Park acquired several private land holdings around the border of the park. The land was purchased from willing sellers with funding from the Land and Water Conservation Fund.

Over 17 acres were added in the Mine Road area with the acquisition of 16 acres and a single acre parcel. Additionally, one acre near the intersection of Joplin and Johnson Roads was acquired.

The National Park Service continues to work with willing sellers adjacent to Prince William Forest Park to acquire new park lands to further protect these unique resources.

The work of the CCC continues in those who care for the park today.
Ever wanted a quick way to find out about your favorite part of the park? Well, here’s a fast and easy contact list for Prince William Forest Park.

General Park Information  703-221-7181
Visitor Center - Open daily 9:00 a.m.-5:00 p.m.

Camping  703-221-7181
Including individual, group and backcountry.

Cabin Camps  703-221-5843
Including group cabins and individual rentals, please leave a message.

Travel Trailer Village  800-737-5730
Camping area off Route 234 with full hook-ups.

Ranger-led Programs  703-221-7181
Including regularly scheduled, special request and education programs.

Volunteering in the Park  703-221-7181
Learn how you can help.

If it has been a little while since you’ve checked out the park’s website, its time to visit once again. For up-to-date park information visit: www.nps.gov/prwi

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The Friends of Prince William Forest Park was formed in 1989 to help preserve and enhance the park’s natural and cultural resources and provide citizens a forum to discuss issues and decisions affecting the park. Meetings are held at the park on the second Sunday of the month at 2:00 p.m. and typically include a business meeting, special speakers, and/or organized recreational activities. Membership is open to anyone who supports the mission of the group. For more information about this event or the Friends, visit their web site at: www.fpwfp.org
Kids Have Fun While Learning in the Park

Ever wonder what pyrite is and why people used to dig it up? Or where the name Mawavi came from? If you are 6 to 16 years old, check out the new Junior Ranger booklets available at the visitor center. Plan on spending a few hours, perhaps over several visits, to complete the booklet. Then review your findings with a ranger. Not only will you have a rip-roaring good time, you’ll earn a Junior Ranger certificate and badge! Then, help the park rangers keep Prince William Forest Park a beautiful, natural place. Come and enjoy!

For more information about the Jr. Ranger booklet or other learning opportunities in the park, call the visitor center at 703-221-7181 or visit our website (www.nps.gov/prwi).