

LOCATION INFORMATION

PARKING

- main parking lot is located on NE Everett Street, with one accessible space
- curb ramps provide access to sidewalk from both ends of main parking lot
- additional gravel parking area is located on NE 35th Avenue

RESTROOMS

- gender-designated, multi-stall restrooms located near the parking lot

PICNIC AREA LOOP (purple route):

- begin at the parking lot and follow the paved pathway around the picnic area
- route is flat and accessible
- about 0.25 mile in total distance

ROUND LAKE LOOP (black route):

- begin at the parking lot and follow the loop around Round Lake
- route includes several hills
- about 1.5 miles in total distance

FISH LADDER & DAM

Use caution when crossing the Fish Ladder and Lacamas Lake Dam along the Round Lake Loop (marked in orange). The path along this area is narrow, uneven, and includes some exposed mechanical equipment.



PLEASE TOUCH

Everything in nature has a shape, texture, and temperature. Engaging our sense of touch is an important part of any nature exploration.



Gently feel some of the leaves, moss, or tree bark along the trail. See how many different textures you can find on your nature walk.

NATURE SOUNDS

There is a symphony of sounds around us when we are in nature. Taking time to listen can be relaxing and calming for our body and mind.

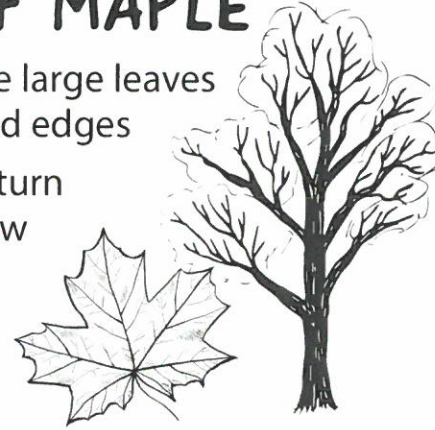


Find a comfortable place to stop and listen. Try to listen to sounds that might be far away from you, and then sounds that are close to you. Can you hear the wind?

BECOME A TREE DETECTIVE

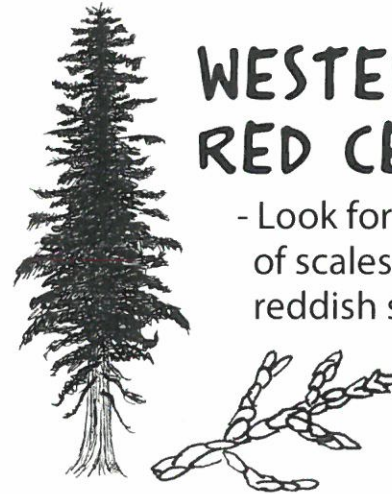
BIG LEAF MAPLE

- Look for the large leaves with pointed edges
- The leaves turn bright yellow in the fall



WESTERN RED CEDAR

- Look for needles made of scales and brown, reddish stringy bark



DOUGLAS FIR

- Look for tall evergreen trees with rough, thick gray bark
- These trees are common in Lacamas Park



HOPE WALKS

LACAMAS PARK Round Lake CAMAS, WA



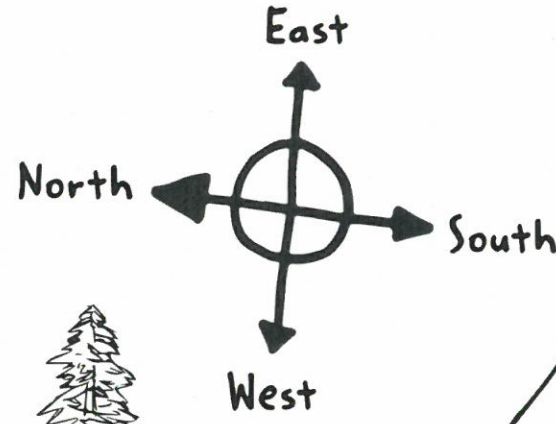
HOPE Dementia Support

Our mission is to provide Support, Education, and Advocacy for care partners of individuals living with dementia.

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in collaboration with
AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON



Map Key

	→ Picnic Area Loop		→ caution - narrow path
	→ Round Lake Loop		→ gravel path
	→ paved path		→ bench
	→ elevation change (arrows point uphill)		→ picnic table

