

**National Forest Association**  
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**FOR IMMEDIATE RELEASE**

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**SAN BERNARDINO, Calif., May 22, 2009**

**Enjoy Big Bear Lake by Canoe or Kayak: Tours at the Big Bear Discovery Center.**

The San Bernardino Mountains are fantastic in the summer months. With the weather warming up there is no better way to see the Big Bear Valley than by canoe or kayak. The Big Bear Discovery Center is offering canoe and kayak tours Wednesday through Sunday, May through September. "A guided tour is the perfect way for first timers to learn basic skills needed to canoe or kayak on their own," said Marco Guzman, Program Manager for the SBNFA. We invite you to experience the beauty of big bear lake and the peace and serenity of paddling around the beautiful lake.

On our guided tour you will learn how to canoe through beautiful Big Bear Lake. After a quick paddling lesson, you will cruise along the shore looking for beaver, great blue herons, and ducklings. Along the way you will learn the natural history of the Big Bear Valley along with the various flora and fauna found in the area.

Tours are limited to 14 people, reservations are recommended. Tours are filled on a first come, first serve basis. Call (909) 382-2790 or (909) 866-3437 or check our website at <http://www.sbnfa.org> for details. Private tours can be arranged for groups of 8 or larger, Wednesday through Sunday. Please call to schedule. Participants should be at least 6 years of age for canoeing and 10 years of age for kayaking. Sandals, sunglasses, sunscreen and a light jacket are recommended. All canoe and kayak equipment is provided.

**Canoe Tours**

**Fee:** Adults \$25, Children (6-12) \$15

**Dates:** May – Sept. Thursdays, Fridays, Saturdays, Sundays; 4pm-6pm & Sunday; 9am-11am.

**Kayaking Tours**

**Fee:** \$30 ages 10 and up.

**Dates:** May – Sept. Wednesdays; 4pm-6pm & Saturdays; 9am-11am.

*The San Bernardino National Forest Association is the primary non-profit partner to the U.S. Forest Service, which operates six programs to care for the San Bernardino National Forest. The programs include Children's Forest, Big Bear Discovery Center, Off Highway Vehicle Outreach Education, Forest Care, Fire Lookout Hosts, and the Urban Youth Conservation Corps of the Inland Empire. For more information visit <http://www.sbnfa.org>. To help sponsor a program visit our section on Giving.*

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