

**CEDAR LAKE FAMILY CAR CAMPING
AND KERR ARBORETUM VISIT
NOVEMBER 6,7,8 2015**

Description:

Let's enjoy the fall colors at Cedar Lake, OK with a family car camping outing. This will be an EASY outing – perfect for both adults and children. This will be our 8th year to enjoy this car camping family-experience. This adventure gives all a chance to explore, enjoy, and to learn techniques to protect our wonderful Oklahoma outdoors. Our outing includes a family-walk visiting a horse camp giving us a chance to not only to see and to smell, but to touch some of the horses.

Another walk will be around Cedar Lake for 2 to 3 leisurely miles. On Sunday morning, after walking in the Kerr Arboretum, we will take a ride on the world famous Oklahoma Talimena Trail as we start back home. Oh, what about the lake itself? Feel free to bring your non-motorized boat – canoe or kayak. The lake is ideal for leisurely paddling. This outing permits us to learn about this beautiful part of OK; to experience car camping; to learn of particular conservation issues in this part of OK; to practice conservation issues and car camping/wilderness courtesy (“if you pack it in, you pack it out”); to explore historical sites; to watch



and learn about wonders of the night sky; to paddle in a boat; and, perhaps most important, to develop friendships with like-minded people. Best of all, this outing gives families, and especially kids the chance to “be in nature”. Did you know that the Oklahoma Chapter of the Sierra Club celebrated its 20th anniversary and the Sierra Club centennial celebration at this same location in 1992? Wow, that means our Chapter is 43 years old and still very much alive.

Feel free to bring your canoe or kayak!



Trip Dates: November 6, 7, 8

Departure on Friday, November 6th

Some of us will meet at the Oklahoma Blood Institute at 901 N Lincoln in OKC at 4:45 PM and leave promptly at 5:00 PM and caravan to campground. [Please let a leader know if you want to caravan, or carpool, otherwise the leaders may just leave earlier in the day.] We will “car camp” at Cedar Lake St Park group camp sites 1 and 2. If for any reason you are not able to travel with the group Friday evening, you can join us at Cedar Lake no later than 10:00 AM Sat November 7th. It is over 200 miles and will take you a minimum of 4 hours. In the spirit of conservation, we will coordinate carpooling closer to the departure date once we know who all is signed up. (If you won't be traveling with the group and will be arriving separately, please let one of the leaders know.) If carpooling, please be prepared to pay the driver's compensation if you are a passenger in his/her vehicle. Our local Cimarron Sierra Club asks that each passenger reimburse the driver \$.10 a mile for gas and wear and tear on the vehicle. The mileage for this trip will be about 450 miles round trip. So, that would be about \$45 per person if carpooling. We will ensure that we have cell phone numbers so we can stay in contact as we caravan/convoy. We will stop for dinner on Friday. **NOTE: If the weather is “iffy”, check <http://oklahoma.sierraclub.org/cimarron/> or call one of the leaders.**

Saturday, **November 7th** and Sunday, **November 8th**.

The official beginning of our outing will be at 10:00 AM on Saturday at [Group Camp Site # 1 at Cedar Lake, OK](#). We will walk/hike in the immediate Cedar Lake area Saturday morning and again in the afternoon and then on Sunday morning caravan to the Talimena Trail to walk in the Kerr Arboretum. Saturday evening we will have an evening of family camping fun around the campfire. The official end of the trip will be about noon on Sunday. Also, it is customary when having a Sierra outing in SE OK, to stop at Pete's Restaurant in Krebs for a group Italian meal in route home. **NOTE:** Most of us will travel Friday November **6th** to the camp site, and all are welcome/encouraged to camp together Friday night before the official trip/hike begins on Saturday. [Note there is a motel in Heavener some 10 miles away, and of course there is the famous Queen Wilhelmina Lodge some 30+ miles away if you do not want to “rough it” car camping.] This will give a chance to explore and enjoy the night sky and campfire two nights. **Please** let the leader know if you **do not** plan to travel to the campground Friday evening.

Leader: Richard Coker -- richard5823@sbcglobal.net
405 478 1351 (h), 625-7087 (c)

Assistants:

- Doug Hill, isawwood925@gmail.com
- Blair Apple, gsblairw@gmail.com
- Traci Schaeffer, tracischaeffe@gmail.com



Number of Participants: The two group campsites can handle 50 of us. And parking for 12 vehicles.



Difficulty: Easy. This is a family outing— children of all ages welcome.

Suitable for any person of any age. No previous experience or special equipment is needed. The hikes are on a fairly level, established trails. Suitable for beginners. Likewise, the lake is small and ideal for paddling.

Getting to the Cedar Lake Recreational Area:

Directions to Heavener, OK and on to Cedar Lake:

- Take I-40 east to Exit 308 for US-59 toward Sallisaw/Poteau.
- Keep right at the fork, follow signs to Poteau and merge onto S. Kerr Blvd/US 59
- Continue to follow US-59 approx. 14.8 miles.
- Turn left at OK-9 E / US-59 S continues approx. 5.5 miles,
- Turn right at US-271 S / US-59 S continues approx. 10.6 miles
- Take the US-59-Bypass S ramp. .3 miles (**note: there is a Walmart just under the bridge at the Bypass for last minute purchases.**)
- Merge onto US-59 S continue approx. 15.2 miles
- In Heavener US-59 becomes US-270 / US 59 continue **on the same highway south approximately 9.3.** miles from Ave C traffic light.

- After you enter the Ouachita National Forest, look for the sign to Cedar Lake on the right. Turn **RIGHT** onto **COUNTY ROAD D1540 (Holson Valley Rd)** continue approx. 1.7 miles. Turn **RIGHT** at the **CEDAR LAKE RECREATION SITE, OK.** At the first cross road, after stopping, continue straight and take the left at the top of the next hill to get to Group Site #1. By the way, showers are near-by, just down the hill but there are flush toilets are at the campsites.

Here is a map of the Cedar Lake area showing the location of the group campsite:

http://www.recreation.gov/camping/map_of_Cedar_Lake_Oklahoma/r/campgroundMap.do?page=map&search=site&contractCode=NRSO&parkId=70613&topTabIndex=CampingSpot (click on 'GC 1' on the left hand side to highlight the camping site)

FOOD:

Friday 6th / Saturday 7th

- Bring snacks/lunch for the car trip and Saturday afternoon hike/walk. The only stops we will make in route will be restrooms stops and dinner Friday night. (Probably a buffet in Sallisaw.)
- For Saturday's dinner, we will provide hot dogs, buns and chili. You are encouraged to bring a side dish to share, perhaps a dessert, salad, or just chips or drinks or if you prefer, you can prepare your own meal. There are fire pits and currently no fire bans in place for roasting hot dogs. Bring a hot dog roasting stick and firewood if you can. (There is no electricity at the camp sites (other than the lights in the toilets) for cooking. Please inform the leader of any special dietary needs.

Sunday November 8th

- Breakfast on your own. Leaders will have community stoves and fuel. Break camp about 9:30, caravan to the top of the Talimena drive.
- The official end of the trip will be at noon. On the return trip to OKC, we will caravan along the Talimena Trail west, make several "vista/overlook" stops looking down 1000 feet into the valley below and then rendezvous at Pete's at Krebs for a late lunch together. (Other options, or your return could include a short stop at the Heavener Runestone Park, Horsethief Springs, or Robbers Cave.)

Fees and Costs:

- Suggested contribution of \$10 for general Cimarron Sierra Club activities.
- The group camp sites fee for both nights is \$118. We will share the cost of the group camping site which should work to around \$2-\$3 per person. Note that showers are a short walk from the group camping site – bring your own soap and towel.
- You will also need money for your meals Friday evening and Sunday afternoon.



Equipment / Gear:

- Lightweight, pack able jacket could be colder in the evenings
- Tent & bedroll
- Dependable hiking boots / walking shoes/ walking stick
- Flashlight
- Rain gear and a hat
- Sunscreen
- Sunglasses
- Warm clothing for the evening
- Water container/drinking cup, your own eating dish
- Orange clothing (optional, but it is hunting season)
- Any other “car camping” gear you might want-- e.g. camp chair, own pillow, your very own sleeping “teddy bear”, canoe, kayak....did I mention “camp chair!”
- Any other personal items (soap and towel for a shower)

If you need to borrow any gear, please let a leader know ASAP.

This time of year it is hard to predict weather patterns. It is recommended that each person bring proper clothing for this activity.

Liability Waiver:

Every participant will be required to execute a waiver of liability before beginning the outing. The leader will have forms available at the trail head (group site # 1). But ultimately adults will be responsible for any youth they bring. (Yes, Blair that means you will be responsible for Doug.)

Emergency Contact: Ouachita National Forest (501) 321-5202

Ouachita National Forest ranger (918) 653-2991 and Heavener Police Dept.
(Ty Armstrong) 918 653-2950

Note: We will never be more than a little over 2 miles from a vehicle in case of an incident on the trail. Also, be AWARE that cell phone service is not reliable at the Cedar Lake area.

Note: Since this will be a family outing, be on your best adult behavior and do not flaunt your alcoholic drinks — just enjoy them.

ULTIMATE GOAL

Have a safe and deeply spiritual experience. My personal goal: to have children on this trip remember this experience 50 years from now as they pass “the Cedar Lake experience” on to others. As much as possible, let the kids hear “yes, sure you can”. Come and be a child again yourself and experience “nature in Oklahoma.”