

Cassidy Gott, Tribal member, recommends you check out this park..

A Hidden Treasure-only about 10 miles away- Fry Cove County Park

Plan a BBQ with the family, enjoy the water & view of Mt Rainier.

Submitted by Patty Suskin, Diabetes Coordinator

What: Frye Cove County Park on Eld Inlet. (Steamboat Island Area)

Where: The park is at 61st Avenue Northwest, off of Young Road Northwest.

To do: The park has a 1,400-foot beach on Eld Inlet. The beach is great for shellfishing, birdwatching and walking. Check the tides if you want to walk on the beach, as a big high tide covers up just about the whole beach. It's a good idea to visit the park when the tide is dropping. Be sure to watch for areas of soft mud. Look for shells, starfish and water birds.

The short trail to the beach is steep in a couple of spots, but it winds through a maturing cedar forest. The leaf-covered paths are a perfect road into the silent, mossy forest of cedar, Douglas fir, alder and madrona.

This 86-acre park offers more than a great beach. The park has nearly 2 miles of trails through a mature forest -- and with views of the beach, Mount Rainier and Eld Inlet. There are two covered picnic areas, a playground, grassy spots, quality restrooms and water. You can spend an hour -- or an entire day -- at this park.

The picnic shelters and grills make the park a good option to gather for a meal..

Look for deer, water birds and ducks. Sea lions and seals have been seen from the beach.

Hike details: The beach trail has one steep pitch, so beware.

Safety: Watch kids on the beach, as there are sharp shells, barnacles and rocks. Sharp barnacles encrust several fallen trees on the beach, so watch where you put your hands. Old sneakers or sandals are a must for walking on the beach.

The trail system has some steep slopes and thick brush.

Equipment: Rain gear, food, water, warm clothes, cameras and binoculars.

Directions: From the tribal center, go south on Highway 101 toward Olympia. Exit at Steamboat Island. Go north on Steamboat Island Road Northwest about 6 miles to Young Road Northwest. Turn right onto Young Road NW. Take Young Road two miles & turn left on 61st Avenue Northwest and follow the road into the park.

Parking: Keep driving till you get to the crest of the hill to the parking lot.

Restroom: A restroom is midway between the parking lot and the beach.

Rules: The park is open from 9 a.m. to dusk. No camping, alcohol or firearms.

Information: Call Thurston County Parks and Recreation at 360-786-5595 or go to www.thurston-parks.org.

Cassidy's Comments:

- The terrain gives walkers a challenge
- There are beautiful views of the water & the houses across the inlet
- It is peaceful, relaxing
- The beach has agate rocks
- It's worth the trip!

Have an outdoor activity you would recommend? Share it in the Klah-Che-Min!

Theresa,

Can you choose some photos from this website to include??

<http://www.co.thurston.wa.us/parks/parks-fryecove.htm>