



Established in 1964, this National Wildlife Refuge was established through the efforts of the late Senator Lee Metcalf for his life-long commitment to conservation and for his active engagement in the project. It is located just north of Stevensville with 2,800 acres of land set apart for wildlife conservation. The property has many walking trails, some near the south of the refuge off of Wildfowl Lane, while the Kenai Trail starts and ends at the Lee Metcalf headquarters.

#### LEE METCALF NATIONAL WILDLIFE REFUGE

This establishment was formerly known as the Bitterroot Cooperative Creamery that burnt down in 1911 but was rebuilt in 30 days. This effort was led by the manager John Howe who inspired the community to help rebuild the creamery and started the annual community celebration of the Stevensville Creamery Picnic.



In 1850, Major John Owen established his trading post and began trading with Native Americans. The first church in Montana was the St. Mary's Mission, which can be found on the corner of 4th Street and Charlos Street. Father Pierre Jean Desmet called the first settlement St. Mary's and built the first chapel soon afterward. This encouraged interaction and spiritual conversion of the Salish, Iroquois and Nez Perce Natives previously residing in the Bitterroot Valley.

#### ST. MARY'S MISSION

The town of Stevensville is considered the first permanent settlement in Montana. It was established on September 24, 1841 by Catholic missionary Father Pierre Jean Desmet and was first known as St. Mary's. In 1864, the name was changed to Stevensville in honor of Isaac Stevens. Father Anthony Ravalli, who was the town's first physician, surgeon and pharmacist, opened Montana's first pharmacy there.

#### LEARN ABOUT HISTORY WHILE YOU WALK!

### HISTORY AND WALKING

### DISCOVER

#### WANT TO LEARN MORE?

Discover more about the history of Stevensville, how to become involved with the community, and how to live a healthier lifestyle by visiting these websites:

#### STEVENSVILLE RESOURCES

- MSU Extension - Ravalli County** [msuextension.org/ravalli](http://msuextension.org/ravalli)
- North Valley Public Library** [northvalleylibrary.org](http://northvalleylibrary.org)
- Champion Trees National Register** [americanforests.org](http://americanforests.org)
- Stevensville Main Street Association** [mainstreetstevensville.com](http://mainstreetstevensville.com)
- Stevensville Ranger District - Bitterroot Forest Service** <http://www.fs.usda.gov/bitterroot/>
- Town of Stevensville** [townofstevensville.com](http://townofstevensville.com)

#### HISTORICAL RESOURCES

- Creamery Antiques Mall** [creameryantiquesmall.com](http://creameryantiquesmall.com)
- Fort Owen State Park** [stateparks.mt.gov/fort-owen](http://stateparks.mt.gov/fort-owen)
- Lee Metcalf National Wildlife Refuge** [fws.gov/refuge/lee\\_metcalf](http://fws.gov/refuge/lee_metcalf)
- National Register of Historical Places** [npgallery.nps.gov/nrhp](http://npgallery.nps.gov/nrhp)
- St. Mary's Mission** [saintmarysmission.org](http://saintmarysmission.org)
- Stevensville Historic Museum** [stevensvillemuseum.com](http://stevensvillemuseum.com)

#### HEALTH RESOURCES

- Healthy People 2020** [healthypeople.gov](http://healthypeople.gov)
- MyPlate** [choosemyplate.gov/physical-activity](http://choosemyplate.gov/physical-activity)
- Centers for Disease Control and Prevention** [cdc.gov](http://cdc.gov)

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Dress warmly and enjoy the foliage! As the days get shorter, consider wearing reflective clothing when it's dark so others can see you.

#### AUTUMN

Wear sunglasses, sunscreen and a large-brimmed hat to prevent sunburn. Drink plenty of fluids, especially if participating in vigorous exercise to prevent dehydration and electrolyte depletion. Wear a mask if the air quality is poor.

#### SUMMER

Wear a water-resistant jacket or bring an umbrella on rainy days to prevent getting too cold or wet. Wear water-resistant shoes and watch out for slush. Airborne allergens may be a concern.

#### SPRING

Dress warmly with at least three layers to prevent hypothermia. Wear footwear with good grips to prevent slipping on ice. Wear a hat and keep your ears warm to prevent ear infections. Wear gloves and wool socks to prevent frostbite.

#### WINTER

Regardless of the season, enjoy physical activity outdoors with the following precautions. Remember to wear sunscreen, even in the winter months.

#### HOW TO EXERCISE SAFELY ALL YEAR ROUND!



- Benefits include the following:
  - Lowers the risk of
  - Heart disease
  - Stroke
  - High blood pressure
  - Type II Diabetes
  - Breast and colon cancer
  - Boosts self-esteem
  - Reduces symptoms of depression
  - Improves concentration
  - Improves bone strength

#### ENGAGING IN PHYSICAL ACTIVITY IS IMPORTANT FOR YOUR HEALTH.

### EXERCISING FOR HEALTH

## STEVENSVILLE WALKING MAP



**Take a peek inside to learn how daily exercise can improve your health and how to walk safely in every season of the year.**

This walking map features six routes in the town of Stevensville with distances varying from one to five miles, each with significant historical sites and points of interest to visit along the way. This map is designed to encourage you to discover the history of Stevensville and become physically active at the same time! Each route time is an estimate based on the average walking speed of 3.1 miles per hour.

**Explore the historic town of Stevensville while improving your health!**



# Take a walk around Stevensville

<b>Bass Mansion Route</b> 1.1 miles, 25 min	<b>St. Mary's Route</b> 1.9 miles, 40 min	<b>City Limits Route</b> 3.1 miles, 60 min
<b>E. Stevensville Route</b> 2.3 miles, 45 min	<b>Stevensville Bike Path</b> 1.9 miles, 40 min	<b>The Whole Shebang</b> 4.6 miles, 95 min

\*Stevensville River Park  
+/- 1.0 miles, 25 min

1.75 inches = 0.25 miles

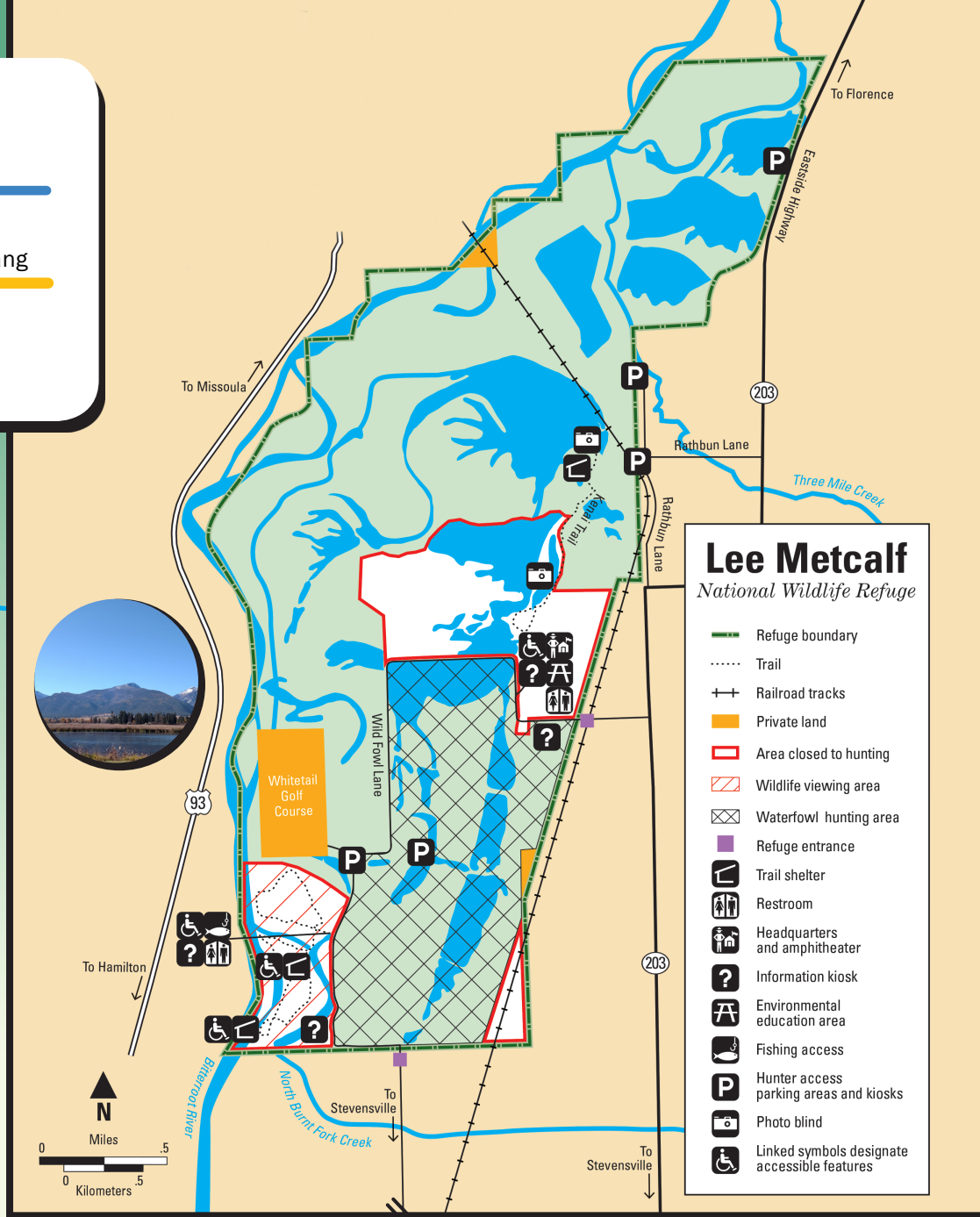


Fort Owen State Park



Fort Owen Ranch Rd

Stevensville Bike Path: To River Park and Trail\*



Lewis and Clark Park



Historic St. Mary's Mission

Bass Mansion

Creamery Antiques Mall

Stevensville High School

Stevensville Elementary School

Stevensville Historical Museum

Maplewood Cemetery

Stevensville Post Office

