

Where to Be Active in Island County – 25 Family Friendly Parks and Beaches

Why be Active? Obesity and overweight are prevalent among Island County youth and adults. Being active 30 minutes a day reduces the risk of obesity and is important for maintaining good health. Plan a day of physical activity at a nearby park or beach in Island County.

North Whidbey

1 Deception Pass State Park

Encompasses 4,134 acres including 77,000 feet of saltwater shoreline, three lakes, 30 miles of hiking trails, old-growth forests and fabulous views.

2 Dugualia State Park

A little-known property at the end of Sleeper Road north of Oak Harbor. Several miles of trail meander through an alder grove and wetland area, and offer a more challenging, step trek to a secluded beach south of Dugualia Bay.



3 Joseph Whidbey State Park

One of the grandest beaches on Whidbey Island. Three miles west of Oak Harbor. Includes 0.5 miles of ADA Hiking Trails.

4 Freund Marsh Trail

Located on 35 undeveloped acres of open space wetlands in Oak Harbor. The Waterfront Trail travels through Freund Marsh.

5 Flinstone Park

The Waterfront Trail travels through this park. Includes covered picnic facilities, a small pier, and a stone car modeled after the Flintstones cartoon.

Central Whidbey

6 The Kettles

With over 243 acres and 35 miles of trail, The Kettles is a popular spot for hiking and mountain biking. The paved Kettles Trail spanning 2.16 miles along SR20 provides easy access from Coupeville to The Kettles Property.



7 Fort Eby State Park

Two miles north of Coupeville. Home to a WWII coastal defense fort. Includes 645 acres, 28 miles of hiking trails, and saltwater shoreline.

8 Coupeville Town Park

Picnic area and playground. Walk the trail down to Penn Cove beach and follow the waterfront through historic downtown.

9 Rhododendron County Park

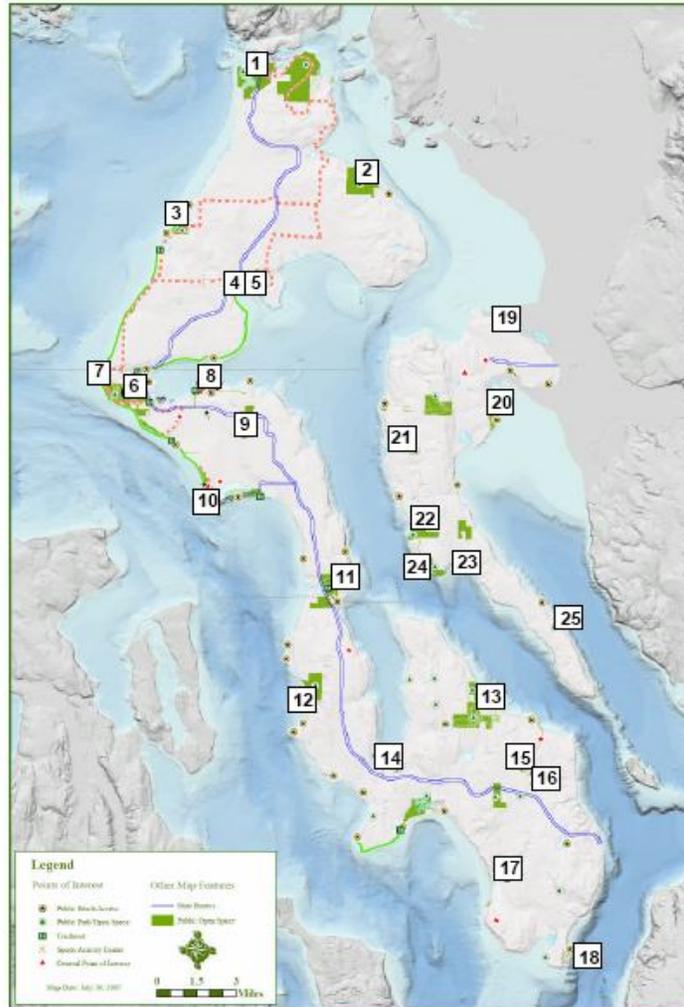
With 3 groomed ball fields, covered picnic area, flushing bathrooms, walking trails, BBQ, and 32 total acres, this park is great for an afternoon get-together.

10 Fort Casey State Park

Home to the historic Admiralty Head Lighthouse and Fort Casey. 1.8 miles of hiking trails on 467 acres.

11 Greenbank Farm

Just north of Greenbank off HWY 20. Comprised of 522 acres, walkable fields, forests, and wetlands. Holds community events, classes, workshops, picnics, and family reunions with events year-round. Indoor and outdoor facilities.



South Whidbey

12 South Whidbey State Park

3.5 miles of trails throughout 347 acres. Comprised of lush old-growth forests and scenic views of Puget Sound and the Olympic mountains.

13 Saratoga Woods & Metcalf Trust Trails

Located near Langley on 118 protected acres with a mix of farmland and bluff terrain. Impressive views of the Saratoga passage, Mt. Baker, and the North Cascades.

14 Freeland County Park

Seven acres. 1,500 feet of shoreline on Holmes Harbor. Beach and facilities for picnicking and playing.

15 South Whidbey Intermediate School Trails

Trail system with unique names like Huckleberry Loop and Feathered Fairway accessible from South Whidbey Intermediate School.

South Whidbey (cont.)

16 South Whidbey Community Park

Playground, skate park, picnic area, baseball and soccer fields, and groomed trails for walking and running.

17 Maxwellton Salmon Adventure

Short self-guided trail (0.25 miles). Wheelchair accessible. Hands-on classroom for learning about the Maxwellton Watershed.

18 Possession Point State Park

Located at the southernmost tip of Whidbey Island. Boat launch ramp and beach access. Three campsites. Ideal spot for fishing and scuba diving.



Helpful Tips

1. Take a meal with you.
2. Carry water.
3. Bring play equipment: Frisbees, baseball and bat, footballs, soccer balls, or kites.
4. Enjoy the scenery and learn about nature.
5. Leash your pet and clean up after them.
6. Throw your trash away or pack it out.
7. Protect yourself from the sun.
8. Wear a comfy pair of shoes.
9. Bring bug spray.
10. Have fun!

Source: Bill Terry

Camano

19 English Boom Historical Trail

Northern end of Camano Island on 7.5 acres of waterfront property. Approximately 0.5 miles of one-directional trail with an historical display.

20 Iverson Spit Preserve

Walking trail is just shy of 1 mile long. Forms a well-marked loop. Listed by the Audubon Washington as one of 68 hot spots for bird watching.

21 Four Springs Lake Preserve

A 50-acre parcel 1.5 miles from I-5. Includes 1.6 miles of wooded trails, a small lake, and a large open meadow area. Facilities for large events.

22 Cama Beach State Park

A total of 433 acres of wetland and wooded areas along with more than a mile of shoreline. A 1.5 mile trail leads off to Cranberry Lake and a 2 mile trail connects Cama and Camano Island State Park.



23 Elger Bay Preserve

A system of loop trails with three separate trail loops of 1.1 mile, 2.1 miles, and 2.5 miles.

24 Camano Island State Park

Over 134 acres with 2.5 miles of hiking trails and a 0.5 mile self-guided nature trail. Rowboat, sailboat, and canoe rentals.

25 Walter Hutchinson Trail

Southern end of Camano Island on a quaint 5-acre plot of park property. Picnic tables and a short 0.5 mile trail that is nice and flat through the trees.

Picnic Food Safety Tips

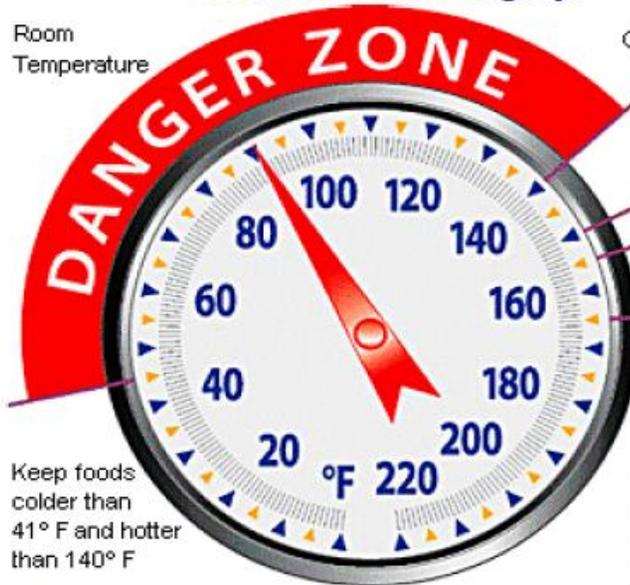
Keep Everything Clean

- Have EVERYONE WASH THEIR HANDS THOROUGHLY before cooking, after touching raw meat, before getting their food, and especially after using the bathroom.
- Consider using moist disposable towelettes for cleaning your hands if running water, soap and paper towels are unavailable.
- Keep all utensils and platters clean when preparing food.
- Use clean plates for getting "second helpings" on food.



Cook food thoroughly!

Room
Temperature



Cook fish, shellfish, lamb and beef to at least 145° F; Hot Holding Temperature for all hot food 140° F or above.

Pork (160° F)

Ground beef (160° F)

Final cook for poultry (165° F)

Reheating temperature for all foods

Keep foods colder than 41° F and hotter than 140° F

Use your thermometer!

Leftovers

- Refrigerate food as soon as possible.
- Put food back in cooler as soon as you are finished eating.
- Discard any food that has been out of the refrigerator for more than 2 hours, 1 hour if hotter than 90° F.
- Check temperatures of cold food and if above 41° F – Then discard! Reheat leftovers to at least 165° F if food has stayed at 41° F or below.
- Hot foods must stay at 140° F or higher.



Don't cross-contaminate

- Store pre-cut vegetables or other ready-to-eat foods in Ziploc bags under ice – use a separate cooler for ready to eat foods.
- Raw meat and poultry should be stored in Ziploc bags in their own cooler, also under ice.
- Keep ice for beverages in a different cooler or container.
- Recommend bringing two cutting boards, one for raw meats and one for ready-to-eat foods like watermelons.
- Use a CLEAN PLATE for cooked meat or poultry and ready to eat foods.
- Do not use left-over marinade for "extra flavoring" on cooked meats or foods.

Whether you're grilling or going on a trip, remember these tips to keep your food safe and you and your guests out of the emergency room.

