



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

North Valley Public Library northvalleylibrary.org

Champion Trees National Register americanforests.org

Stevensville Main Street Association mainstreetstevensville.com

Stevensville Ranger District - Bitterroot Forest Service

<http://www.fs.usda.gov/bitterroot/>

Town of Stevensville townofstevensville.com

HISTORICAL RESOURCES

Creamery Antiques Mall creameryantiquesmall.com

Fort Owen State Park stateparks.mt.gov/fort-owen

Lee Metcalf National Wildlife Refuge fws.gov/refuge/lee_metcalf

National Register of Historical Places npgallery.nps.gov/nrhp

St. Mary's Mission saintmarysmisson.org

Stevensville Historic Museum stevensvillemuseum.com

HEALTH RESOURCES

Healthy People 2020 healthypeople.gov

MyPlate choosemyplate.gov/physical-activity

Centers for Disease Control and Prevention cdc.gov

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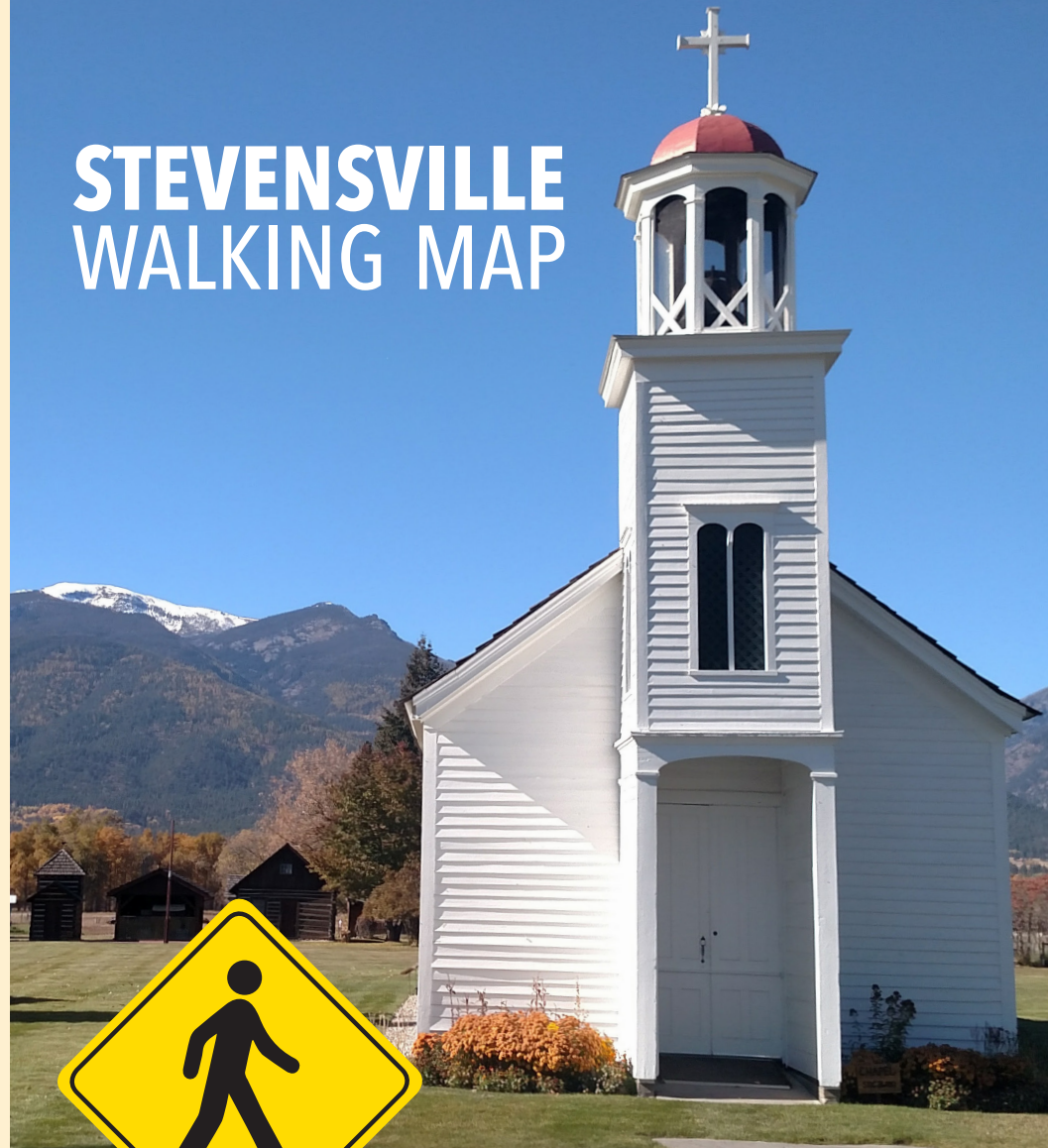
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STEVENSVILLE WALKING MAP



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!



EXERCISING FOR HEALTH

ENGAGING IN PHYSICAL ACTIVITY IS IMPORTANT FOR YOUR HEALTH.

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



HOW TO EXERCISE SAFELY ALL YEAR ROUND!

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

WINTER

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.

SPRING

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.

SUMMER

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.

AUTUMN

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



HISTORY AND WALKING

LEARN ABOUT HISTORY WHILE YOU WALK!

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.

ST. MARY'S MISSION

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.

FORT OWEN STATE PARK

In 1850, Major John Owen established his trading post and began trading with Native Americans.



CREAMERY ANTIQUES MALL

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.

LEE METCALF NATIONAL WILDLIFE REFUGE

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.



Additional walking maps available at headquarters.

Take a walk around Stevensville

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

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

1.75 inches = 0.25 miles

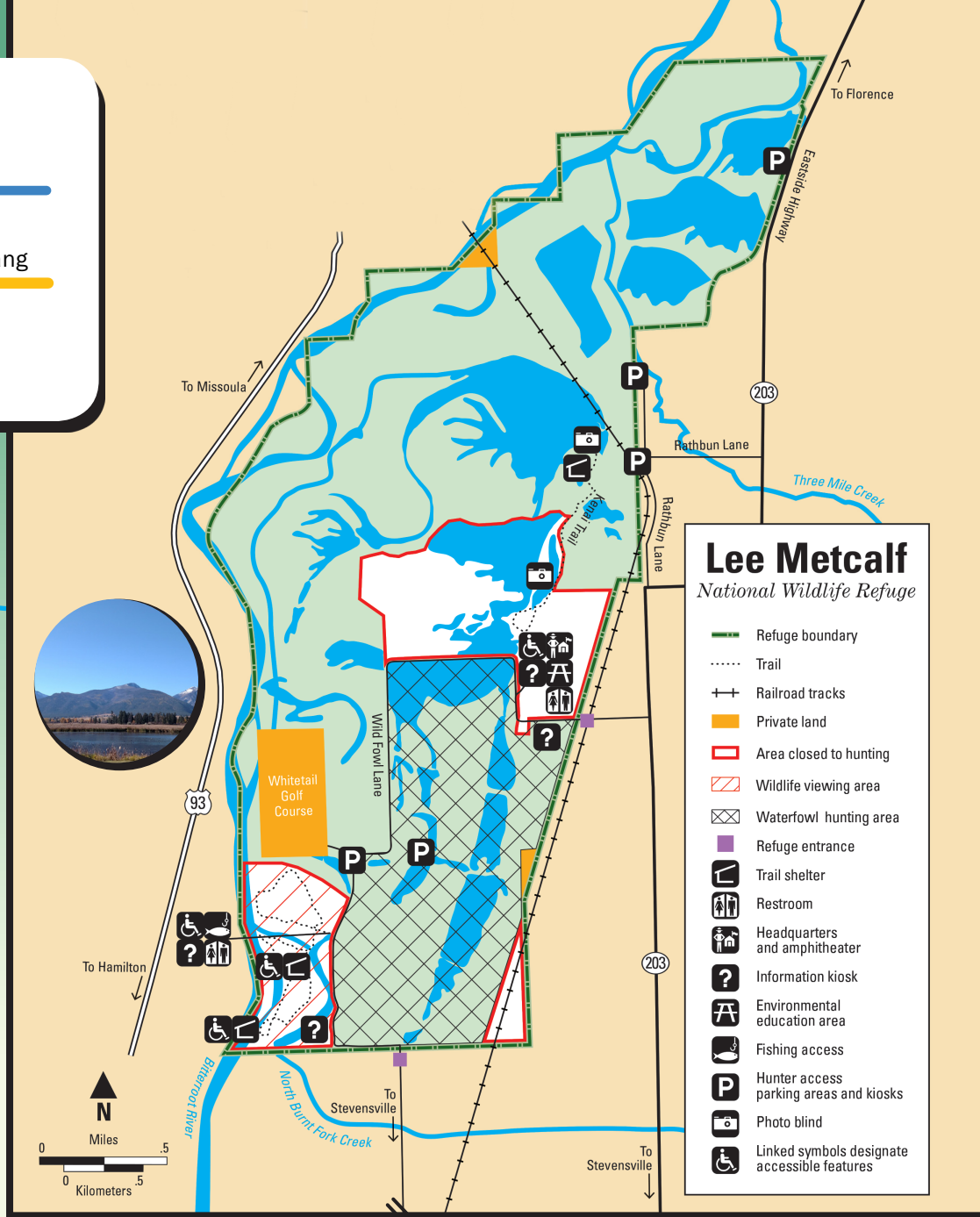


Fort Owen State Park



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 Historical Museum

Maplewood Cemetery

Stevensville High School

Stevensville Elementary School

Stevensville Post Office

