

California Department of Water Resources NEWS

May 3, 1996

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Join Us on a "Walk for Wellness" at Oroville Dam on May 17

Get fit and have fun -- all in the same day. Join the "Walk for Wellness" on Friday, May 17, for a one-mile trek across Oroville Dam.

The walk, sponsored by Oroville Hospital with the assistance of the Department of Water Resources (DWR), is among many special events held to celebrate May as Water Awareness Month in California.

"This is our second Walk for Wellness," said Oroville Hospital Administrator Robert Wentz. "We're doing it to encourage better health, especially for older adults, and more use of the recreation facilities here at Lake Oroville." Walk sponsors issued a special invitation to active adults in Oroville and other Northern California communities to take part in the Walk for Wellness.

Warmup for 9:30 a.m. Start

The event will start at 9 a.m. near the plaques on the dam road. No advance registration is required. Participants need only show up and enjoy the walk. After warmup exercises and welcoming remarks by local officials, the walk will begin at 9:30 a.m.

Walkers across the crest of the dam enjoy a panoramic view of the Lake Oroville on one side and of the upper Sacramento Valley on the other. Rising to 770 feet at its crest, Oroville Dam is the tallest dam in the United States.

Refreshments and Bike Bottles

The first 250 walkers will receive visors, bike bottles, and refreshments, be eligible for door prizes, and can have free blood pressure readings and body-fat testing after the walk. Helping out will be DWR and

hospital staff. Refreshments will be provided by Secure Horizons.

Lake Oroville is the key State Water Project reservoir in Northern California. Located on the Feather River in Butte County about 70 miles north of Sacramento, Lake Oroville offers 15,000 acres of lake surface and 167 miles of shoreline.

Fed by rainfall and snowmelt from the Feather River watershed, the lake is the second largest reservoir in California. This year, with abundant winter precipitation, the reservoir is more than 85 percent full.

Lake Oroville Recreation

Lake Oroville recreation opportunities include fishing, boating, camping, RV facilities, swimming, picnicking, a visitors center, and scenic views from the dam crest and from atop a 46-foot tower overlooking the lake near the visitors center. Many boat launching ramps and campsites are available. The lake offers both warmwater and coldwater fisheries. The State Recreation Area at Lake Oroville is operated by the State Department of Parks and Recreation.

Phone Numbers for Information

For information on visiting Lake Oroville State Recreation Area, call (916) 538-2200. For campground reservations, call MISTIX at 1-800-444-7275.

DWR and the State Department of Parks and Recreation jointly operate the Lake Oroville Visitors Center at 917 Kelly Ridge Road, overlooking the lake. The visitors center offers exhibits and films about the dam's construction and the Indian legacy of the Oroville region. The center is open from 9 a.m. to 5 p.m. daily. For information on the visitors center, call (916) 538-2219.

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The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs. The State Water Project provides water to two-thirds of California's population.

For more on-line information, see [Find DWR Info](#) or return to the [DWR California Water Page](#)