



National Park Service  
U.S. Department of the Interior

Lava Beds  
National Monument

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## Lava Beds National Monument News Release

**FOR IMMEDIATE RELEASE**

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### **Visit Lava Beds NM for the Holidays!**

**Tulelake, CA** – Wondering what to do with friends and family on those quiet afternoons over the holidays? Include Lava Beds NM on your itinerary. There are over 20 developed caves to explore and no matter what the outside weather, most caves remain approximately 55 degrees all year long. If caves are your choice, be sure to dress in layers, wear sturdy shoes and bring helmets and flashlights. Bicycle helmets are ideal for casual caving. Flashlights are available for checkout free until 4:30 pm daily and helmets are for sale if you do not have them.

When the weather cooperates, a hike to the top of Schonchin Butte or within Captain Jack's Stronghold can provide an enlightening and historical experience. Be sure to ask the rangers at the visitor center for recommendations.

The Lava Beds Natural History Association (LBNHA) has supported the monument for over 50 years and you too could add your support by becoming a member and receive a discount on your holiday purchases. LBNHA, a private non-profit group, is playing host in the visitor center during the winter months, offering hot coffee and cocoa.

The museum offers displays and videos to enhance your knowledge. The Lava Beds Visitor Center/Museum is open every day during the winter months from 8:30 am to 5:00 pm; closed on Christmas Day, December 25<sup>th</sup>. There is always a friendly park ranger to greet you and answer questions about the natural wonders and intriguing history of Lava Beds National Monument.

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Lava Beds National Monument, established in 1925, is a land of turmoil, both geologic and historic. Over the last half-million years, volcanic eruptions have created a rugged landscape dotted with diverse volcanic features. Lava tube caves, Native American sites, historic battlefields and a high desert wilderness experience await you!

For more information about visiting Lava Beds National Monument, call 530-667-8113, email [labe\\_interpretation@nps.gov](mailto:labe_interpretation@nps.gov), or go to [www.nps.gov/labe](http://www.nps.gov/labe). Also, visit the park's Facebook page.

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