

The Mt. Carmel Dam was built to provide water for recreation, fish, habitat, runoff control and a water supply for the City of Langdon. It is located on the east edge of West Hope Township on the south fork of the Little Pembina River.

Planning began in 1964 and construction work was completed by June of 1971.

The 342 acre lake provides many recreation activities that include: fishing, boating and water skiing. Walking, biking, picnicking, camping and other outdoor activities are enjoyed by residents of North Dakota and Canada.

Brought to you by Cavalier County Health District,
the Cavalier County Water Resource Board and
Cavalier County Emergency Manager.

901 3rd St
Langdon, ND 58249



Mt Carmel Dam Recreation Area Walking Map



Areas of Interest

1. Office
2. Bath House
3. AED
4. Tornado Shelter
5. Toilets
6. Swimming Beach
7. Boat Ramp
8. Handicap Accessible Fishing Pier
9. Docks
10. Fish Cleaning Station
11. Wildlife Shelters
12. Playgrounds
13. Volleyball pit
14. Bunkhouse
15. Dump Station

Contact Us

Cavalier County Water Resource Board
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Visit us on the web:
www.cavaliercountyhealth.com



Physical Activity Recommendations

Children and teens be physically active for at least 60 minutes on most, if not all, days.

Adults should do a minimum of 2 hours and 30 minutes, or 30 minutes 5 days a week, of moderate-intensity aerobic activity a week.

Benefits of Physical Activity

Among adults and older adults, physical activity can lower the risk of:

- Early death
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Breast and colon cancer
- Falls
- Depression

Among children and adolescents, physical activity can:

- Improve bone health
- Improve cardiorespiratory and muscular fitness
- Decrease levels of body fat
- Reduce symptoms of depression
- Improve cognitive skills
- Improve ability to concentrate and pay attention