



Moreau Lake State Park

UPCOMING EVENTS

Sunday, September 4th 9 a.m. Forest Bathing

Coined shinrin-yoku in Japan in the 1980's, forest bathing is the ecotherapeutic practice of spending time immersed in nature, absorbing it with all of your senses. The physiological and psychological benefits last for days afterward with the additional benefit of a new appreciation of our precious woodland and its inhabitants. This is a beginner- rated walk along the Nature Trail with long pauses to sit and enhance our awareness of our surroundings and it is approximately a 2-hour program. A small mat is beneficial to ensure a dry seat.

Pay \$5 per adult (cash or check) at the office upon arrival. Registration is required at least 24 hours in advance; call or text 518-917-2174.

Monday, September 5th 10 a.m. Meet the Monarch (before it's too late)

Recently added to the Endangered list, let's do what we can to prevent the Monarch butterfly from becoming extinct. Learn how we can help protect and preserve this species. Milkweed seeds will be given out with instructions on how to sow them. This FREE program is for adults and children alike; bring a friend!

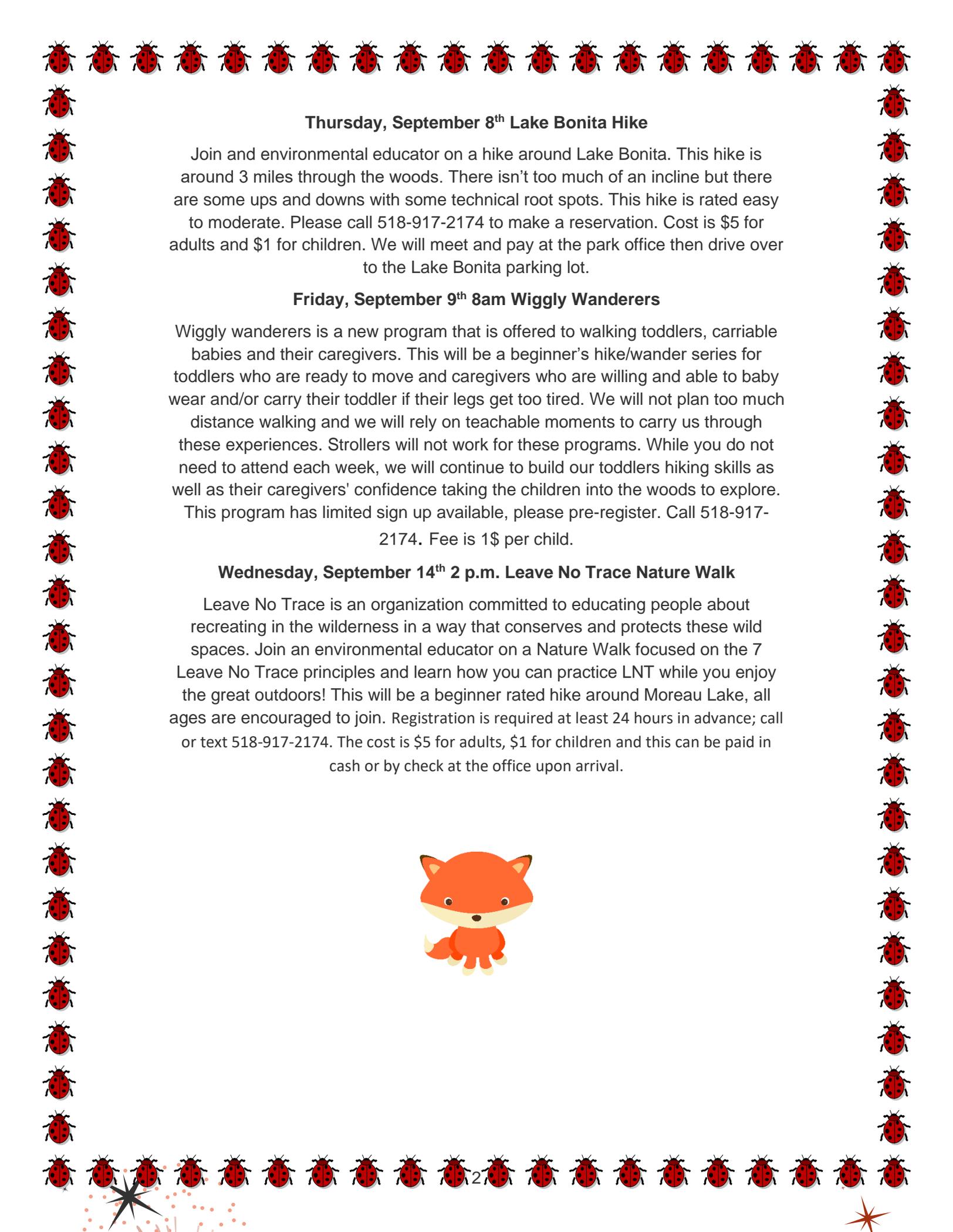
To register call or text 518-917-2174 at least 24 hours in advance.

Wednesday, September 7th 8am Wiggly Wanderers

Wiggly wanderers is a new program that is offered to walking toddlers, carriable babies and their caregivers. This will be a beginner's hike/wander series for toddlers who are ready to move and caregivers who are willing and able to baby wear and/or carry their toddler if their legs get too tired. We will not plan too much distance walking and we will rely on teachable moments to carry us through these experiences. Strollers will not work for these programs. While you do not need to attend each week, we will continue to build our toddlers hiking skills as well as their caregivers' confidence taking the children into the woods to explore.

This program has limited sign up available, please pre-register. Call 518-917-2174. Fee is 1\$ per child.





Thursday, September 8th Lake Bonita Hike

Join an environmental educator on a hike around Lake Bonita. This hike is around 3 miles through the woods. There isn't too much of an incline but there are some ups and downs with some technical root spots. This hike is rated easy to moderate. Please call 518-917-2174 to make a reservation. Cost is \$5 for adults and \$1 for children. We will meet and pay at the park office then drive over to the Lake Bonita parking lot.

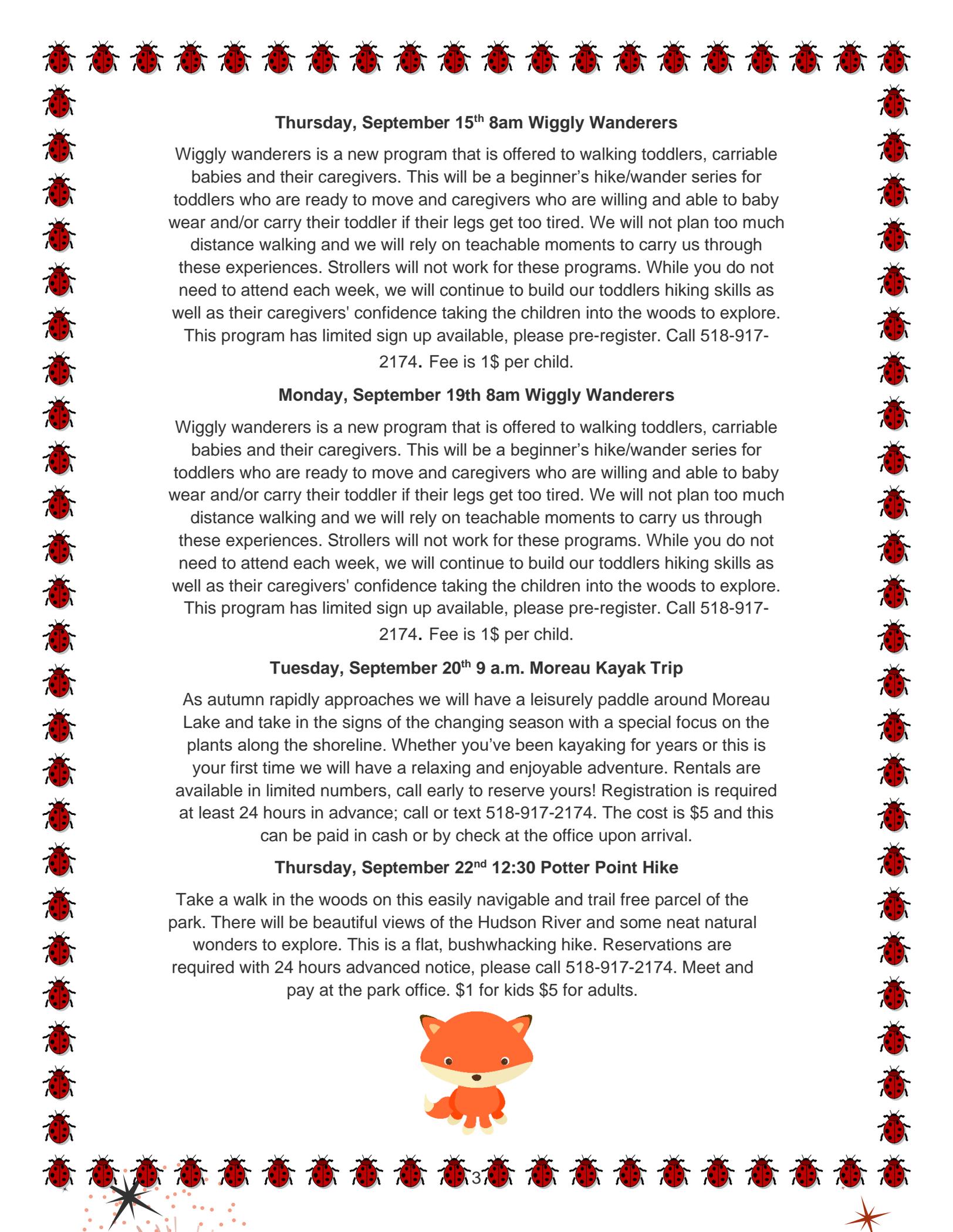
Friday, September 9th 8am Wiggly Wanderers

Wiggly wanderers is a new program that is offered to walking toddlers, carriable babies and their caregivers. This will be a beginner's hike/wander series for toddlers who are ready to move and caregivers who are willing and able to baby wear and/or carry their toddler if their legs get too tired. We will not plan too much distance walking and we will rely on teachable moments to carry us through these experiences. Strollers will not work for these programs. While you do not need to attend each week, we will continue to build our toddlers hiking skills as well as their caregivers' confidence taking the children into the woods to explore. This program has limited sign up available, please pre-register. Call 518-917-2174. Fee is 1\$ per child.

Wednesday, September 14th 2 p.m. Leave No Trace Nature Walk

Leave No Trace is an organization committed to educating people about recreating in the wilderness in a way that conserves and protects these wild spaces. Join an environmental educator on a Nature Walk focused on the 7 Leave No Trace principles and learn how you can practice LNT while you enjoy the great outdoors! This will be a beginner rated hike around Moreau Lake, all ages are encouraged to join. Registration is required at least 24 hours in advance; call or text 518-917-2174. The cost is \$5 for adults, \$1 for children and this can be paid in cash or by check at the office upon arrival.





Thursday, September 15th 8am Wiggly Wanderers

Wiggly wanderers is a new program that is offered to walking toddlers, carriable babies and their caregivers. This will be a beginner's hike/wander series for toddlers who are ready to move and caregivers who are willing and able to baby wear and/or carry their toddler if their legs get too tired. We will not plan too much distance walking and we will rely on teachable moments to carry us through these experiences. Strollers will not work for these programs. While you do not need to attend each week, we will continue to build our toddlers hiking skills as well as their caregivers' confidence taking the children into the woods to explore.

This program has limited sign up available, please pre-register. Call 518-917-2174. Fee is 1\$ per child.

Monday, September 19th 8am Wiggly Wanderers

Wiggly wanderers is a new program that is offered to walking toddlers, carriable babies and their caregivers. This will be a beginner's hike/wander series for toddlers who are ready to move and caregivers who are willing and able to baby wear and/or carry their toddler if their legs get too tired. We will not plan too much distance walking and we will rely on teachable moments to carry us through these experiences. Strollers will not work for these programs. While you do not need to attend each week, we will continue to build our toddlers hiking skills as well as their caregivers' confidence taking the children into the woods to explore.

This program has limited sign up available, please pre-register. Call 518-917-2174. Fee is 1\$ per child.

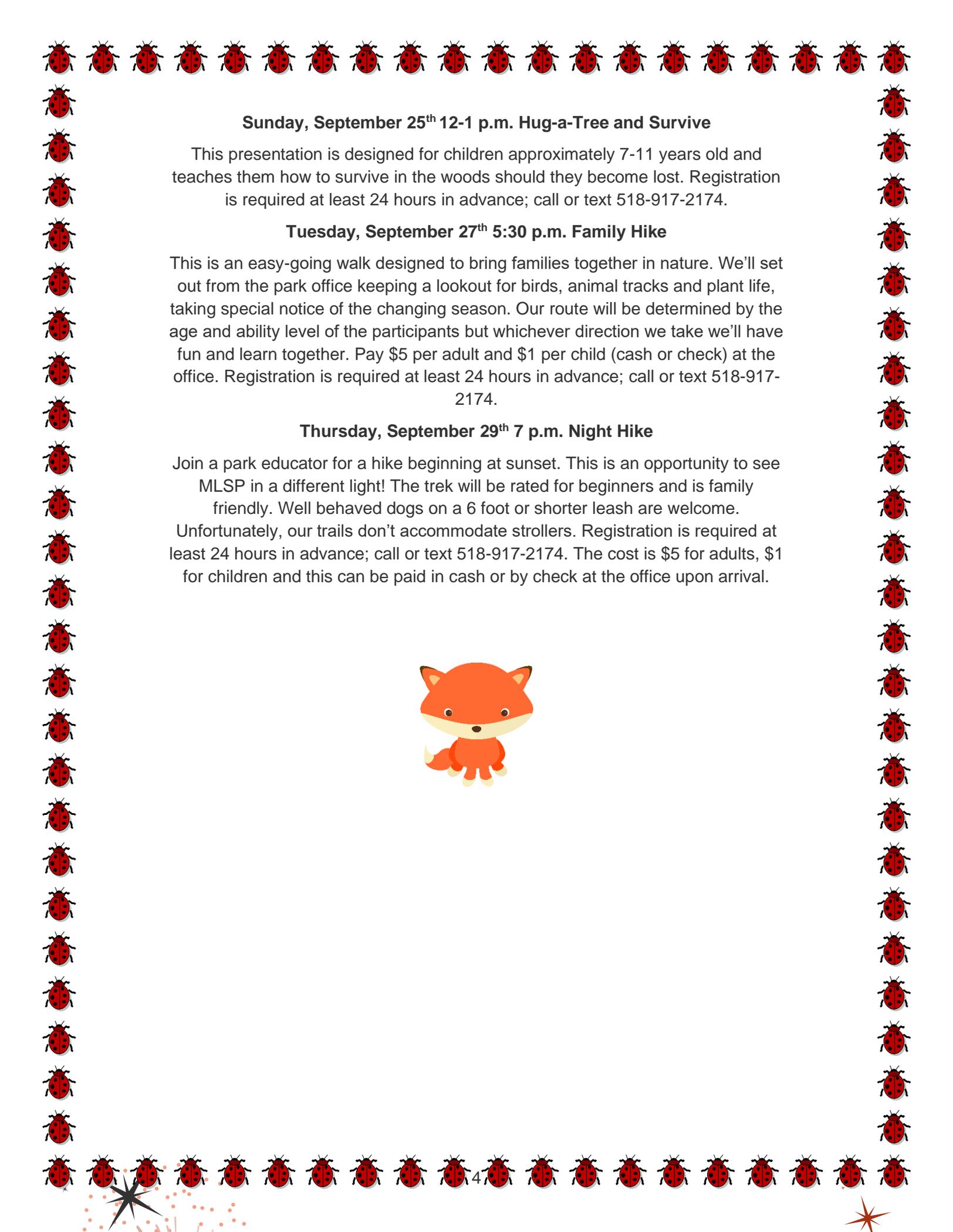
Tuesday, September 20th 9 a.m. Moreau Kayak Trip

As autumn rapidly approaches we will have a leisurely paddle around Moreau Lake and take in the signs of the changing season with a special focus on the plants along the shoreline. Whether you've been kayaking for years or this is your first time we will have a relaxing and enjoyable adventure. Rentals are available in limited numbers, call early to reserve yours! Registration is required at least 24 hours in advance; call or text 518-917-2174. The cost is \$5 and this can be paid in cash or by check at the office upon arrival.

Thursday, September 22nd 12:30 Potter Point Hike

Take a walk in the woods on this easily navigable and trail free parcel of the park. There will be beautiful views of the Hudson River and some neat natural wonders to explore. This is a flat, bushwhacking hike. Reservations are required with 24 hours advanced notice, please call 518-917-2174. Meet and pay at the park office. \$1 for kids \$5 for adults.





Sunday, September 25th 12-1 p.m. Hug-a-Tree and Survive

This presentation is designed for children approximately 7-11 years old and teaches them how to survive in the woods should they become lost. Registration is required at least 24 hours in advance; call or text 518-917-2174.

Tuesday, September 27th 5:30 p.m. Family Hike

This is an easy-going walk designed to bring families together in nature. We'll set out from the park office keeping a lookout for birds, animal tracks and plant life, taking special notice of the changing season. Our route will be determined by the age and ability level of the participants but whichever direction we take we'll have fun and learn together. Pay \$5 per adult and \$1 per child (cash or check) at the office. Registration is required at least 24 hours in advance; call or text 518-917-2174.

Thursday, September 29th 7 p.m. Night Hike

Join a park educator for a hike beginning at sunset. This is an opportunity to see MLSP in a different light! The trek will be rated for beginners and is family friendly. Well behaved dogs on a 6 foot or shorter leash are welcome. Unfortunately, our trails don't accommodate strollers. Registration is required at least 24 hours in advance; call or text 518-917-2174. The cost is \$5 for adults, \$1 for children and this can be paid in cash or by check at the office upon arrival.



