



NEWS RELEASE



*New York State Office of Parks, Recreation, and Historic Preservation
Palisades Interstate Park Commission*

Minnewaska State Park Preserve

FOR IMMEDIATE RELEASE

CONTACT:

Laura Conner
(845) 255-0752

Public Programs at Minnewaska State Park Preserve in July and August:

(June 17, 2014, Gardiner, NY.....) The following public programs will be offered at Minnewaska State Park Preserve in July and August:

Pre-registration is required for participation in public programs, and parking is on a first-come, first-served basis. Early arrival to the Park Preserve is recommended as the Park Preserve may fill to capacity before noon, particularly on weekends. Please call the Park Preserve Office at 845-255-0752. For outings, please wear appropriate clothing and footwear and bring snacks and water. A parent or guardian over the age of 18 must accompany children wishing to participate in any programs. Unless otherwise noted, all outings meet at the Nature Center, located in the Wildmere area at the north end of Lake Minnewaska.

Minnewaska Nature Center Summer Hours:

Saturday, Sunday and Holidays 10:00 a.m. -12:00 p.m. and 1:00 p.m. - 4:00 p.m. from Memorial Day until Columbus Day. Staff will be either at the Nature Center or out in the Park Preserve leading public programs during these time slots. When the building is closed, an information center will be available on the porch to assist patrons with questions about the Park Preserve.

Tuesday, July 1, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and park naturalists. Participants will meet at the

Minnewaska main entrance and should come prepared with binoculars. Outing destinations will be determined the day of the program.

Friday, July 4, 9:30 a.m.–1:00 p.m.: Millbrook Mountain Hike

Celebrate Independence Day with a hike to one of the most celebrated views on the Shawangunk Ridge, Millbrook Mountain. This approximately five mile hike will take participants on a combination of historic carriage roads and a footpath, culminating in a pastoral panoramic view of the surrounding Hudson Valley. The footpath traverses through forests, over a stream and over and up rock slabs. This route is moderately difficult, which may be challenging for some, but the return trip on the meandering Millbrook Mountain Carriage Road is easier. **Pre-registration is required.**

Saturday, July 5, 10:00 a.m.–12:00 p.m.: Make Your Own Animal Track

Bring your children to the Minnewaska Nature Center to make their own plaster animal track to bring home. While the plaster hardens, we'll take an approximately two mile loop hike on the Beacon Hill Carriage Road and Beacon Hill Footpath to look for signs of animal activity. This hike features some tricky footing, elevation change and gorgeous scenic views. This program is designed for children between the ages of seven to ten years old, accompanied by a parent or guardian over the age of 18. Siblings of any age are welcome; however, younger siblings may need parental assistance. **Pre-registration is required.**

Sunday, July 6, 10:00 a.m. – 12:30 p.m.: Walk to Awosting Falls

Unsure how to get to Awosting Falls from Lake Minnewaska? Join a park educator for this two-mile walk to reach this magnificent 60 foot waterfall, starting from the Nature Center. We'll follow two carriage roads which will lead us down the steep hill to reach the bottom of the gorge where the waterfall is found. **Pre-registration is required.**

Tuesday, July 8, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and park naturalists. Participants will meet at the Minnewaska main entrance and should come prepared with binoculars. Outing destinations will be determined the day of the program.

Saturday, July 12, 9:30 a.m. – 12:30 p.m.: High Peter's Kill Loop Hike

Come explore nearly the complete length of the High Peter's Kill Footpath on this approximately five mile hike. Starting on footpaths in the Peter's Kill Area, this route will take participants through a variety of terrain and along a cliff escarpment featuring numerous scenic viewpoints. The return trip will take participants on the easy-going Awosting Falls Carriage Road, past the beautiful and iconic Awosting Falls. This hike does some rocky, narrow sections of trail that may be challenging for some and will meet in the Peter's Kill Area. **Pre-registration is required.**

Sunday, July 13, 10:00 a.m. – 12:00 p.m.: Invasive Species Awareness

Walk

Have you heard about invasive species? Would you like to learn more about these pesky invaders? Join Laura Conner, Environmental Educator, for an interpretive walk to learn about a few of the more common invasive plants and insects found in the Hudson Valley. These invasives outcompete and damage our local flora and decrease species biodiversity in our forests, an undesirable outcome for the health of our ecosystems. Learn how to recognize these plants and insects and learn how you can help alleviate this growing ecological problem. Meet at the Peter's Kill Area. **Pre-registration is required.**

Tuesday, July 15, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and park naturalists. Participants will meet at the Minnewaska main entrance and should come prepared with binoculars. Outing destinations will be determined the day of the program.

Saturday, July 19, 9:30 a.m.–11:30 a.m.: Birding Basics

Are you interested in birds or curious about getting into bird watching? Then this birding basics program, which will focus on basic identification tips and advice on binoculars, is for you. Join Park Educator Nick Martin as we discuss some of these points and afterwards take an approximately two mile walk through the former fields and forests of a former golf course at Minnewaska. Participants who have their own binoculars and field guides are encouraged to bring them. A few pairs of binoculars will be available for participants who do not have their own. **Pre-registration is required.**

Sunday, July 20, 9:30 a.m. – 12:30 p.m.: Mossy Glen Meander

This three mile hike follows along the quietly babbling edges of the Peter's Kill, a stream running through cool hemlock forests and tropical-feeling rhododendron stands. The first part of this outing will take us along the easy walking Lower Awosting Carriage Road and our return trip will be on the Mossy Glen Footpath. This trail does include some tricky footing, including potentially slippery rocks and tree roots. Meet at the Awosting Parking Area. **Pre-registration is required.**

Tuesday, July 22, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and park naturalists. Participants will meet at the Minnewaska main entrance and should come prepared with binoculars. Outing destinations will be determined the day of the program.

Summer 2014 Youth Programs: Junior Naturalists, Session 1

Minnewaska's fun and affordable summer youth programming offers parents the opportunity to join in the exploration with their children. All programs include time outside discovering the glorious trails of Minnewaska, and you pay only the daily parking fee of \$8 per vehicle. Your parking fee gets you into the Park Preserve for the entire day, so plan to stay after the program and bring your swim gear, bikes and cameras. Well-behaved siblings of any age are welcome, but all programs do include hiking. Very young children need to be carried by adults in a backpack style carrier. See dates and age recommendations below. Participants must come dressed appropriately and pack their own lunch, snack and water. **Pre-registration is required and all children must be accompanied by a parent or legal guardian over the age of 18.**

Wednesday, July 23, 10:00 a.m. – 1:00 p.m.: Junior Naturalists:

Pond Exploration and Blueberries

Join park educators to learn all about the animals and insects that live in the ponds and pick delicious blueberries too. We'll take an approximately two-mile long hike to visit two remote ponds where children will use nets to search for animals. When we've had enough fun with the pond, we'll pick wild blueberries until our hands are purple! This program is recommended for six to ten year old children, accompanied by a parent or legal guardian over the age of 18. **Pre-registration is required.**

Thursday, July 24, 10:00 a.m. – 1:00 p.m.: Junior Naturalists:

Trees and Papermaking

Trees are one of the most magnificent living things on planet Earth and we'll take some time to get to know them better. Your children will make their own recycled paper from discarded, clean newspaper. Then, as it dries, they'll walk the trails near the Nature Center, learning how to age a tree and making friends with a tree by playing a fun game in the woods. This program is recommended for seven to twelve year old children accompanied by a parent or guardian over the age of 18. All registrants should bring a sandwich sized bag of newspaper, ripped into small pieces, approximately the size of cold cereal, with them. This is a messy activity, so participants should wear clothing they don't mind getting soiled. **Pre-registration is required.**

Saturday, July 26, 10:00 a.m.–11:30 a.m.: Pond Exploration for Kids

Come for a two-mile hike to explore the ponds in Minnewaska's former golf course. We'll use nets to see what life, be it amphibian, insect or other, can be found in these ponds. And, if any of the delicious blueberries are ripe near the ponds, we'll take some time to enjoy them! This program is recommended for children age six to nine years old, accompanied by a parent or guardian over the age of 18. Waterproof boots for all participants is highly recommended. **Pre-registration is required.**

Sunday, July 27, 9:30 a.m. – 12:30 p.m.: Blueberries on Beacon

Hill

The Beacon Hill Carriage Road and Footpath hiking loop offers some of the best views of the Hudson Valley and the Catskills and this time of year, it also provides abundant blueberries to snack on as you walk along. We'll start our walk along the carriage road, then hike uphill along the footpath to reach its conclusion along the Lake Minnewaska Carriage Road, which we'll continue to follow along the western edge of Lake Minnewaska. The total distance for this moderate outing, which does include some hills and narrow, cliff-edge sections of trail, is approximately three and a half miles. This hike is being led by Eric VanDeusen, volunteer naturalist. **Pre-registration is required.**

Tuesday, July 29, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and park naturalists. Participants will meet at the Minnewaska main entrance and should come prepared with binoculars. Outing destinations will be determined the day of the program.

Preschoolers in the Park:

This new series is being led by Jamie McGinnis, who some parents may remember as the wonderful, volunteer naturalist and leader of the popular Babes in the Woods outings. This year, she will instead be leading this new program, which is scheduled for the last Wednesday of the month from 10:30 a.m. to 12:00 p.m. from April through October. Share the excitement of your preschooler's early experiences with nature as they are led in activities that will focus on sight, hearing, smell and touch. Topics will include flowers, butterflies, blueberry picking and more. Each outing includes a modest hike and parents and children should come prepared to walk up to one mile. It is recommended that parents also bring food and water. Pack a lunch and stay afterward to socialize too! All children must be accompanied by a parent or legal guardian over the age of 18. **Pre-registration is required.**

Wednesday, July 30, 10:30 a.m. – 12:00 p.m.: Preschoolers in the Park: Blueberry Walk

Bring your toddler and join Jamie McGinnis for a stroll through the old meadows of the former hotel golf course and along Lake Minnewaska and Upper Awosting Carriage Roads. The meadows are filled with low bush and high bush blueberry and this is the time of year when they're usually ripe for the picking. Bring a sandwich sized plastic bag to fill and clean hands to eat them as you walk. This modest hike does include some hills and also trails that are suitable only for sturdy strollers. Please make sure to bring enough water, sun protection and bug protection too. Meet at the informational kiosk in the upper parking lot near Lake Minnewaska. **Pre-registration is required.**

Saturday, August 2, 10:00 a.m. – 12:00 p.m.: Learn Your Leaves: Outstanding Oaks

Are you confused with tree terminology or the multitude of different kinds of trees? Then, this basic tree identification walk, which will focus on one family of trees, is made for you. As we take an approximately three-mile hike to Awosting Falls along the Awosting Falls Carriage Road, we will take a look at the outstanding oaks that call this Park Preserve home. This outing meets in the Peter's Kill Area. **Pre-registration is required.**

Sunday, August 3, 9:30 a.m. – 5:00 p.m.: Thru Hike Rainbow Falls Footpath

Join Sona Mason, West Hudson Program Coordinator for the New York New Jersey Trail Conference, along with Laura Conner, Minnewaska's Environmental Educator, for an approximately ten and a half mile long outing on the Rainbow Falls Footpath. We'll begin our hike on Mossy Glen Footpath and make our way over to the Rainbow Falls Footpath via Blueberry Run Footpath, Jenny Lane Footpath and Lower Awosting Carriage Road. Rainbow Falls Footpath showcases some of the more interesting and remote backcountry in the Park Preserve and concludes at the Castle Point Carriage Road. The hike will then follow this scenic carriage road back to Lake Minnewaska and down to the Awosting Parking Lot, where we began our day. All participants must come prepared with the proper footwear, such as hiking boots, and enough food and water to sustain them all day long in the summer heat. **Pre-registration is required for this challenging hike by contacting Sona Mason directly at smason@nynjtc.org or calling her at 201-512-9348x16.**

Tuesday, August 5, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and naturalists. Participants will meet at the main Park Preserve entrance every Tuesday morning. In July and August, outings will begin at 7:00 a.m. and in September and October, outings will begin at 8:00 a.m. Participants should come prepared with binoculars. Outing destinations will be determined the day of the program.

Saturday, August 9, 9:30 a.m. – 12:30 p.m.: Hike in the Peter's Kill Area

Come explore the Peter's Kill Area on this approximately two mile loop hike. The footpath we will be following ascends some of the local terrain, culminating in views towards the Catskills. The remainder of the hike primarily follows along the edge of the Peter's Kill, a cool mountain stream that cuts through moss and lichen covered rock. This hike includes some moderate to challenging hills and rocky, uneven footing. Meet in the Peter's Kill Area. **Pre-registration is required.**

Sunday, August 10, 9:30 a.m. – 12:30 p.m.: Mossy Glen Meander

This three-mile hike follows along the quietly babbling edges of the Peter's Kill, a stream running through cool hemlock forests and tropical-feeling rhododendron stands along the Mossy Glen Footpath. This trail does include some tricky footing, including potentially slippery rocks and exposed

tree roots, but the trip along the Lower Awosting Carriage Road is an easy stroll. **Pre-registration is required.**

Tuesday, August 12, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and naturalists. Participants will meet at the main Park Preserve entrance every Tuesday morning. In July and August outings will begin at 7:00 a.m. and in September and October, outings will begin at 8:00 a.m. Participants should come prepared with binoculars. Outing destinations will be determined the day of the program.

Saturday, August 16, 10:00 a.m. – 12:30 p.m.: Mine Hole Waterfall Hike

Come discover and explore a portion of the often overlooked northwestern section of Minnewaska. This moderately challenging two mile hike leads to a small, but pristine waterfall, tucked away in the woods, that few people are aware of. While the distance is short, there are sections of trail with sustained, steep hills and some rocky footing. Participants will meet at the Awosting Parking Area and may need to ride share, as trailhead parking is very limited. This will also limit the group size for this outing. **Pre-registration is required.**

Sunday, August 17, 10:00 a.m. – 11:30 a.m.: Nature Journals for Children

Bring your child to the Nature Center to make their own nature journal. After the journals are made, we'll take a walk on trails near the Nature Center where children can look for leaves and other natural items to include in their book. This program is for children between the ages of six to ten, accompanied by a parent or guardian over the age of 18. Siblings of any age are welcome to join us, but younger children may need parental assistance making their journal. **Pre-registration is required.**

Tuesday, August 19, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and naturalists. Participants will meet at the main Park Preserve entrance every Tuesday morning. In July and August, outings will begin at 7:00 a.m. and in September and October, outings will begin at 8:00 a.m. Participants should come prepared with binoculars. Outing destinations will be determined the day of the program.

Summer 2014 Youth Programs: Junior Naturalist Series, Session 2

Minnewaska's fun and affordable summer programs for youth offer parents the opportunity to join in the fun and exploration with their children. All programs include time outside discovering the glorious trails of Minnewaska, and you pay only the parking fee of \$8 per vehicle. Your parking fee gets you into the Park Preserve for the entire day, so plan to stay after the program and bring your swim gear, bikes and cameras. Well-behaved siblings of any age are welcome, but all programs do include hiking. Very young children need to be carried by adults in a backpack style carrier. Participants must come dressed appropriately and pack their own lunch, snack and water. **Pre-registration is required and all children must be accompanied by a parent or legal guardian over the age of 18.**

Wednesday, August 20th, 10:00 a.m. – 1:00 p.m.

Junior Naturalists: Natural Sculpture Making and Hike

Join Minnewaska park educators for a fun and adventurous day in the woods and along the edges of a cool stream. We'll hike the trails in the Peter's Kill area of the Park Preserve to reach the edges of the Peter's Kill stream. Once there, your children will have free time to play with rocks, branches and whatever else they find, making their own three dimensional art in the forest. Then, we'll hike the rest of the trail to reach a high point which offers glorious vistas of the Catskills and Rondout Valley. Participants should be prepared to walk two miles and also to spend time sitting and observing nature. This program is recommended for six to twelve year old children accompanied by a parent or legal guardian at least 18 years old. **Pre-registration is required.**

Thursday, August 21st, 10:00 a.m. – 1:00 p.m.

Junior Naturalists: History Detectives in the Forest

This new and exciting program allows your children to be junior explorers of the past by finding clues in the present day forest. As a popular resort built in the late 19th century, Minnewaska had many covered benches and bungalows, called summerhouses. All but one of these structures has been removed, but observant hikers can still find clues about where they used to be. Children will be given a series of clues to locate the site of a former summerhouse and then, the group will hike to find it. Along the way, each child will be given free time to find his or her own quiet place to sketch, read or observe nature. Once we reach our destination, each child will be given time to sketch their own version of a summerhouse.

To conclude this outing, we'll walk to Awosting Falls, where everyone will have the opportunity to have lunch and enjoy the setting. This program is recommended for seven to twelve year old children accompanied by a parent or legal guardian over the age of 18. All participants must bring a sketch pad or notebook and pencil. This program will meet at the Peter's Kill Area. **Pre-registration is required.**

Saturday, August 23, 10:00 a.m. – 12:30 p.m.: Walk to Kempton Ledge

Join Park Educator, Nick Martin, for an approximately four mile long outing to Kempton's Ledge, a vista along Castle Point Carriage Road, which offers scenic views of the Palmaghatt Ravine and the surrounding Walkill Valley. This modestly challenging walk will follow along Lake Minnewaska Carriage Road and Castle Point Carriage Road. **Pre-registration is required.**

Sunday, August 24, 9:30 a.m. – 11:30 a.m.: Two Views for One Hike

End the weekend on the right foot by joining Laura Conner, Environmental Educator, on this moderately challenging two mile hike in the Peter's Kill area of Minnewaska. This often overlooked and lovely route features two gorgeous vistas, one out over the Clove Valley, with a view of the iconic Skytop Tower, and the other of the Rondout Valley and the Catskill Mountains. Meet at the Peter's Kill Parking Area. **Pre-registration required.**

Tuesday, August 26, 7:00 a.m.: Early Morning Birders

Designed for birding enthusiasts or those just looking to learn the basics, this series will offer various outings led by experienced birding volunteers and naturalists. Participants will meet at the main Park Preserve entrance every Tuesday morning. In July and August outings will begin at 7:00 a.m. and in September and October, outings will begin at 8:00 a.m. Participants should come prepared with binoculars and a field guide. Outing destinations will be determined the day of the program.

Preschoolers in the Park:

This new series is being led by Jamie McGinnis, who some parents may remember as the wonderful, volunteer naturalist and leader of the popular Babes in the Woods outings. This year, she will instead be leading this new program, which is scheduled for the last Wednesday of the month from 10:30 a.m. to 12:00 p.m. from April through October. Share the excitement of your preschooler's early experiences with nature as they are led in activities that will focus on sight, hearing, smell and touch. Topics will include flowers, butterflies, blueberry picking and more. Each outing includes a modest hike and

parents and children should come prepared to walk up to one mile. It is recommended that parents also bring food and water. Pack a lunch and stay afterward to socialize too! All children must be accompanied by a parent or legal guardian over the age of 18. **Pre-registration is required.**

Wednesday, August 27, 10:30 a.m. – 12:00 p.m.: Preschoolers in the Park: Butterfly Hunt

Butterflies are one of the most beautiful living things in nature and they are a source of endless fascination for young children. Join Jamie McGinnis, volunteer naturalist, for a walk around the Wildmere area of Minnewaska with your toddler to look for butterflies and flowers. Please plan to meet at the informational kiosk located in the upper parking lot near Lake Minnewaska. **Pre-registration is required.**

Saturday, August 30, 9:30 a.m. – 11:30 a.m.: Monarch Watch

Join us as we explore the life cycle and migration of the amazing monarch butterfly. We'll touch on some of the recent challenges facing these butterflies and how you can help, from the plants you grow to the food you eat. Additionally, we'll search for evidence of monarch butterflies on trails near Lake Minnewaska. This program is recommended for children between the ages of six to ten years old, accompanied by a parent or guardian over the age of 18. Siblings of any age are welcome; however, younger siblings may need parental assistance. **Pre-registration is required.**

Sunday, August 31, 10:00 a.m. – 12:30 p.m.: Wild for Wildlife

Calling all wildlife detectives! Join us at the Minnewaska Nature Center for an introduction to wildlife detection and to make a plaster cast of an animal track to take home. While these tracks are solidifying, we'll meander through the site of the former resort golf course in search of wildlife activity in the form of browse, scat, and tracks. This program is recommended for children seven to ten years old, accompanied by a parent or guardian over the age of 18. **Pre-registration is required.**

Monday, September 1, Labor Day, 10:00 a.m. – 2:00 p.m.: The Long Way to Rainbow Falls

Come celebrate water, a powerful landscape-changing force and a most vital resource by visiting one of Minnewaska's waterfalls. Starting along the Lower Awosting Carriage Road, this approximately six mile hike will reach the Rainbow Falls Footpath, which offers awesome panoramic views and passes nearly beneath Rainbow Falls. We'll return along Upper Awosting Carriage Road until we reach Blueberry Run Footpath, which we'll follow to Mossy Glen Footpath, a quiet trail through cool woods. This hike does

include some tricky stream crossings and rock scrambles and is therefore recommended for experienced and agile hikers. Meet at the Awosting Parking Area. **Pre-registration is required.**

For more information and to register for programs, please call the Park Preserve Office at 845-255-0752. Minnewaska State Park Preserve is open from 9:00 a.m. until 9:00 p.m. Starting August 4th, the Park Preserve will close at 8:00 p.m. The fee for parking at Minnewaska is \$8 per car. All fees are subject to change. There are no additional fees for public programs, unless noted otherwise. Minnewaska State Park Preserve consists of approximately 23,000 acres of wild and scenic land located on Route 44/55, five miles west of the intersection with Route 299 in Gardiner, New York.

The Palisades Interstate Park Commission administers 30 parks, parkways and historic sites for the Office of Parks, Recreation and Historic Preservation in New York as well as the Palisades Interstate Park and parkway in New Jersey. For more information about New York State Parks, please visit www.nysparks.com