Adult Learning Summer Series

JULY & AUGUST 2024

All programs are free of charge. Parking fee applies. Space is limited, please pre-register by calling Minnewaska at 845-255-0752 or Sam's Point at 845-647-7989, where noted.

For a full description of the following events, please call or see the **Upcoming Events** at:

parks.ny.gov/parks/127 parks.ny.gov/parks/193

Minnewaska Sam's Point



Nature, the Storyteller

Monday, July 1, 9:30 AM – 12:30 PM Meet: Lake Minnewaska Visitor Center Join Josh Grosse. Student Conservation Association/AmeriCorps Environmental Educator, for a discussion about the long association between nature and the oral and written traditions in human cultures. From the Lenape and Zulu creation stories to the biblical Garden of Eden, the natural world around us has been deeply intertwined in our belief systems. Our outing will include a four-mile, round trip walk to the tranquil Echo Rock, where we will listen to some of these stories and explore their significance. On our return trip, we will look at the natural landscape of Minnewaska, discussing things like talus and trees, and aligning their existence with notable historical events to build perspective on our relationship with the world around us. Pre-registration is required, call Minnewaska at 845-255-0752.

Ice Caves Geology Walk & Talk

Friday, July 5, 9:30 AM – 12:30 PM Meet: Sam's Point Visitor Center Join Becca Howe-Parisio, Geologist and Sam's Point Educator, for a walk through the Ice Caves, where the air temperatures remain cool and comfortable all summer. If you've ever been curious about how this natural landmark formed, this program is for you! While on this three-mile walk, Becca will offer a lesson on the unique geology of the entire Sam's Point area, such as glacial evidence and extinct faults. Good mobility is required for this hike. **Pre-registration is required**, call Sam's Point at 845-647-7989.

Tree Identification Hike

Monday, July 8, 9:30 AM – 12:30 PM Meet: Lake Minnewaska Visitor Center Join Laura Conner, Environmental Educator, for a casual hike along the Beacon Hill hiking loop to learn some of our more common trees. This approximately three-mile route features easy walking carriage roads as well as a cliff-edge footpath with lovely views of the Wallkill Valley and Catskill Mountains. The footpath does include some modest hills and potentially tricky footing that may be challenging for people who are not familiar with hiking or who have some physical limitations. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Birding Talk & Walk – Songbirds

Thursday, July 11, 9:30 AM – 12:30 PM Meet: Lake Minnewaska Visitor Center Join Nick Martin, Park Educator, for a talk and walk that will focus on the songbirds of summer at Minnewaska. We'll start off with a presentation and discussion about all these interesting songbirds. After, we will go for a slow-paced, bird walk of up to two miles on the carriage roads near Lake Minnewaska. Pre-registration is required, call Minnewaska at 845-255-0752.

Mindfulness Woods Walk with Jane Dobson of Mind the Forest

Friday, July 12, 9:30 AM – 11:30 AM Meet: provided upon registration Begin your day with peace of mind when you join Jane Dobson with Mind the Forest guides for a meditative walk in the beautiful forest at Minnewaska. Join any one or all of the classes in this series as we use mindful nature connection to explore themes of embodiment, species loneliness and relationship, reciprocity and gratitude, and our relationship with time. Inspired by the Japanese practice of Forest Bathing, this guided experience is more of a saunter than a hike or exercise. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Learn about the Lichens of the Shawangunks with John Franklin

Wednesday, July 24, 9:30 AM - 12:30 PM Meet: Lake Minnewaska Visitor Center Join Department of Environmental Conservation Steward, John Franklin, for a walk and talk on lichens, the colorful organisms seen growing on trees and rocks throughout the Park Preserve. These amazing and abundant organisms consist of a fungus and an alga or cyanobacteria living together in a symbiotic relationship. Lichens were the pioneer species of life to establish on this rocky, barren landscape after the glaciers receded thousands of years ago. This program will include up to two miles of walking on carriage roads, stopping to discuss lichens along the way. Pre-registration is required, call Minnewaska at 845-255-0752.

Mindfulness Woods Walk with Jane Dobson of Mind the Forest

Friday, July 26, 9:30 AM – 11:30 AM Meet: provided upon registration Begin your day with peace of mind when you join Jane Dobson with Mind the Forest guides for a meditative walk in the beautiful forest at Minnewaska. Join any one or all of

the classes in this series as we use mindful nature connection to explore themes of embodiment, species loneliness and relationship, reciprocity and gratitude, and our relationship with time. Inspired by the Japanese practice of Forest Bathing, this guided experience is more of a saunter than a hike or exercise. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Field Guide Creation

Monday, July 29, 9:30 AM - 1:00 PM Meet: Lower Parking Area On this three-mile outing, we will be focusing on how to create entries in a field guide, which can be used to help identify plants and animals at Minnewaska. Josh Grosse, Student Conservation Association/ AmeriCorps Environmental Educator, will help walk you through the steps of making entries in your own field guide, from taking measurements of the subject to making a drawing. Blank guides, measurement tools, and drawing materials will be provided by the Park Preserve before we embark on the hike. Pre-registration is required, call Minnewaska at 845-255-0752.

Snakes of Sam's Point

Wednesday, July 31, 9:30 AM - 12:30 PM Meet: Sam's Point Visitor Center Come learn about the wonderful world of snakes with Colleen Stevens. Student Conservation Association/AmeriCorps Environmental Education Intern. The program will start off with a discussion of typical snake habitat, venomous species and much more. After the presentation, we will hike out on the Indian Rock Footpath with high hopes of experiencing snakes in their natural habitat! This five-mile hike is mildly challenging and individuals may attend just the presentation if they are uncomfortable with the hiking portion of the program. Pre-registration is required, call Sam's Point at 845-647-7989.

Tree Talk with Taylor

Wednesday, August 7, 9:30 AM – 12:30 PM Meet: Sam's Point Visitor Center Join Taylor Pazderski, Student Conservation Association/AmeriCorps Ecosystem Steward, for a three-mile walk and talk lesson on the globally rare dwarf pitch pines and other vegetation found in the Park Preserve. We will talk about Sam's Point's unique fire dependent ecosystems and the plant species that live within them. This walk will include stops to see evidence of a previous forest fire at Sam's Point and a wonderful variety of different trees, shrubs, flowers, and other plants. This hike will take place on Loop Road, a recently restored carriage road. Loop Road does have some uphill and downhill portions that can be steep at times. Pre-registration is required, call Sam's Point at 845-647-7989.

"Why Hike?": Adventurous Outing and Discussion of Long-Distance Hikers

Wednesday, August 14, 9:30 AM – 4:00 PM Meet: Lake Minnewaska Visitor Center Throughout modern history, people have used long-distance hiking as a form of leisure, exercise, personal fulfillment, and even political protest. Join Josh Grosse, Student Conservation Association/Ameri-Corps Environmental Educator, for an all day, eight-mile hike on a combination of gently sloping carriage roads and rugged footpaths. On this hike, we will discuss the lives and accomplishments of a few notable longdistance hikers, including John Burroughs, Grandma Gatewood, and Dr. John Francis, all while enjoying the amazing scenery that this more remote area of Minnewaska offers. Participants should come prepared with appropriate clothing and sturdy footwear, and plenty of water and food to sustain themselves. Please note that this hike is intended for more experienced hikers. Pre-registration is required, call Minnewaska at 845-255-0752.

Learn Your Ferns

Monday, August 19, 9:30 AM – 12:30 PM Meet: Lake Minnewaska Visitor Center Join Laura Conner, Environmental Educator, for a morning stroll and hands-on lesson about ferns. These beautiful, non-flowering plants come in many varieties, shapes and sizes. During the program, you'll learn about the basic characteristics of these plants and how to identify some of our more common ferns. We'll walk up to four miles along the carriage roads in the Lake Minnewaska area on a search for these charismatic plants, learning as we go. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Evening Discovery Hike in the Old Golf Course and Orchard

Wednesday, August 21, 5:00 PM – 7:00 PM Meet: Lake Minnewaska Visitor Center Join Nick Martin, Park Educator, for an evening open discovery hike along some of the carriage roads near Lake Minnewaska and through the old golf course and orchard. During this approximately two-mile hike, we will focus on our awareness of the natural world – looking at trees, mosses, amphibians, birds, and more. **Pre-registration is required, call Minnewaska at 845-255-0752.**

Birding Talk & Walk – Fall Migration

Thursday, August 29, 9:30 AM – 12:30 PM Meet: Lake Minnewaska Visitor Center Every autumn, millions of songbirds and hawks take to the skies as they fly south to their winter habitats. Learn where and when to look for this amazing feat of nature during a presentation by Nick Martin, Park Educator. After this discussion, we will go for a slow-paced walk of up to two miles on the carriage roads near Lake Minnewaska. Participants should come well-prepared with enough food and water for the outing. Pre-registration is required, call Minnewaska at 845-255-0752.

Park Preserve Hours:

9:00 am-9:00 pm until July 28 9:00 am-8:00 pm starting July 29

Lake Minnewaska Visitor Center Hours:

9:00 am-6:30 pm

Sam's Point Visitor Center Hours:

9:00 am-4:30 pm Monday-Friday 9:00 am-6:30 pm Saturday & Sunday

A parent or guardian over 18 must accompany children wishing to participate in any programs.

Please dress appropriately for being outside and bring adequate food, snacks and water. Programs begin promptly at the scheduled time. To register for programs or for additional information, please contact the Park Preserve Office at 845-255-0752 or call Sam's Point at 845-647-7989, where noted.

Minnewaska State Park Preserve consists of approximately 24,000 acres of wild and scenic land located on Route 44/55, five miles west of the intersection with Route 299 in Gardiner, NY and includes Sam's Point, located in the hamlet of Cragsmoor, south of Route 52.

Minnewaska State Park Preserve

845-255-0752 Lake Minnewaska phone 845-647-7989 Sam's Point phone parks.ny.gov



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Public Programs

Adult Learning Summer Series

at Minnewaska State Park Preserve



















Minnewaska State Park Preserve