



2013 Summer Programs AT HIGH POINT STATE PARK

Art in Nature - Color and Collage

Sunday, July 14th at 1:30 PM
or Friday, July 19th at 10:30 AM

Families with children ages 6 to 10. Meet at the Interpretive Center. Come take a short walk near Lake Marcia to explore color and texture and collect natural materials that we'll use to make a few simple take-home crafts.

Yoga on the Mountain

Friday, July 19th at 6:30 PM (Instructor: Brian)
Friday, August 23rd at 6:15 PM (Instructor: Rita)

Open for all levels. Registration is suggested, please call 973-702-0488. Come and enjoy the view while relaxing your mind and body! The Friends of High Point State Park host monthly yoga classes in the Interpretive Center. Suggested donation: \$5.00.

Outdoor Concert: Emish

Saturday, July 20th at 6:00 PM

The Friends of High Point State Park are sponsoring an outdoor celtic rock concert with the band, Emish. Bring your friends, a picnic, lawn chairs or a blanket. In case of rain, the concert will be held in the Interpretive Center. Meet on the beach. Suggested donation: \$5/adult. Proceeds support future concerts and other Friends of High Point State Park programs and events.

Lake Walk

Sunday, July 21st at 1:30 PM
or Friday, August 25th at 1:30 PM

Adults/Families with children ages six and up. Meet at the Sawmill Lake boat launch. Join the Park Naturalist for an easy 1.5 mile stroll around Sawmill Lake. We'll look for signs of beaver activity and seek out summer wildflowers. Some portions of the trail may be muddy, and you may want to wear insect repellent.

Pond Life

Sunday, July 27th from 7:00 to 8:30 PM

All ages. Meet at the Sawmill Boat Launch. Come borrow a net and discover the many critters that live below the surface of Sawmill Lake. Stop by any time, stay as long as you like. If it's raining, there will be a nature-themed DVD shown in the Interpretive Center - stop by and get dry!

Insect Safari

Sunday, July 28th at 1:30 PM
or Friday, August 9th at 10:30 AM

For families with children age five to 12. Meet at the Interpretive Center. We're going on a bug hunt, and we are not afraid! There are lots of bugs that bug us (mosquitoes anyone?) but many six-legged creatures are fascinating and fun. Come learn what makes a bug a bug and use a net to see what kinds of critters you can catch.

Outdoor Concert: Ray Sikora Band

Saturday, August 17th at 6:00 PM

The Friends of High Point State Park are sponsoring a summer beach music concert with the Ray Sikora Band. Bring your friends, a picnic, lawn chairs or a blanket. In case of rain, the concert will be held in the Interpretive Center. Meet on the beach. Suggested donation: \$5/adult. Proceeds support future concerts and other Friends of High Point State Park events.

Night Hike to Lake Rutherford

Saturday, August 17th at 8:00 PM

Adults and families with children ages 8 and up. Inclement weather may cancel this program. If in doubt, call 973-875-4800. Meet at the Park Office (we'll drive as a group to the trailhead). Come experience nature as day slides into night. We'll walk an easy, gravel road to Lake Rutherford, watching and listening as the birds and animals settle for the night and the stars come out. Long pants, closed-toe shoes, and insect repellent are recommended. Round trip, we'll be walking about 2.5 miles on easy terrain.

A New View of an Old Trail

Sunday, August 18th at 1:30 PM
or Friday, August 23rd at 10:30 AM

For families with children ages 6 to 12. Meet at the Old Trail trailhead (directly across the road from the beach parking lot). Join the park naturalist on a short (about 1.5 miles) and easy walk on the Old Trail. Along the way we'll do several simple activities that will engage your senses, helping you experience the trail in new and different ways.

Flashlight Insect Safari

Saturday, August 24th at 8:00 PM

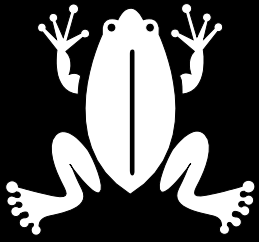
Families w/children ages five and up. Meet in the Interpretive Center. Late summer nights are filled with the sounds of insects. Come learn about katydids, crickets, moths, and others. Bring a flashlight and we'll go on an after-dark bug hunt.

Sunset Monument Talk

Saturday, August 31st at 7:00 PM

All ages. Meet by the steps to the Monument plaza. Inclement weather may cancel this program. If in doubt, call 973-875-4800. Come learn more about the natural and cultural history of the mountaintop while watching the sunset, and explore the mountaintop while searching for an array of natural artifacts.

From Memorial Day through Labor Day weekend there is a per-car parking fee collected at the tollbooth from 8 AM to 4 PM. During the week, the fee for NJ residents is \$5 and for non-residents, \$10. On weekends, the fees are \$10 (residents) and \$20 (non-residents). During this fee season there is no additional charge for programs.



2013 Summer Programs

AT HIGH POINT STATE PARK

Fledgling Naturalists (& Families)

Thursdays and Fridays at 10:30 AM

Fledgling Naturalist programs are designed to encourage young children's curiosity, engaging them hands-on in the natural world through outdoor activities, stories, games and crafts.

For 3 to 5 year-olds and an adult partner. In summer, older siblings are also welcome to join in. Activities will still be primarily pre-school focused, but adjustments will be made to keep older sibs entertained too. Class size is limited. Registration is required at least 24 hours before the program is scheduled to begin. Email highpointprograms@gmail.com.

Bugging Out!

Thursday, July 11th or Friday, July 12th

We're going on a bug hunt, but we are not afraid! There are lots of bugs that bug us (mosquitoes anyone?) but many six-legged creatures are fascinating and fun. Come learn what makes a bug a bug and use a net to see what kinds of critter you can catch.

Meet a Tree

Thursday, August 15th or Friday, August 16th

Trees are everywhere, but we shouldn't take them for granted. Come learn about what trees do, how they work, and the habitats and homes they create.

Fairy Houses

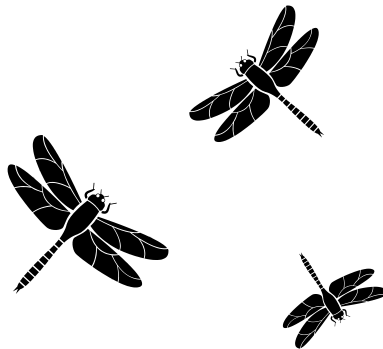
Thursday, July 25th or Friday, July 26th

It's not hard to appreciate the big and dramatic scenes in nature—mountaintops, tall trees, balancing boulders—but drama and beauty can be found on a much smaller scale too. Come take the time to appreciate the little things, and build abodes for the forest fairies.

Beavers

Thursday, August 29th or Friday, August 30th

Are they really busy? They are! This week we'll get to know our largest rodent - the beaver. We'll explore how they have adapted to the demands of their watery habitats (and how they adapt their habitats to their demands), and will try our hands at building beaver-style (in miniature).



Pop-Up Naturalist

Dates and Times T.B.A.

Summer is about fun and spontaneity. In that spirit we'll be offering a series of short (but sweet) programs at the beach and the Monument when weather conditions and schedules permit. The Park Naturalist may just pop-up when you least expect her!

No registration is required—just stop by the nature table, try a craft or an activity, and then head off for a swim, picnic, or hike. Topics, dates, and times will be posted at the beach and Monument concession areas, Park Office, and Interpretive Center. We'll also post information about these and other programs on High Point's Facebook page, so "like" us if you haven't already and opt to receive notifications if you want to make sure that you don't miss any news.

FOR MORE INFORMATION GO TO WWW.HIGHPOINTPARK.BLOGSPOT.COM