Spring has Sprung Bike Ride
Saturday, May 14 from 9:00 to 11:00 AM
Join Friends of High Point State Park volunteer Rob Oleksy to enjoy the beauty of spring at High Point State Park! Bring your own bicycle for a lovely ride to view emerging spring foliage and flowers on an 8-mile loop along Sawmill and Park Ridge roads with a few short stops along the way at points of interest and to enjoy a quick snack. Suitable for ages 14 to adult. Bring your own bicycle, helmet, snacks, and water. Meet at the Sawmill Lake boat launch. Please email Rob at roleksy.fohpsp@gmail.com for more information and to register. A donation of $5 per participant appreciated. For more information go to www.friendsofhighpointstatepark.org.

Not an Early Bird Walk
Saturday, May 14 from 4:00 to 5:30 PM
Not everyone is cut out for bird watching at dawn! Luckily there is often a surge of avian activity in late afternoon that can be enjoyed by the anti-early-birds. Come take a stroll in search of colorful migrating warblers and other spring arrivals. A limited number of binoculars will be available to borrow, but bring your own if you have them. Long, light-colored pants are recommended, as ticks are abundant this time of year, and you may want a hat to ward off black flies. We’ll be walking on a mix of pavement and trails. For adults and children ages ten and up. Meet in the Winter Trail Use Parking Lot across from Group Campsite A.

Stream Slosh
Saturday, May 21 from 10:30 AM to 12:00 PM
Come explore one of High Point’s streams! We’ll walk a short distance down the Flatbrook near Sawmill Lake and will use nets and other techniques to observe the stream’s inhabitants. You’ll want to wear boots, old sneakers, or water shoes as it will be wet, muddy, and slippery. You may also want to wear insect repellent and/or a hat because biting flies are abundant in spring. For adults and children ages six and up. Registration via Eventbrite is required. Go to highpointstatepark.eventbrite.com.

Pretty as a Postcard History Walk**
Saturday, May 28 from 10:00 AM to 12:00 PM
Take a walk around High Point’s historic district to visit views memorialized in postcards during High Point’s early years. Come see how much things have changed and how they’ve stayed the same! We’ll cover between 2 to 2.5 miles on mostly easy terrain (grass and pavement) but there will be a few steeper up-hill portions as well. For adults and children ages twelve and up. Meet outside the Interpretive Center.

Trails Day Walk:
Nature from A to Z in the Natural Area**
Saturday, June 4 from 10:00 AM to 12:00 PM
Join us for an easy two-mile walk through High Point’s Cedar Bog in search of things in nature that start with every letter of the alphabet. “A” is for acorn. What will we find for “Z”? All ages. Meet at the Cedar Swamp Trailhead at the end of the Cedar Swamp Picnic Area.

Dusk Walk/Frog Talk
Saturday, June 11 from 8:30 to 9:30 PM
Frogs are doing a lot of talking this time of year! While we wait for dusk to turn to dark and the croaks and trills to get started, we’ll take an easy walk on a portion of the Mashipacong Trail to experience the darkening woods and then we’ll finish up by learning a bit about High Point’s frogs as we check out the amphibious residents of the pond in front of the Park Office. Bring a flashlight—it makes for easier frog spotting and wear boots or old shoes as it may be muddy! For families with children ages five and up. Meet in the Park Office.

Solstice Sunset Walk
Saturday, June 18 from 7:30 to 9:30 PM
Join us for a sunset walk on one of the longest days of the year! We’ll hike up to an observation platform to watch the sun set and will walk around a portion of Lake Marcia—the highest lake in New Jersey—as darkness descends and the Monument shines over the lake. If we get lucky, we may even see or hear a beaver in action. The walk will be less than two miles and mostly easy with a few steeper rocky stretches. For adults and children ages eight and up. Meet at the Cedar Bog in search of things in nature that start with every letter of the alphabet. “A” is for acorn. What will we find for “Z”? All ages. Meet at the Cedar Swamp Trailhead at the end of the Cedar Swamp Picnic Area.

Monday Movers:
Cedar Swamp & Shawangunk Ridge Trails
Monday, June 20 from 10:00 AM to 12:00 PM
Join Friends of High Point State Park volunteer, April Oleksy, to explore the Cedar Swamp and Shawangunk Ridge Trails covering approximately 3.5 miles. Bring water and insect repellent, and sturdy shoes are a must. Some portions of the trail are somewhat steep and strenuous. Meet at the Interpretive Center parking lot. Please call April to register at 862-326-1367. A donation of $5 per participant appreciated. For more information go to www.friendsofhighpointstatepark.org.

**Fee: $10/car Parking Fee for NJ residents. $20/car Parking Fee for out-of-state visitors. (There are no additional fees if you have a valid NJ State Park Pass or a current Camping Permit.)