

## For more information

Visit us online:

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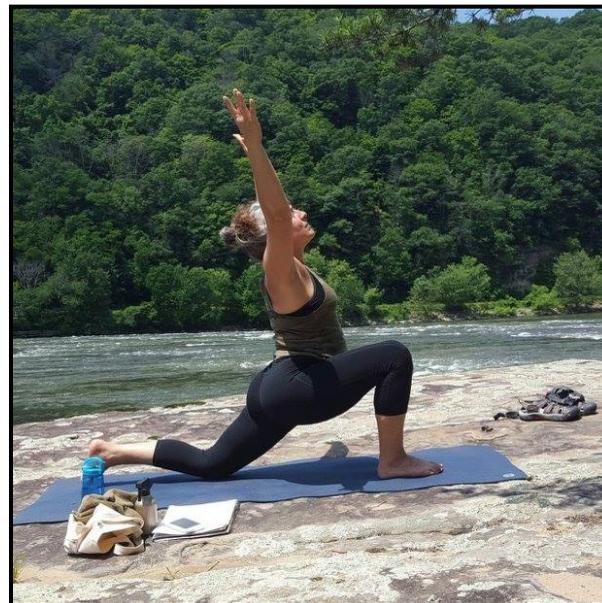
304-894-2129

National Park Service  
U.S. Department of the Interior  
New River Gorge National River



## August 2016

# Get Active in the Park



## How YOU Can Get Active in the Park

This summer, the National Park Service at New River Gorge National River and Active Southern West Virginia have teamed up to bring free, beginner-level programs to the Camp Brookside Environmental Education Center.

All programs are free and open to the public.

All equipment and supplies will be provided.

**RSVP Required for indicated programs at 304-894-2129 or [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)**

**Interpretive Hikes** See birds, stars, wildflowers and more.

**\*Bluestone Turnpike 10 Mile** "Thru" hike this historic route, shuttle service is provided.

**\*Archery** Test your aim, ages 14 and up.

**\*Stand Up Paddle Boarding**  
Learn to float on flat water.

**\*Fly Fishing** Cast on land before taking your skills on the river.

**Outdoor Yoga** Find your breath right on the river's edge.

**Tai Chi** Try "slow karate" with introductory level tai chi qigong.

**Running Clinic** Learn running techniques and go for a jog.

\*RSVP Required

**2016**  
National Park Service  
CENTENNIAL

**ACTIVE**  
SOUTHERN WEST VIRGINIA

**National Park Foundation.**

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# Program Calendar– August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 • 6-7 pm Guided Hike: Owl Prowl	3	4	5 • 7-8 pm Instameet	6 • 9 am Bluestone walk • 9 am Bluestone Turnpike Hike– 10 mile*
7 • 10:30-11:30 am Tai Chi • 12-3 pm Stand Up Paddle Board*	8	9	10	11	12	13 • 10 am Bluestone walk
14 • 9-11 am Intro to Fly Fishing* • 11:30 am Photowalk at Sandstone Falls	15	16	17	18 • 6-7 pm Sunset Yoga	19	20 • 10 am Bluestone walk
21 • 12-3 pm Stand Up Paddle Board*	22	23	24 • 6-7 pm Tai Chi • 7-8 pm Photowalk at Camp Brookside	25 • 5-7 pm Beginner Running Clinic	26	27 • 9-11 am Beginner Archery* • 10 am Bluestone walk • 12-3 pm Stand Up Paddle Board*
28	29	30 • 6-7 pm Sunset Yoga • 12-2 pm Cooking Class: Picking and Preserving Produce*				

**Guided Hikes**– Meet at Camp Brookside Mess Hall and learn something new while hiking this one mile trail.

**Beginner Running Clinic** Learn new running techniques and go for a jog. Meet at Camp Brookside Mess Hall.

**Tai Chi**– Meet on the Camp Brookside Mess Hall porch prior to class. Wear comfortable shoes for beginner– level Tai Chi Qi Gong.

**Archery**– Beginner level instruction, ages 14 and up. Meet at Camp Brookside Mess Hall. **\*RSVP Required.**

**Fly Fishing**– Learn the basics of casting and fly tying. Meet at Camp Brookside Mess Hall. **\*RSVP Required.**

**Stand Up Paddle Board**– Under age 18 must be accompanied by an adult. Must know how to swim. Meet at Camp Brookside Mess Hall. **\*RSVP Required.**

**Bluestone Walk**- Meet at the bottom of the tram at Pipestem Resort State Park for 1 mi walk. Bring walking shoes, water, and \$2 for the tram ride.

**Bluestone Thru Hike**– RSVP required for this 10 mi thru hike with shuttle service provided. **\*RSVP Required.**

**Cooking Class**– Learn healthy cooking techniques and new recipes. Meet at Camp Brookside Mess Hall. **\*RSVP Required**

**Instameet**– Take photos at Brooks Falls and around this historic site to share with #getactiveinthepark, #activeSWV, and #NewRiverNPS. Meet at Camp Brookside Mess Hall.

**Photowalk**– Meet in the parking lot with your phone or camera on these 1 mile guided hikes to capture stunning shots of the New River.

*The Camp Brookside Environmental Education Center is located at 309 North Mullens Rd in Brooks, WV.*