

Guided Activities August 2016 * Reservations required (call 304-894-2129 or email getactiveinthepark@gmail.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 • 6:00 pm Owl Prowl • 7:00 pm NRG 100 Mile Challenge Adventure Hike (Rend Trail)	3 • 2:00 pm Bluestone Stream Stomp	4	5 • 7:00 pm Instameet	6 • 10:00 am Bluestone Walk • 10:00 am *Bluestone Turnpike Hike • 11:00 am Historic Thurmond Walking Tour • 2:00 pm National Parks Matinee • 3:00 pm Centennial Junior Ranger
7 • 10:30 am Tai Chi • 11:00 am Historic Thurmond Walking Tour • 12:00 pm *Stand Up Paddle Board	8 • 7:30 pm Monsters in the Park	9	10	11	12 • 7:30 pm NRG 100 Mile Challenge Adventure Hike and Star Bonus (Burnwood Loop Trail)	13 • 10:00 am Bluestone Walk • 11:00 am Historic Thurmond Walking Tour • 2:00 pm National Parks Matinee • 3:00 pm Centennial Junior Ranger • 8:30 pm Night Sky and the Perseid Meteor Showers
14 • 9:00 am *Intro to Fly Fishing • 11:00 am Historic Thurmond Walking Tour • 11:30 am Photo Walk (Sandstone Falls)	15	16 • 7:00 pm NRG 100 Mile Challenge Adventure Hike (Endless Wall Trail, Fern Creek)	17	18 • 6:00 pm Sunset Yoga	19	20 • 10:00 am Monsters in the Park • 10:00 am Bluestone Walk • 11:00 am Historic Thurmond Walking Tour • 2:00 pm National Parks Matinee • 3:00 pm Centennial Junior Ranger
21 • 11:00 am Historic Thurmond Walking Tour • 12:00 pm *Stand Up Paddle Board	22	23	24 • 6:00 pm Tai Chi • 7:00 pm Photo Walk (Camp Brookside)	25 • 4:00 pm NPS Centennial Birthday Party • 5:00 pm Beginner Running Clinic • 5:30 pm *NPS 100 Hike	26	27 • 9:00 am *Beginner Archery • 10:00 am Bluestone Walk • 11:00 am Historic Thurmond Walking Tour • 12:00 pm *Stand Up Paddle Board • 2:00 pm National Parks Matinee • 3:00 pm Centennial Junior Ranger
28 • 11:00 am Historic Thurmond Walking Tour	29	30 • 7:00 pm *Cooking Class: Pickling and Preserving Produce • 6:00 pm Sunset Yoga	31	1	2	3

New River Gorge National River
Gauley River National Recreation Area
Bluestone National Scenic River

National Park Service
U.S. Department of the Interior



Guided Activities August 2016



100 Years of NPS!

CELEBRATE THE NATIONAL PARK SERVICE CENTENNIAL in New River Gorge National River and Bluestone National Scenic River. Join a ranger or park partner for FREE hikes, talks, and other programs. These guided activities provide



NATIONALPARKS.ORG

an opportunity to learn about the natural world around us and the people who shaped history in these local National Park Service sites. Each program highlights a richness of America's heritage, places to #Find Your Park.



Grandview in New River Gorge National River

Leave No Trace in the Parks

Each of us can help care for parks during our visit. Think safety first and practice Leave No Trace Outdoor Ethics to play lightly on the land and respect others too.

www.lnt.org 1-800-332-4100

New River Gorge Junior Ranger

Would you like to earn a badge while in this park? The Junior Ranger program is a fun way to learn what makes this park special.

www.nps.gov/neri/learn/kidsyouth/beajuniorranger

New River Gorge 100 Mile Challenge

Celebrate 100 years of the National Park Service by hiking 100 miles in New River Gorge National River in 2016. Awards!

www.nps.gov/neri/planyourvisit/new-river-gorge-100-mile-challenge

Park Visitor Centers and Education

Canyon Rim Visitor Center, Lansing 304-574-2115
August hours: • Sun/Mon/Tues/Wed 9:00 am - 5:00 pm
• Thu/Fri/Sat 9:00 am - 7:00 pm

Thurmond Depot Visitor Center, Thurmond 304-465-8550
Open daily 10:00 am - 5:00 pm, June through August

Grandview Visitor Center, Grandview 304-763-3715
Open daily 12:00 pm - 5:00 pm, June through August

Sandstone Visitor Center, Sandstone 304-466-0417
Open daily 9:00 am - 5:00 pm

Camp Brookside Environmental Education Center, Brooks
Open during guided programs only.

Websites
www.nps.gov/neri www.nps.gov/gari www.nps.gov/blue

August 2016 Activity Descriptions

(Alphabetical by activity name)

- All programs are FREE unless otherwise noted.
- *Reservations (RSVP) are required for some activities. Call 304-894-2129 or email getactiveinthepark@gmail.com in advance of activity.
- Wear comfortable walking or hiking shoes for all hikes.
- Water, snack, camera, and binoculars are other useful tools to bring along.

Stop by or contact any park visitor center for updates to this month's activity schedule. Additional adventures may be scheduled.

Location of programs conducted at Camp Brookside Environmental Education Center: 309 North Mullens Road, Brooks, West Virginia

*Beginner Archery

August 27, 9:00 to 11:00 am
Location: Camp Brookside
Learn basic archery skills. Equipment will be provided. For ages 14 and up. RSVP required.

Beginner Running Clinic

August 25, 5:00 to 7:00 pm
Location: Camp Brookside
Learn new running techniques and go for a job. Wear shoes for running.

Bluestone Stream Stomp

August 3, 2:00 to 3:00 pm
Location: base of Pipestem Resort State Park tramway

Explore the river ecosystem as you help a ranger to determine the water quality of the Bluestone River. Be prepared to get your hands and feet wet as you look at the aquatic insects and creatures that live in the river. Bring \$2.25 for the return tram ride.

*Bluestone Turnpike Hike

August 6, 10:00 am to 4:00 pm
Location: base of Pipestem Resort State Park tramway in Pipestem
Take a walk on the wild side through Bluestone National Scenic River and explore the diversity of this remote area. Meet a ranger at the bottom of Pipestem Resort's tramway to hike the Bluestone Turnpike Trail, which runs along the Bluestone River to Bluestone State Park. FREE shuttle provided. Wear hiking boots, bring lunch, and water. 10 miles. RSVP required.

Bluestone Walk

Every Saturday, 10:00 to 11:30 am
Location: base of Pipestem Resort State Park tramway
Meet a ranger at the bottom of Pipestem's tramway for a walk in Bluestone National Scenic River. Enjoy the flora and fauna of the area and discover regional history. Bring \$2.25 for the return tram ride. 2 miles.

Centennial Junior Ranger

Every Saturday, 3:00 to 4:00 pm
Location: Canyon Rim Visitor Center
Have fun and earn a special Junior Ranger badge, one celebrating the National Park Service's 100th birthday.

*Cooking Class: Pickling and Preserving Produce

August 30, 7:00 to 8:30 pm
Location: Camp Brookside
Learn healthy cooking tips, especially techniques for pickling and preserving produce. RSVP required.

Historic Thurmond Walking Tour

Every Saturday and Sunday, 11:00 am to 12:00 pm
Location: Thurmond Depot Visitor Center
What was life like in one of the most renowned towns in the New River Gorge? Meet a ranger at the depot and tour the historic district of Thurmond, a once bustling railroad town. 0.5 mile.

Instameet

August 5, 7:00 to 8:00 pm
Location: Camp Brookside
Take photos of Brooks Falls and this historic site to share with #getactivein the park, #activeSWV, and #NewRiverNPS. All cameras and skill levels welcome.

*Intro to Fly Fishing

August 14, 9:00 am to 12:00 pm
Location: Camp Brookside
Learn the basics of casting and fly-tying on this adventure. Equipment will be provided. RSVP required.

Monsters in the Park

- August 8, 7:30 pm to 8:30 pm
- August 20, 10:00 to 11:00 am

Location: Canyon Rim Visitor Center
Are there monsters in the park? Use a geolocation game, one of the hottest ways to explore parks these days. Search for pocket monsters and the



Bluestone Walk in Bluestone National Scenic River

true treasures of the park. Bring your smart device.

National Parks Matinee

Every Saturday, 2:00 to 3:00 pm
Location: Canyon Rim Visitor Center
Celebrate 100 years of the National Park Service with a close up look at these special places across America, each with its own stories to discover.

Night Sky and the Perseid Meteor Showers

August 13, 8:30 to 10:30 pm
Location: Grandview Visitor Center
Enjoy the peak of the Perseid meteor showers, plus look for constellations and more in the night sky. Bring a blanket or lawn chair.

(NRG) New River Gorge 100 Mile Challenge Adventure Hikes

Get on the trails and celebrate 100 years of the National Park Service as part of the New River Gorge 100 Mile Challenge. Celebrate parks and health as you strive for the goal to hike 100 miles in local national parks in 2016. 100 mile finishers will receive awards! Dates and Locations:

- August 2, 7:00 to 8:30 pm
Location: Rend Trail (2 miles) off Route 25 near Thurmond.
- August 12, 7:30 to 9:30 pm (hike plus star watching)
Location: Burnwood Loop Trail (1½ miles) at Burnwood Day Use Area on

Route 19 in Lansing. Bring a blanket or lawn chair for star watching.

- August 16, 7:00 to 8:30 pm
Location: Endless Wall Trail from Fern Creek Parking on Lansing-Edmond Road in Lansing. Hike to Diamond Point and back (2 miles total).

*NPS 100 Hike

August 25, 5:30 to 8:30 pm
Location: Long Point trailhead off Gatewood Road outside Fayetteville.
Hike Long Point Trail to an amazing view of the New River Gorge to celebrate this special day, the 100th birthday of the National Park Service (3½ miles). Enjoy a bonus hike at the end if you like, adding 1¼ miles to this adventure on parts of the Fayetteville and Timber Ridge Trails. RSVP required.

NPS Centennial Birthday Party

August 25, 4:00 to 5:00 pm
Location: Canyon Rim Visitor Center
On this date in 1916 the National Park Service was established to preserve America's heritage through parks. Celebrate these 100 years at this party.

Owl Prowl

August 2, 6:00 to 7:00 pm
Location: Camp Brookside
Search for a glimpse of some of nature's amazing creatures, owls. Learn who's "hoot" is whose on this leisurely, early evening walk.

Photo Walk

- August 14, 11:30 am to 12:30 pm
Location: Sandstone Falls
- August 24, 7:00 to 8:00 pm
Location: Camp Brookside
Meet at the Camp Brookside parking lot with your phone or camera for a 1 mile hike to capture stunning photos of the New River.

*Stand Up Paddle Board

- August 7, 12:00 to 3:00 pm
 - August 21, 12:00 to 3:00 pm
 - August 27, 12:00 to 3:00 pm
- Location: Camp Brookside
Learn basic techniques of how to use a stand up paddle board. Participants under age 18 must be accompanied by an adult. Participants must know how to swim. Equipment will be provided. RSVP required.

Sunset Yoga

August 18 and 30, 6:00 to 7:00 pm
Location: Camp Brookside
Strengthen your body and mind in this yoga session for beginners. Wear comfortable shoes.

Tai Chi

- August 7, 10:30 to 11:30 am
 - August 24, 6:00 to 7:00 pm
- Location: Camp Brookside
Try slow karate with this introductory level tai chi qigong. Wear comfortable shoes.

FIND YOUR **PARK**

Celebrate Your Parks!

What is your favorite National Park Service site? Stop by Canyon Rim Visitor Center to explore this nation's 412 parks in a special interactive centennial exhibit. Share your favorite park moments with others and *Find Your Park*.