



## Find Your Park!

JOIN A RANGER OR PARK PARTNER FOR FREE HIKES, talks, and other programs. These guided activities provide an opportunity to learn about the natural world around us and the people who shaped history in New River Gorge National River and Bluestone National Scenic River.

This month's programs highlight heritage and health.

FIND YOUR **PARK**

[FINDYOURPARK.COM](http://FINDYOURPARK.COM)

Special events, like Thurmond Train Day and Outdoor Adventure Fest, add extra opportunities to discover parks.



### Visitor Centers

**Canyon Rim Visitor Center** 304-574-2115

in Lansing, WV (38.07003° N, 81.07583° W)

July hours: • Sun/Mon/Tues/Wed 9:00 am - 5:00 pm

• Thu/Fri/Sat 9:00 am - 7:00 pm

**Thurmond Depot** 304-465-8550

in Thurmond, WV (37.95712° N, 81.07879° W)

Open daily 10:00 am - 5:00 pm, June through August

**Grandview Visitor Center** 304-763-3715

in Grandview, WV (37.83047° N, 81.06333° W)

Open daily 12:00 pm - 5:00 pm, June through August

**Sandstone Visitor Center** 304-466-0417

in Sandstone, WV (37.7832° N, 80.89778° W)

Open daily 9:00 am - 5:00 pm

**Park Website**

[www.nps.gov/neri](http://www.nps.gov/neri)

## Practice 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](http://www.lnt.org) 1-800-332-4100

## New River Gorge Junior Ranger

Would you like to learn about this park? The Junior Ranger program is a great way to have fun and learn what makes this park special.

[www.nps.gov/neri/learn/kidsyouth/beajuniorranger.htm](http://www.nps.gov/neri/learn/kidsyouth/beajuniorranger.htm)

## 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.

[www.nps.gov/neri/planyourvisit/new-river-gorge-100-mile-challenge.htm](http://www.nps.gov/neri/planyourvisit/new-river-gorge-100-mile-challenge.htm)

# July 2016 Activity Descriptions

(alphabetical by program name)

- All programs are free unless otherwise noted.
- Some programs require advanced reservations (\*).
- 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

---

## **Be a Junior Artist**

July 17, 2:00 pm to 3:30 pm

Location: Grandview Visitor Center  
Hey kids! Join a ranger to learn about nature and the importance of parks while you make your own nature inspired craft, a work of art.

## **Beginners Birding at Camp Brookside**

July 16, 8:00 am to 9:00 am

Location: Camp Brookside  
Explore the Camp Brookside site to learn the basics of bird identification in the field. Field guides, binoculars, and materials provided.

## **Beginnning Running Clinic at Camp Brookside**

July 28, 5:00 pm to 7:00 pm

Location: Camp Brookside  
Learn new running techniques and go for a job. Wear shoes for running.

## **Bluestone Stream Stomp**

July 6, 2:00 pm 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\***

July 2, 10:00 am to 4:00 pm

Location: base of Pipestem Resort State Park tramway in Pipestem  
\* Reservation REQUIRED by July 1: 304-894-2129 or [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)

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.

## **Bluestone Walk**

Every Saturday, 10:00 am 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.

## **Cooking Class at Camp Brookside**

July 22, 6:00 pm to 8:00 pm

Location: Camp Brookside  
Learn new cooking techniques for better health.

## **Full Moon Hike at Camp Brookside**

July 19, 8:00 pm to 9:00 pm

Location: Camp Brookside  
Learn the basics of night sky watching, plus catch a glimpse of the full moon. 1 mile or less.

## **Gentle Hike at Camp Brookside**

July 17, 10:00 am to 11:00 am

July 21, 6:00 pm to 7:00 pm

Location: Camp Brookside  
Explore the unique natural environment and historic landscape on this leisurely walk at Camp Brookside. 1 mile or less.

## **Grand Birding**

July 9, 23, and 30, 9:00 am to 11:00 am

Location: Grandview Visitor Center  
Stroll the park looking and listening for birds of the New River Gorge. Bring binoculars and a favorite field guide or some will be provided. 1 mile or less.

## **Historic Thurmond Walking Tour**

Every Saturday and Sunday, 11:00 am to 12:00 pm, plus Sundays 2:00 pm to 3:00 pm

Location: Thurmond Depot Visitor Center  
What was life like in one of the New River Gorge's most renowned towns? Meet a ranger in Thurmond's historic district for an informal tour of this once bustling railroad town, hearing stories of days gone by. 0.5 mile.

## **Intro to Fly Fishing at Camp Brookside\***

July 30, 9:00 am to 12:00 pm

Location: Camp Brookside  
\* Reservation REQUIRED: 304-894-2129 or [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)

Learn the basics of casting and fly-tying on this adventure. No experience or equipment required.

## **(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.

\* Reservation REQUIRED for most of these hikes: 304-894-2129 or [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)

Dates and Locations:

- July 1, 7:00 am to 9:30 am, Endless

Wall Trail, 3 miles, meet at Nuttall Trailhead on Lansing-Edmond Road in Lansing. \* RSVP - first eight cars (carpool encouraged).

- July 8, 6:00 pm to 8:30 pm, Long Point Trail, 3.2 miles, meet at Long Point trailhead off Gatewood Road near Fayetteville. \* RSVP - first 15 cars.
- July 12, 6:00 pm to 8:30 pm, Rend Trail, 3.2 miles, meet at Rend Trailhead of Route 25 near Thurmond. \* RSVP - first 12 cars.
- July 18, 6:00 pm to 7:00 pm, Park Loop Trail, 1.5 miles, meet at Park Loop trailhead parking area on Park Drive near Fayetteville Town Park in Fayetteville. \* RSVP.
- July 29, 5:30 pm to 8:30 pm, Grandview Rim Trail, 4 miles, meet at Grandview Visitor Center.

### Outdoor Adventure Fest

Let's get active in the park! Learn how to play, stay safe, and leave no trace on all outdoor adventures.

Locations and times:

- July 29, 5:30 pm to 8:30 pm, NRG 100 Mile Challenge Hike, 4 miles. Meet at Grandview Visitor Center at Grandview.
- July 30 Adventure Street Fair at Grandview, 10:00 am to 3:00 pm. Come and go as you please for this informal, yet active adventure. Topics include: Active WV, digital photography, early bird watching (9:00 am), Enviroscope, GPS wayfinding, guided walks (10:30 am, 12:30 pm, and 2:30 pm), Jr. Ranger, Leave No Trace Outdoor Ethics, mountain bike maintenance, rafting display, and YMCA healthy lifestyles.
- July 31: Subaru/Leave No Trace Traveling Trainers at Canyon Rim Visitor Center in Lansing, 11:00 am to 1:00 pm. Meet this national trainer team and learn hot outdoor ethics tips.

### Ranger's Choice at Canyon Rim

15 minutes to 1 hour 30 minutes  
Every Saturday, 12:00 p.m. to 1:30 p.m.  
Location: Canyon Rim Visitor Center  
Come and go as you please for this informal program with a ranger at one of the best views of the New

River Gorge. Enjoy the scenery and discuss area natural and cultural history. Check the park's social media platforms for each week's topic.

### Ranger on the Rock

5:30 pm to 6:45 pm (15 minutes to 1 hour)

July 1, 2, 3, 6, 7, 8, 9, 10, 12, 13, 14, 15, 16, 20, 21, 22, 23, 24, 26, 27, 28, 29, and 30

Location: Grandview Main Overlook  
Come and go as you please for this informal program with a ranger at one of the best views of the New River Gorge. Enjoy the scenery and discuss area natural and cultural history.

### Senior Walk at Camp

#### Brookside

July 11, 10:00 am to 11:00 am

Location: Camp Brookside  
Explore the unique natural environment and historic landscape on this leisurely walk at Camp Brookside. 1 mile or less.

### Stand Up Paddle Board at Camp Brookside\*

- July 16, 10:00 am to 1:00 pm
  - July 23, 10:00 am to 1:00 pm
  - July 31, 12:00 pm to 3:00 pm
- Location: Camp Brookside  
\* Reservation REQUIRED: 304-894-2129 or [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)

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.

### Sunset Yoga at Camp Brookside

July 14 and 26, 6:00 pm to 7:00 pm

Location: Camp Brookside  
Strengthen your body and mind in this yoga session for beginners. Wear comfortable shoes.

### Tai Chi at Camp Brookside

July 16, 9:00 am to 10:00 am

Location: Camp Brookside  
Strengthen your body and mind in this Tai Chi Qigong session for beginners. Wear comfortable shoes.

### Thurmond Train Day

July 16, 10:00 am to 2:00 pm, plus 2:00pm history hike on nearby trail  
Location: Thurmond Historic District  
Celebrate the rich stories of this historic town and the railroad that built it. Come and go as you please in this day full of history.

Event features:

- Operation Livesaver: tips on railroad safety.
- Junior Ranger program: kids complete activities to earn a special junior ranger badge.
- Handcart closeup: try your hand at using a RR handpart, plus get a photo taken in historic Thurmond.
- Historic Thurmond Tours: 10:00 am, 11:00 am, 12:00 pm, and 1:00 pm  
Meet at the Thurmond Depot Visitor Center.
- Live music: 10:00 am to 2:00 pm, music performed by the Duffy Boyd Band.
- Center for Railway Tourism: stories, activities and fun things to learn about trains. Read aloud time for kids at 11:00 am and 1:00 pm
- Rend & the Railroad Hike: 2:00 pm to 4:30 pm, 3 miles. Take a look back in time at the railroad and the area's industrial boom in the New River Gorge. Hike along this historic Rend line and see where history happened. Meet at the Rend Trailhead on Route 25 (one mile from Thurmond).

### Who Lives Here? Habitat Hike at Camp Brookside

July 30, 11:00 am to 12:00 pm

Location: Camp Brookside  
Explore the unique Flat Rock Community and other natural habitats at Camp Brookside. Wear comfortable shoes. 1 mile or less.

2016

National Park Service™  
CENTENNIAL

NATIONALPARKS.ORG

# Guided Activities July 2016 \* Reservations required (call 304-894-2129 or email [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com))

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	<b>1</b> <ul style="list-style-type: none"> <li>• 7:00 am NRG 100 Mile Challenge Adventure Hike*</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• 10:00 am Bluestone Walk</li> <li>• 10:00 am Bluestone Turnpike Hike*</li> <li>• 11:00 am Historic Thurmond Walking Tour</li> <li>• 12:00 pm Ranger's Choice</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>
<b>3</b> <ul style="list-style-type: none"> <li>• 11:00 am and 2:00 pm Historic Thurmond Walking Tour</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>4</b>	<b>5</b>	<b>6</b> <ul style="list-style-type: none"> <li>• 2:00 pm Bluestone Stream Stomp</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 6:00 pm NRG 100 Mile Challenge Adventure Hike*</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• 9:00 am Grand Birding</li> <li>• 10:00 am Bluestone Walk</li> <li>• 11:00 am Historic Thurmond Walking Tour</li> <li>• 12:00 pm Ranger's Choice</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>• 11:00 am and 2:00 pm Historic Thurmond Walking Tour</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• 10:00 am Senior Guided Walk</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 6:00 pm NRG 100 Mile Challenge Adventure Hike*</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 6:00 pm Sunset Yoga at Camp Brookside</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• Beginners Birding at Camp Brookside</li> <li>• 9:00 am Tai Chi at Camp Brookside</li> <li>• 10:00 am Bluestone Walk</li> <li>• 10:00 am Stand Up Paddle Board at Camp Brookside*</li> <li>• 10:00 am Thurmond Train Day event, includes Historic Thurmond Walking Tours (10:00, 11:00, 12:00, and 1:00)</li> <li>• 12:00 pm Ranger's Choice</li> <li>• 2:00 pm (Thurmond Train Day) Rend and the Railroad Hike</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>
<b>17</b> <ul style="list-style-type: none"> <li>• 10:00 am Gentle Hike at Camp Brookside</li> <li>• 11:00 am and 2:00 pm Historic Thurmond Walking Tour</li> <li>• 2:00 pm Be a Junior Artist</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• 6:00 pm NRG 100 Mile Challenge Adventure Hike*</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• 8:00 pm Full Moon Hike at Camp Brookside</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 6:00 pm Gentle Hike at Camp Brookside</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 6:00 pm Cooking Class at Camp Brookside</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• 9:00 am Grand Birding</li> <li>• 10:00 am Bluestone Walk</li> <li>• 10:00 am Stand Up Paddle Board*</li> <li>• 11:00 am Historic Thurmond Walking Tour</li> <li>• 12:00 pm Ranger's Choice</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>• 11:00 am and 2:00 pm Historic Thurmond Walking Tour</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>25</b>	<b>26</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 6:00 pm Sunset Yoga at Camp Brookside</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• 5:00 pm Beginner Running Clinic at Camp Brookside</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• 5:30 pm Ranger on the Rock</li> <li>• 5:30 pm 'NRG 100 Mile Challenge Adventure Hike (Outdoor Adventure Fest)</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• 9:00 Grand Birding (Outdoor Adventure Fest)</li> <li>• 9:00 am Intro to Fly Fishing at Camp Brookside*</li> <li>• 10:00 am Outdoor Adventure Fest at Grandview</li> <li>• 10:00 am Bluestone Walk</li> <li>• 11:00 am Historic Thurmond Walking Tour</li> <li>• 11:00 am Who Lives Here? Habitat Hike at Camp Brookside</li> <li>• 12:00 pm Ranger's Choice</li> <li>• 5:30 pm Ranger on the Rock</li> </ul>
<b>31</b> <ul style="list-style-type: none"> <li>• 11:00 am (Outdoor Adventure Fest) Subaru Leave No Trace Traveling Trainers at Canyon Rim</li> <li>• 11:00 am and 2:00 pm Historic Thurmond Walking Tour</li> <li>• 12:00 pm Stand Up Paddle Board*</li> </ul>	1	2	3	4	5	6