

Spring Programs

2014

AT HIGH POINT STATE PARK

Explore Vernal Ponds!

April 12 from 10:30 AM to 12:30 PM

Adults and children ages eight and up. Vernal ponds, unique temporary wetlands, are the breeding grounds for a number of amphibians and other aquatic species. We'll travel to a handful of High Point's ponds for a first-hand look at these fascinating habitats. This program will include both walking and driving. We will also be walking off-trail so sturdy mud-resistant shoes are recommended. *Hike fees apply - please see below.*

Woodland Wildflower Walk

April 19 from 10:30 AM to 12:00 PM

Adults and families with children age eight and up. Join the Park Naturalist for an easy 1.5 mile walk around Sawmill Lake in search of the delicate woodland wildflowers of early spring. Please note: portions of the trail may be muddy. *Hike fees apply - please see below.*

Lake Life

May 3 from 10:30 to 11:30 AM

Families with children age three and up. Come learn about the many small creatures that call High Point's lakes home. Borrow a net and capture and observe them for yourself! You may want to pack a picnic lunch, and make a day of it, by staying to help the Friends of High Point State Park with their annual lake clean-up. *Hike fees apply - please see below.*

Not for Early Birds Walk

May 10 from 4:30 to 6:00 PM

For adults and children ages ten and up. 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 all the anti-early-birds! Come take a stroll with the Park Naturalist 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 often abundant.

Hike Fees:

\$3 per adult and per child age twelve and up. \$1 per child ages 6 through 11.

Fees must be paid before the program begins either by phone/credit card or in person at the Park Office.

Pre-registration is recommended - call 973-875-4800.

Blooming Bog Walk

May 17 from 10:30 AM to 12:30 PM

For adults and children ages six and up. The cedar bog in High Point's Kuser Natural Area is home to a number of uncommon plant species, many of which have lovely flowers in the spring. Come take an easy 2.5-mile walk around the bog in search of blooms and other springtime and boggy phenomena. *Hike fees apply - please see below.*

Stream Stomping

May 24 from 10:30 AM to 12:00 PM

For adults and children ages six and up. Come discover who and what lives in one of High Point's streams! We'll walk a short distance down the Flatbrook and will use nets and other techniques to observe the stream's inhabitants. You'll want to wear boots or old sneakers - it will certainly be muddy, and you're likely to get wet, but the water will still be cold! You may also want to wear insect repellent. *Hike fees apply - please see below.*

Mashipacong Trail Stream Stroll

May 31 from 10:30 AM to 12:30 PM

For adults and children ages eight and up. We'll walk a portion of the Mashipacong Trail (about a half mile, one way) and will explore with nets and on foot, the small streams that cross the trail. You'll want shoes or boots that are comfortable for walking on trail and off, but that can get wet or muddy. We'll meet at the Park Office and will drive to the trailhead as a group. *Hike fees apply - please see below.*

Bird Talk isn't Cheep

June 14 from 7:30 to 8:30 PM

All ages. Ever wonder what all the chirps, whistles, and squawks coming from the treetops mean? Come learn about bird songs and calls and find out what the bird talk is about. Indoor program. ADA accessible.

Solstice Sunset Walk

June 21 from 7:00 to 9:00 PM

For adults and children age 10 and up. Meet at the Sawmill Lake Boat Launch. This strenuous hike up the Blue Dot Trail affords a beautiful viewpoint from which to watch the sunset on one of the longest days of the year. Round-trip this hike covers about 2.5 miles and requires some agility. Sturdy, closed-toe shoes are a must!



2014 Friends of High Point

AT HIGH POINT STATE PARK

Yoga on the Mountain

April 19 from 9:30 to 11:00 AM

May 17 from 9:30 to 11:00 AM

June 20 from 6:30 to 8:00 PM

Come enjoy the view while relaxing your mind and body. No experience necessary, but you'll want to bring a yoga mat. Registration is recommended - call 973-702-0488.

Sponsored by the Friends of High Point State Park. Suggested Donation: \$5.00. Proceeds support future Yoga on the Mountain Program and other Friends of High Point programs and events.

Teddy Bear Picnic

April 26 from 1:30 PM to 3:30 PM

For families with children ages two through ten. Sponsored by the Friends of High Point State Park. Bring your favorite teddy bear to High Point for a spring picnic where you'll explore the natural history of the North American Black Bear. Activities will include a bear discovery station, crafts, story corner, picnic snack, and more! High Point's resident BIG teddy bear will be sitting for portraits, so bring your camera!

Registration is required by Tuesday, April 22. To register please email Michelle at friendshpsp@gmail.com.

High Point Lake Clean Up

May 3 from 1:30 PM to 3:30 PM

Help keep High Point State Park's popular lakes beautiful! Join the Friends of High Point as they clean up trash along the shores and in the shallow waters of Lake Marcia, and Steenykill and Sawmill Lakes. More details to come! Rain date is Sunday, May 4, 2014.

Mountaintop Square & Line Dancing

June 7 from 4:30 to 6:30 PM

Come swing your partner and kick up your heels as you are guided through the moves by a professional caller. All ages and abilities are welcome!

Sponsored by the Friends of High Point State Park. Donations of \$5/dancer are appreciated. Proceeds support park projects and future Friends of High Point events and programs.

Concert on the Beach: Culver's Gap


June 28 from 6:00 to 8:00 PM

All ages. Meet on the beach. Suggested donation: \$5/adult. Proceeds support future concerts and other Friends of High Point State Park programs and events.

The Friends of High Point State Park are sponsoring a free outdoor bluegrass concert with the Culver's Gap Band. Bring your friends, a picnic, lawn chairs or a blanket. In case of rain, the concert may be held in the Interpretive Center.

The Friends of High Point State Park is a not-for-profit organization that fosters and supports the historical, scientific, educational, interpretive, recreational, and natural resource management activities in the Park. Our support takes the form of funds, materials, and voluntary services for which no government funds or resources are readily available.

friendshighpointstatepark.blogspot.com

 For information about week-day programs for homeschoolers and for children ages 2.5 to 5, please see the *Naturalist Programs* flyer.



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). Programs for which hike fees apply take place outside of the area in which parking fees are collected, so there are no additional fees for those programs.