

#### For Immediate Release:

#### Contact:

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## **AUGUST PROGRAMS AT MOREAU**

(July 22, 2019 Gansevoort, New York) Moreau Lake State Park announces the following programs for the month of August.

Ratings: Beginner, Moderate, Advanced, Expert

\*\*Please note our rating system is based on generalizations and is not meant as a guideline for hikes everywhere. These ratings take into consideration not only terrain, but distance traveled and are only comparative to Moreau Lake. Please call the park office for more information if you have any questions about hikes, 518-793-0511.

# August 1, 2019 Knee High Naturalist 10:00a.m. & 2:00p.m.

This class is intended for children ages 1-6 and their parents/guardians along with any siblings. We will read a short story or two based on the outdoors and then go for a short hike hoping to see some cool wildlife. Registration is necessary with 24-hour advanced notice, please call 518-793-0511. Please stop at the office first to pay for the event. Each child costs \$1.

# August 2, 2019 Moreau Kayak Trip 10:00a.m.-12:00p.m.

Summer is here, come learn kayaking with us! This wonderful summer time paddle is a wonderful way to learn a new fun way to spend time outside. The Park Naturalist will lead this beginner's paddle around the lake pointing out signs of spring and other wonderful sights that are more enjoyable from an up-close perspective given by a kayak. Reservations are required with 24 hours advanced notice, call 518-793-0511. Please meet and pay at the park office, \$2 for adults, \$1 for children and seniors. If you need to rent it will be \$15.

#### August 6, 2019 Critter Crawl 10:00a.m.- 11:00a.m.

Join a park educator as we go into our woods to explore! We will walk to a close by creek. There we will look under logs and rocks searching for cool critters. But make sure you always put everything back where you found it! Please call to reserve a spot at 518-793-0511 with 24-hour advanced notice. We will meet and pay for the event at the park office.

August 6, 2019 Lake Bonita Hike 10:00a.m.-12:30p.m.

This hike has a couple ups and downs that travel around Lake Bonita. This hike is about 2+ miles and has some beautiful views of the Lake. Keep your eyes peeled and you will see some lovely rock outcroppings and maybe some neat wildlife. Registration is required with 24 hours advanced notice, please call 518-793-0511. Please meet and pay at the park office.

Rating: Beginner

#### August 8, 2019 Red Oak Ridge Hike

1:00p.m.- 3:00p.m.

Though challenging this hike is about 2.5+ miles round trip. You will be climbing about half way up the mountain range and walking through some special places our educator will point out as well as stop to enjoy. Please bring water on this hike. Registration is necessary with 24 hours advanced notice, please call 518-793-0511. Program fees apply.

Rating: Moderate

## August 9, 2019 Red Oak Ridge Hike

10:00a.m.-12:00p.m.

Though challenging this hike is about 2.5+ miles round trip. You will be climbing about half way up the mountain range and walking through some special places our educator will point out as well as stop to enjoy. Please bring water on this hike. Registration is necessary with 24 hours advanced notice, please call 518-793-0511. Program fees apply.

Rating: Moderate

#### August 12, 2019 The Secret Life of Snakes

3:00p.m.- 4:00p.m.

Don't fear our friendly snakes. Come and learn about the various kinds we take care of right here in our nature center that are also found in our park. We will talk about habitat, predators, prey and the habits of these misunderstood creatures. Reservations are required with 24 hours advanced notice, call 518-793-0511. Please stop at the park office first to pay for the event. Children and seniors are \$1, everyone else is \$2.

# August 12, 2019 Friend's Meeting

7:00p.m.

The Friends of Moreau Lake State Park is a non-profit 501(c)(3) organization dedicated to the support and promotion of environmental education programs and other activities at Moreau Lake State Park. Come to the monthly meetings where we will discuss our next events and general members' information. New members are always welcome. Meetings are held in the Nature Center.

#### August 13, 2019 Mud Pond Hike

10:00a.m.-12:00p.m.

This hike is a relatively flat hike. We will start off on the nature trail and head out to Mud Pond. There we will see some beaver lodges and maybe some other fun wildlife. This hike is fairly easy, at about 2.5 miles round trip. Reservations are necessary with 24 hours advanced notice, please call 518-793-0511. Please stop at the park office to pay for the event.

Rating: Beginner

#### August 13, 2019 Beaver Adventure

2:00p.m.- 3:00p.m.

This short walk is family friendly and will bring participants close to a beaver lodge and on the edge of some great beaver habitat. A Park Educator will teach you all the things you never knew you wanted to know about these awesome creatures. Reservations are required with 24 hours advanced notice, please call 518-793-0511. Stop at the park office to pay for the event. Children and seniors are \$1, everyone else is \$2.

#### August 14, 2019 Baker Trail Hike

10:00a.m.-12:00p.m

The Baker trail is always an enjoyable and challenging hike. We will summit the Palmertown Mtn range at a comfortable pace. Then we will hike the ridge which is rather flat and takes us past the overlook of Moreau Lake. This is a pleasant hike that if we are lucky

enough, we may get a chance to see some wildlife. This hike will be a about 4.5-5 miles. Reservations are required with 24 hours advanced notice, please call 518-793-0511.

Rating: Advanced

## August 15, 2019 Knee High Naturalist 10:00a.m. AND 2:00p.m.

This class is intended for children ages 1-6 and their parents/guardians along with any siblings. We will read a short story or two based on the outdoors and then go for a short hike hoping to see some cool wildlife. Registration is necessary with 24-hour advanced notice, please call 518-793-0511. Please stop at the office first to pay for the event. Each child costs \$1.

### August 16, 2019 Full Moon Hike 8:00p.m.-10:00p.m.

Our Park Naturalist will be leading this month's Full Moon Hike. While walking around the lake, we will point out flora and fauna as the sun is setting and the moon is rising. Call for reservations with 24-hour advanced notice, 518-793-0511. Program fees apply.

Rating: Beginner

## August 17, 2019 Moreau Kayak Trip 10:00a.m.- 12:00p.m.

Summer is here, come learn kayaking with us! This wonderful summer time paddle is a wonderful way to learn a new fun way to spend time outside. The Park Naturalist will lead this beginner's paddle around the lake pointing out signs of spring and other wonderful sights that are more enjoyable from an up-close perspective given by a kayak. Reservations are required with 24 hours advanced notice, please call 518-793-0511. Please meet and pay at the park office, \$2 for adults, \$1 for children and seniors. If you need to rent it will be \$15.

## August 18, 2019 Fly Fishing Demo 10:00a.m.-12:00p.m.

Come to the beach at Moreau and learn how to fly fish! Learn about fly casting and possibly try casting yourself. No reservations required!

# August 20, 2019 Lake Ann Hike 10:00a.m.- 12:30p.m.

A Park Educator will lead this hike through part of the woods over at Lake Bonita to Lake Ann. This is a bit of a longer hike but on rather flat land with some ups and downs. This hike will take us about 2.5 miles one way to a beautiful bog. There is a lean to at Lake Ann that we can stop and have lunch at. Make sure to bring some water. Please call for reservations with 24 hours advanced notice, 518-793-0511. We will meet and pay at the park office.

Rating: Moderate

# August 20, 2019 Turtle Time 1:00p.m.- 2:00p.m.

Harrelson and Daryl are our two resident terrestrial turtles that we care for here at the park. Come and spend some time learning about their habits, habitat, diet and what life would look like in the wild. Afterwards we will take a little walk with them on the beach. Reservations are required with 24 hours advanced notice, 518-793-0511. Please stop at the office first to pay for the event. Children and seniors are \$1, everyone else is \$2.

# August 21, 2019 Mud Pond Hike 10:00a.m.-12:00p.m.

This hike is a relatively flat hike. We will start off on the nature trail and head out to Mud Pond. There we will see some beaver lodges and maybe some other fun wildlife. This hike is fairly easy, at about 2.5 miles round trip. Reservations are necessary with 24 hours advanced notice, call 518-793-0511. Please stop at the park office to pay for the event.

Rating: Beginner

August 22, 2019 Fishing Trip 9:00a.m.- 12:00p.m.

Learn from the best and sign up to fish with Gary. Gary has been fishing his whole life and wants to pass on some special knowledge. He knows every inch of Moreau Lake and if you are lucky, he'll share some fishing hot spots! Only 2 seats are available in his boat for these special adventures. Please call to reserve one, 518-793-0511.

## August 22, 2019 Beginner Spring Overlook Hike 10:00a.m.-12:00p.m.

A park educator will lead as we hike along this steep but short hike up to the Spring Overlook. This almost mile long trek one way is one of the favorites at the park. Once at the top you will see a beautiful view of the Hudson River. This will be a beginner hike that we will traverse slowly will lots of water breaks. Reservations are required with 24-hour advanced notice, please call 518-793-0511. This hike is about 2 miles round trip, so not very long, but a little on the steeper side.

## August 23, 2019 Hudson River Kayak 10:00p.m.-1:00p.m.

Warm weather is here, come learn to kayak with us! This wonderful paddle is a fantastic way to start. The Park Naturalist will lead this paddle along the river pointing out signs of wildlife and other wonderful sights while teaching strokes and kayaking safety. Reservations are required with 24 hours advanced notice, 518-793-0511. Please meet and pay at the park office, \$2 for adults, \$1 for children and seniors. If you need to rent it will be \$15.

## August 24, 2019 Fishing Trip 9:00a.m.-12:00p.m.

Learn from the best and sign up to fish with Gary. Gary has been fishing his whole life and wants to pass on some special knowledge. He knows every inch of Moreau Lake and if you are lucky, he'll share some fishing hot spots! Only 2 seats are available in his boat for these special adventures. Please call to reserve one, 518-793-0511.

# August 24, 2019 Fish Filleting 1:00p.m.

Have you ever wondered how to perfectly filet a freshly caught fish? Come and have a lesson from the Park Naturalist, who has mastered the skill. No reservation necessary. This event is free.

#### August 26, 2019 Invasive Species Walk 10:00a.m.- 12:00p.m.

Join an educator as we discuss invasive species. We will talk about invasive species, what they are and some common ones we have around here. Then we will go for a walk exploring some around the nature center. Please call the park office to reserve your spot with 24-hour advanced notice at 518-793-0511. Stop at the office to pay for the event then head down to the nature center.

# August 27, 2019 Lake Bonita Hike 10:00a.m.- 12:30p.m.

This hike has a couple ups and downs that travel around Lake Bonita. This hike is about 2+ miles and has some beautiful views of the Lake. Keep your eyes peeled and you will see some lovely rock outcroppings and maybe some neat wildlife. Registration is required with 24 hours advanced notice, please call 518-793-0511. Please meet and pay at the park office.

Rating: Beginner

# August 29, 2019 Spring Overlook Hike 10:00a.m.-12:00p.m.

A park naturalist will lead as we hike along this steep but short hike up to the Spring Overlook. This almost mile long trek one way is one of the favorites at the park. Once at the top you will see a beautiful view of the Hudson River. Reservations are required with 24-hour advanced notice, please call 518-793-0511. This hike is about 2 miles round trip, so not very long, but a little on the steeper side.

Rating: Advanced

### August 29, 2019 Scavenger Hunt 2:00p.m.

Summer is here and the kids are getting antsy. Please come and enjoy a fun scavenger hunt organized by our Park Naturalist. Reservations are required with 24 hours advanced notice, please call 518-793-0511.

## August 30, 2019 Fish Filleting 1:00p.m.

Have you ever wondered how to perfectly filet a freshly caught fish? Come and have a lesson from the Park Naturalist, who has mastered the skill. No reservation necessary. This event is free.

### August 31, 2019 Hudson River Kayak 10:00a.m.-2:00p.m.

Warm weather is here, come learn to kayak with us! This wonderful paddle is a fantastic way to start. The Park Naturalist will lead this paddle along the river pointing out signs of wildlife and other wonderful sights while teaching strokes and kayaking safety. Reservations are required with 24 hours advanced notice, 518-793-0511. Please meet and pay at the park office, \$2 for adults, \$1 for children and seniors. If you need to rent it will be \$15.

Programs are weather permitting and are subject to change. Please call the park office to confirm event date, time and location. Participants should be prepared to spend time outside and are encouraged to wear appropriate clothing and footwear. **There are program fees with all classes**, please ask for the price when registering for each class.

Reservations are required with 24 hours advanced notice, 518-793-0511.

If there are no participants signed up, classes can be cancelled at the discretion of the park.

Moreau Lake State Park is located off of exit 17 S of I-87, the Adirondack Northway. For additional information or to register for programs, please call the park office at (518) 793-0511.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 individual state parks, historic sites, golf courses, boat launches and recreational trails, which are visited by 74 million people annually. For more information on any of these recreation areas, call 518-474-0456 or visit www.nysparks.com, connect on Facebook, or follow on Twitter.