



Parks, Recreation and Historic Preservation

For Immediate Release:

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SEPTEMBER PROGRAMS AT MOREAU

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

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.**

September 3, 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

September 4, 2019

Red Oak Ridge

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

Though challenging this hike is about 3 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

September 5, 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.

September 9, 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.

- September 9, 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.
- September 10, 2019** **Lake Ann Hike** **10:00a.m.- 1:00p.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, \$2 for adults, \$1 for children and seniors.
Rating: Moderate
- September 12, 2019** **Lake Bonita Hike** **10:00a.m.-12:00p.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
- September 12, 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 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.
- September 12, 2019** **Turtle Time** **4:00p.m.- 5:00p.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.
- September 13, 2019** **Full Moon Hike** **7:00p.m.-9:00p.m.**
Our Park Educator 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
- September 14, 2019** **Naturefest** **10:00a.m.-3:00p.m.**
Join us for a free family fun event hosted by the Friends of Moreau Lake. We will have educational events, games, crafts, silent auctions, live music, food, and much more. Donations

appreciated. We try to be as zero waste as possible so please bring your own bags, bottles, and tableware!

- September 16, 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
- September 17, 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
- September 17, 2019** **Lake Bonita Hike** **2:00p.m.- 4:00p.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
- September 18, 2019** **Leave No Trace Kids Class** **10:00a.m.-11:00a.m.**
Join our Leave No Trace instructor in an hour of learning how to do your part to effectively use low impact practices while enjoying our natural world. With this course you will learn the seven Leave No Trace principals and ethics and how to enjoy the outdoors responsibly. Please call the park office at 518-793-0511 to reserve your spot with 24-hour advanced notice. We will meet and pay at the park office.
- September 19, 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.
- September 19, 2019** **Leave No Trace Adult Class** **10:00a.m.-11:00a.m.**
Join our Leave No Trace instructor in an hour of learning how to do your part to effectively use low impact practices while enjoying our natural world. With this course you will learn the seven Leave No Trace principals and ethics and how to enjoy the outdoors responsibly. Please call the park office at 518-793-0511 to reserve your spot with 24-hour advanced notice. We will meet and pay at the park office.
- September 19, 2019** **Lake Bonita Hike** **10:00a.m.-12:00p.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

- September 19, 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.
- September 20, 2019** **Red Oak Ridge Hike** **9:30a.m.-12:00p.m.**
Though challenging this hike is about 3 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
- September 20, 2019** **The Secret Life of Snakes** **4:00p.m.-5:00p.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, please call 518-793-0511. Please meet and pay, \$1 for seniors and children, \$2 for adults, at the park office.
- September 21, 2019** **Hudson Kayak Trip** **10:00a.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.
- September 24, 2019** **Potter's Point Hike** **10:00a.m.-12:00p.m.**
Take a walk in the woods on this easily navigable and trail free parcel of the park. There will be beautiful views of the Hudson River and some neat natural wonders to explore. This is a flat, bushwhacking hike. Reservations are required with 24 hours advanced notice, please call 518-793-0511. Meet and pay at the park office. \$1 for kids and anyone over 62, \$2 for everyone else.
Rating: Beginner
- September 24, 2019** **Ridge Run Hike** **10:00a.m.- 1:00p.m.**
This moderate hike is about 3.5 miles round trip. The hike up to the ridge is a bit steep for about a mile but then the ridge is rather flat. This is a nice hike that also 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. Reservations are required with 24 hours advanced notice, please call 518-793-0511.
- September 25, 2019** **Critter Crawl** **4:00p.m.- 5:00p.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.
- September 26, 2019** **Moreau Overlook Hike** **10:00a.m.-12:00p.m.**
This hike is one of our most strenuous here at Moreau. We will be hiking about 1 mile up to the beautiful view of Moreau Lake. This is a steep hike and towards the end it gets a bit rocky.

Bring plenty of water and a snack or lunch to eat at the overlook. Registration is required with 24 hours advanced notice, please call 518-793-0511. Please meet and pay at the park office, \$1 for 62+ and children, \$2 for everyone else.

Rating: Expert

September 26, 2019

Western Ridge Hike

10:00a.m.- 3:00p.m.

We will park a car at Mud pond and drive over to the Spring Overlook parking lot. From there we will start the Western Ridge trail and hike it in its entirety to Mud pond. This will be about 6+ miles. Call the park office to register for this hike with 24-hour advanced notice, 518-793-0511. Meet and pay (\$1 for kids and 62+, \$2 for everyone else) at the park office.

Rating: Advanced to Expert

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](#).