

## March 2017 Free Hikes and Activities

For more information call (831) 659-6065

Space is limited. Please pre-register for all hikes and activities. Minors must be accompanied by a parent or legal guardian.

DATE/TIME	EVENT	MEETING	SIGN-UP
Sat., Mar. 4 10AM-12PM	<b>Mushroom Appreciation Hike:</b> Join amateur mushroom enthusiasts on this informative hike describing and identifying the various fungi that inhabit MPRPD parks. Learn tips and techniques designed to introduce you to a world of appreciating mushrooms in the parks and in your back yard. Elevation gain: 100-300 ft. Distance: 2 miles. Ages 8-Adult.	GRRP VC	<a href="#">Click here to register</a>
Sat., Mar. 4 6:30PM-9PM	<b>Nature Night Hikes:</b> Meet at dusk and venture into the park for a 2-3 hour night hike. Switch off the flashlight, let your eyes adjust, and use heightened senses while exploring your nocturnal side. Elevation gain: 300-800 ft. Distance 3-3.5 miles. Ages 12-Adult. Registration required. No walk-ins	PCRP	<a href="#">Click here to register</a>
Sun., Mar. 5 9AM-12PM	<b>Wildlife Tracking Basics:</b> Have you ever seen animal tracks but were not sure who they belong to? Do you want to know how to recognize tracks that wildlife leave behind in our parks? Learn the basics of identification of common mammal tracks in this hands-on workshop. Ages 16-Adult.	UCNR Fort Ord Natural Reserve	<a href="#">Click here to register</a>
Wed., Mar. 8 9AM-12PM	<b>Senior Walkabout:</b> Enjoy a leisurely 3-hour jaunt for walking seniors along the lower trails of Palo Corona Regional Park. Traverse the park from the South Bank entrance to the Highway One entrance and back. Hear the history of the area while watching for birds and other wildlife. Elevation gain: 200 ft. Distance: 3-4 miles. Ages 55+. Shuttle van transports to trailhead.	PCRP Barn	<a href="#">Click here to register</a>
Sat., Mar. 11 9:30AM-11:30AM	<b>JUST ADDED! Garland Wild!</b> Explore the wonders of nature on this gentle stroll through the wilds of Garland Park. Tune-in and engage all 30 senses discovering the micro to macro in nature. Leave no stone unturned as we play games, tell stories and make discoveries in this wonderful, wide world. Ages 3-5.	GRRP VC	<a href="#">Click here to register</a>
Thurs., Mar. 16 4PM-6PM	<b>Frog Pond Walk and Talk:</b> Take a family-friendly walk around Frog Pond Wetland Preserve. While we're walking, we'll share stories about the history of this land and about the vast array of wildlife that make their permanent and seasonal homes here. Enjoy the sights and sounds of twilight and early evening. Elevation gain: 50 ft. Distance 1.5 miles. Ages 8-Adult.	Frog Pond	<a href="#">Click here to register</a>
Sat., Mar. 18 1PM-3PM	<b>Fun of the Find: Geocaching Hike:</b> Seek out some of the secret caches hidden within Garland Park. This adventure includes and provides basic geocaching instruction and handheld GPS units. Feel the thrill of the hunt as you uncover active caches. Elevation gain: 200-600 ft. Distance: 2.5-4.5 miles. All Ages.	GRRP VC	<a href="#">Click here to register</a>
Sat., Mar. 18 9:30AM-12:30PM	<b>Springtime Wildflower Walk:</b> Experience the bountiful beauty of flourishing flowers! Gain an appreciation for spring by experiencing the beautiful blossoms of native and non-native plants. Learn fascinating facts, ways to identify our local wildflowers and the role they play in the environment. Elevation gain: 600ft. Distance: 2-3 miles. Ages 13-Adult.	E. Garzas Trailhead (1 <sup>st</sup> entrance)	<a href="#">Click here to register</a> <b>Program FULL</b> <b>Waitlist Available</b>
Sun., Mar 19 10AM-12PM	<b>Volunteer Orientation Day:</b> Visitor Center volunteers assist the community with their questions about the park and its trail system. They provide educational opportunities and enhance the experiences of visitors. Learn about the MPRPD Volunteer Program; find out how you can share in the fun!	GRRP VC	<a href="#">Click here to register</a>

<p>Sat., Mar. 25 10:30AM- 11:30AM</p>	<p><b>Mindful Meditation in the Park:</b> Being in nature invites you to engage your senses and come into contact with the natural world. Mindfulness meditation cultivates awareness of whatever is taking place within and around us; our thoughts and emotions, the breeze, the sounds of birds, the warmth of the sun. Experience guided sitting meditation, mindful walking and informal discussion.</p>	<p>PCR P Barn</p>	<p><a href="#">Click here to register</a></p>
<p>Sun., Mar. 26 10AM-11:30AM</p>	<p><b>Ticks, Ick!</b> While we think ticks are icky, they are also fascinating. Explore how ticks live, how they end up on us and even how they pass bacteria to us. Learn how a local lizard provides protection for us and how to best protect ourselves. We'll even go out to collect and identify ticks. Ages 4-8.</p>	<p>Frog Pond Preserve</p>	<p><a href="#">Click here to register</a></p>

All events are contingent upon weather. Hike distances and elevation gain are approximate.

Please visit our website at [www.mprpd.org](http://www.mprpd.org) and click on "[CLICK HERE TO REGISTER](#)" at the bottom left side of the screen for the most up to date hike listing.