

June 2018 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	LEADERS
Sat., June 2 9AM-11:45PM	Walk with the Allergists This hike is nothing to sneeze at! Get out amongst the grasses and weeds during pollen season to learn what causes allergic reactions. Discover simple strategies to make you more comfortable while enjoying the outdoors. Local physicians discuss ways to manage your seasonal allergies. Elevation change: 285 ft. Distance: 1.8 miles All Ages.	GRRP VC	Click here to register
Sat., June 2 10AM-11:30AM	Blue Bellied Beauties: Western Fence Lizards are everywhere. Do you know why they have bright blue bellies? Get answers and learn more about these energetic creatures through stories and games. Ages 3-10.	GRRP VC	Activity Full
Sat., June 2 12PM-1:30PM	Games: Critter Capers Ever wonder what it's like to be a critter? Get to know the secret world of animals through the power of play. Ages 3 -10.	GRRP VC	Click here to register
Sun., June 3 10AM-2PM	Discover Kahn Ranch: Enjoy a strenuous yet leisurely paced 3 to 4-hour hike. Hike to Fern Falls, up Manzanita trail and down Hitchcock Loop. Elevation gain: 1,100 ft. Distance: 3.7 miles. Ages 13-Adult.	Kahn Ranch	Hike Full
Sun., June 3 1PM-2:30PM	Stayin Alive- Animals Undercover Are you a predator or are you prey? Engage in fun, interactive games to gain insight into animal behaviors in the wild, while improving your nature-viewing skills. Ages 11-Adult.	Locke-Paddon Park, Marina	Activity Canceled
Thurs., June 7 9AM-12PM	Tour that Dam Site! Visit the largest dam removal site in California's history to see how it looks today. On this exclusive driving tour, we'll see the impact from the Soberanes Fire and heavy rains of 2017. Ages 13-Adult	Carmel Valley History Center	Activity full
Sat. & Sun., June 9 & 10	Annual Wildflower Show 10am-4pm	GRRP VC	No registration needed
Sat., June 9 8:45AM-10:30AM	Walk with the Docs Today is the first day of the rest of your life! Local physicians will discuss the importance of eating better and incorporating exercise into your daily routine. Benefits include a boost in energy, improved metabolism, increased muscle tone, reduced stress, and so much more. All Ages	PCR P Barn	Click here to register
Sat., June 9 10AM-11AM 1PM-2PM	Where the Wildflowers Are: There's more to wildflowers than their colorful blossoms. Learn fascinating facts about our local species and other native and non-native plants. Meet at the Garland Visitor Center for an informative walk round the Lupine Loop. Elevation change: 300 ft. Distance: .5-2 miles. All Ages.	GRRP VC	Click here to register
Sat., June 9 12PM-1:30PM	Stayin Alive- Animals Undercover Are you a predator or are you prey? Are you camouflaged or blinged-out like a disco ball? Engage in fun, interactive games to gain insight into animal behaviors in the wild, while improving your nature-viewing skills. Ages 11-Adult.	Locke-Paddon Park, Marina	Click here to register
Sat., Jun 9 10AM-11:30AM	Secrets of a Beak What does the shape of a beak tell us about a bird? Find out how we can look at the different shapes of birds' beaks to know more about them. Through art, hands-on exploration, and observation we will come to know how much more about this amazingly diverse group of creatures. Ages 3-10.	Locke-Paddon Park	Click here to register
Sat., June 10 10AM-11AM 1PM-2PM	Where the Wildflowers Are: There's more to wildflowers than their colorful blossoms. Learn fascinating facts about our local species and other native and non-native plants. Meet at the Garland Visitor Center for an informative walk round the Lupine Loop. Elevation change: 300 ft. Distance: .5-2 miles. All Ages.	GRRP VC	Click here to register

Fri., June 15 6PM-8PM	Frog Pond Fridays: Unwind after work with a stroll around Frog Pond Wetland Preserve. Learn about the area's history and the vast array of wildlife who call this wetland home. Enjoy the sights and sounds of nature as the sun sets and the day turns to night. Elevation change: 50 ft. Distance: 1.5 miles. Ages 10-Adult.	Frog Pond Preserve	Click here to register
Sat., Jun 16 9:30AM-10:30AM	Tai Chi for Health: Tai Chi for Energy I Explore Tai Chi surrounded by majestic trees and uplifting scenery. Build your internal strength, flexibility and balance while you generate newfound energy that will uplift your spirit and ease the stresses of daily life. The combined practices of Chen and Sun-styles are known to improve health and well-being. All Ages	GRRP VC	Click here to register
Sat., June 16 10AM-12PM	Wonders of Water Bugs Ever wonder what lurks beneath the surface of the Carmel River? This underwater world is home to a variety of fascinating water bugs. The presence of these cool critters tell us about the health of our water. Become an aquatic ecologist for the day, and be prepared to get a little wet! All Ages. Elevation change: 50 ft. Distance: Less than one mile.	GRRP VC	Click here to register
Sat., June 16 6:30PM-8:30PM	Discover Marina Dunes Preserve: Walk the sandy dunes at sunset! Watch the sky fill with colors as we learn about this dynamic everchanging landscape. From fore dunes to hind dune the sands host abundant plant and animal life. Discover how this relatively harsh environment creates a unique thriving community. Elevation change: a150 ft. Distance: 2 miles. Hike occurs mostly in sand. Ages 10-Adult.	Marina Dunes Preserve	Click here to register
Thurs., June 21 9AM-12PM	Tour that Dam Site! Visit the largest dam removal site in California's history to see how it looks today. In 2016, the San Clemente Dam was demolished and Carmel River rerouted to protect homes and animal habitats. On this exclusive driving tour, we'll see the impact from the Soberanes Fire and heavy rains of 2017. Ages 13-Adult	Carmel Valley History Center	Click here to register
Fri., June 22 7PM-8:30PM	Falconry: Speed, Stealth, and Smarts! The peregrine falcon is the fastest member of the animal kingdom, reaching speeds of over 200 mph. Silent and deadly, the great horned owl is one of nature's top nocturnal predators. Harris' hawk is the most intelligent of all raptors, due to its social and hunting behaviors. Meet these magnificent birds up close and personal in this live demonstration. Ages 10-Adult	PCR Discovery Center	Click here to register
Sat., June 23 9AM-12:30AM	Hike East Garzas to the Visitor Center: No loop trails on this hike! You will be shuttled to the trailhead at East Garzas Rd. for a beautiful hike along Garzas creek, up to Mesa Pond, then down the Waterfall Trail to the Visitor Center. Elevation change: 850 ft. Distance: 4.3 miles. Ages 13-Adult.	Garland Park Parking Lot	Click here to register
Sat., June 23 9AM-11:30AM	Laguna Grande Birding Walk: This birding refuge offers something new to see with each visit! Join other birders to view waterfowl, raptors, and the seasonal migrants. From lake-side to wetlands to riverine surroundings, Laguna Grande Park has many rich habitats and a wide array of birds. This program is good for first-timers and experienced birder. Elevation change: 50 ft. Distance: .5-3.5 miles. Ages 12-Adult.	Laguna Grande Park Seaside	Click here to register
Sat., Jun 23 9:30AM-10:30AM	Tai Chi for Health: Tai Chi for Energy I Explore Tai Chi surrounded by majestic trees and uplifting scenery. Build your internal strength, flexibility and balance while you generate newfound energy that will uplift your spirit and ease the stresses of daily life. The combined practices of Chen and Sun-styles are known to improve health and well-being. All Ages	GRRP VC	Click here to register
Sat., June 23 10:30AM-11:30AM	Mindful Meditation in the Park: Mindful meditation cultivates awareness of what is taking place within and around us; our thoughts and emotions, the breeze, the sounds of birds, the warmth of the sun. The natural beauty of Palo Corona will engage your senses as you participate in mindful walking, guided sitting meditation, and informal discussion. Please bring a chair/cushion/mat to sit on. Wear layers and bring a blanket in case of inclement weather. Ages 16-Adult.	PCR Barn	Click here to register

Sat., June 23 Sunset	Nature Night Hike: 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 change: 300-800 ft. Distance: 3-3.5 miles. Ages 12-Adult. Registration required. No walk-ins	PCR Barn	Click here to register
Sat., Jun 30 9:30AM-10:30AM	Tai Chi for Health: Tai Chi for Energy I Explore Tai Chi surrounded by majestic trees and uplifting scenery. Build your internal strength, flexibility and balance while you generate newfound energy that will uplift your spirit and ease the stresses of daily life. The combined practices of Chen and Sun-styles are known to improve health and well-being. All Ages	GRRP VC	Click here to register

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

Please visit our website at 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.