

WINTER / SPRING 2022

FREE

PARKWAYS

YOUR GUIDE
TO FIVE RIVERS
METROPARKS

NURTURED BY NATURE

USING THE OUTDOORS AS A SOURCE
OF CREATIVITY AND INSPIRATION
SEE PAGES 4-5

PROGRAM AND EVENT LISTINGS ARE BACK!

CONSERVATION: MEET
METROPARKS' NEW
WILDLIFE BIOLOGIST
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EDUCATION: TIME TRAVEL
AT POSSUM CREEK'S
ARGONNE FOREST
SEE PAGES 8-9

RECREATION: THE 2022
METROPARKS TRAILS
CHALLENGE IS ON
SEE PAGES 10-11

FIVE RIVERS
METROPARKS



TM

TOP 5 THINGS TO DO

IN YOUR METROPARKS THIS SEASON AS SELECTED BY
*Jessica Saunders, Five Rivers MetroParks
Board of Commissioners vice president*

1

GET GROUNDED AND PLAY AT POSSUM CREEK METROPARK:

Start the day by visiting the Mindfulness Walk at the Argonne Forest trailhead. Follow the prompts to help you be present and relax in nature. Next, head to the farm and giggle at the chickens and roosters.

[METROPARKS.ORG/MINDFUL](https://www.metro-parks.org/mindful)

2

BIRD IS THE WORD

Spot a variety of birds, from waterfowl to raptors. Find unusual birds in one of Saunders' favorite parks for birding, Englewood MetroPark. You'll also find a nature play area – hands-on play areas made from natural materials – and hiking opportunities for children. [METROPARKS.ORG/ENGLEWOOD](https://www.metro-parks.org/englewood)

3

PLAN A PICNIC

Hills & Dales MetroPark is a must, according to Saunders. Her daughters love the creek and nature play area, in addition to enjoying a meal outdoors. Cox Arboretum, Possum Creek, Wegerzyn Gardens, Carriage Hill and Island MetroParks are filled with kids' activities and are perfect places to picnic. Saunders suggests exploring a teachable moment with your little ones, such as talking about the importance of picking up your trash.

[METROPARKS.ORG/ACTIVITY-FINDER](https://www.metro-parks.org/activity-finder)

4

EXCITE YOUR SENSES

Children and adults can excite their senses at Wegerzyn Gardens MetroPark. Take in the sights and smells of the formal gardens then allow the kids to immerse themselves in sensory play in the Children's Discovery Garden. Saunders enjoys finding new colors with her daughters and encourages them to be mindful of the natural world around them by enjoying the calming effects of nature in quiet spaces. [METROPARKS.ORG/WEGERZYN](https://www.metro-parks.org/wegerzyn)

5

LOVE LOCAL HISTORY

MetroParks offers unique outdoor opportunities that allow visitors to experience the rich history of Dayton. Saunders suggests a visit to the Inventors River Walk to explore some of Dayton's most famous creations. Next, head to Carriage Hill MetroPark, where kids will enjoy living history on an 1880s farm and meet farm animals. [METROPARKS.ORG/HERITAGE-HISTORY](https://www.metro-parks.org/heritage-history)

Visit [metro-parks.org/things-to-do](https://www.metro-parks.org/things-to-do) for more suggestions!



JESSICA SAUNDERS is the executive director of the Center for Health Equity at Dayton Children's and is an active volunteer in the Dayton region, including her service with Five Rivers MetroParks. Originally from Wisconsin, Saunders has an affinity for water play and kayaking.

- **Favorite MetroPark:** Hills & Dales MetroPark
- **Favorite recreation activities:** Hiking, biking, picnicking, exploring and relaxing in nature
- **Favorite events at MetroParks:** Conservation Kids programs, Spooky Garden Celebration at Wegerzyn Gardens MetroPark and the Summer Music Series at RiverScape MetroPark.



ALERTS AND CLOSURES

Weather conditions and construction can affect hiking trails, bikeways and access to certain park entrances. All construction information, including detours, and any weather-related notices, are posted online at [metro-parks.org/alerts](https://www.metro-parks.org/alerts).



LOST ITEMS

If you lost something valuable in a MetroPark, contact the Rangers to identify and retrieve your belongings. Contact Alan Starnes at (937) 567-4265 for details.



HOW TO CONTACT A RANGER

Inform the Montgomery County Sheriff's Office dispatcher you are in a MetroParks facility. A MetroParks law enforcement Ranger will be notified and respond to the situation as soon as possible.
EMERGENCY CONTACT: 9-1-1
NON-EMERGENCY: (937) 225-HELP (4357)



Becky Benná
Executive Director

DEAR METROPARKS FRIENDS,

Welcome, 2022!

In this issue of *ParkWays*, you'll notice the return of program listings starting on page 16. MetroParks staff have been busy planning programs, events and opportunities – most of them held in person – to help you experience the outdoors.* We're so excited for the return of many of our community's favorites, along with some new offerings!

In the following pages, you'll also learn more about the ways in which time spent in nature helps improve physical and mental health. Five Rivers MetroParks provides a variety of choices about how to participate in outdoor activities and spend time in nature to enhance everyone's health. We began focusing on the health

benefits of spending time in nature in the wake of the pandemic and have continued to build on this in your MetroParks, such as creating Mindfulness Walks and Let's Explore adventures, which give families with young children guided activities for spending time in nature. Find out more about Mindfulness Walks on page 22 and more about Let's Explore on page 24.

In recent years, more research and data have become available that support nature as a healthy lifestyle tool. As such, we are continuing to create programs and opportunities for Montgomery County area residents to find solace and support in nature. Read more about the health benefits of spending time in nature on pages 4-5.

One recent study in the journal *People and Nature* from the British Ecological Society studied the impact of pandemic-related lockdowns and children's connection to nature. Perhaps not surprisingly, many children were out in nature more during lockdowns, maybe because being outside was one of the safest places to be.

As our nation, state and community continue to recover from the pandemic, we sincerely hope some of the habits you developed during the pandemic, such as a daily walk outdoors, remain part of your life. Continuing to be intentional about how you use your time, who you are with and where you spend it are great ways to support a healthy, active lifestyle. Your MetroParks are places where you can get and stay healthy – all while spending time in nature.

Best Regards,

Becky Benná



* When this issue was printed in December, the listed programs, events and opportunities were accurate. For MetroParks' most recent response to COVID-19, visit metro parks.org/covid or scan the code.



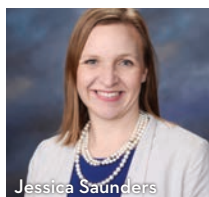
OUR MISSION

Five Rivers MetroParks is dedicated to protecting the region's natural heritage and providing outdoor experiences that inspire a personal connection with nature.

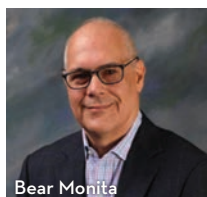
METROPARKS COMMISSIONERS



Karen L. Davis



Jessica Saunders



Bear Monita



Five Rivers MetroParks is a CAPRA-accredited park agency.



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ON THE COVER

Artist Cydnie King in front of one of her drawings, *Ginkgo Wings*.





Artist Cydnie King works on an illustration inspired by nature.

Nurtured by Nature

*Using the outdoors as
a source of creativity
and inspiration*



Cydnie King has trained her son, 3, to bring her leaves.

“Sometimes, we press them so I can draw them later on,” said the Fairborn-based artist and curatorial assistant at The Contemporary Dayton.

It’s an appropriate task for her “little outdoorsman.” King began incorporating nature into her art during a college assignment in which students had to find a natural object, study it for a week, and draw it over and over again.

“I picked a leaf, and as I watched it decay and shrivel and crumble, I noticed how its veins looked like our own,” King said. “I started drawing natural objects attached to people to show how humanity is connected to nature and how nature is always present.”

While her art has evolved through the years, one thing has remained consistent: King focuses on her interpretations of the human connection to nature.

“I show botanicals as part of the human body to emphasize that parts of humanity are very similar to parts of the natural world,” she said, “and that the bond between the two is still present — no matter how much humanity tries to sometimes distance itself.”

Yet artists aren’t the only ones who use nature as a

source of inspiration. Engineers, architects, chefs, designers — the list is endless. It includes educators, too.



Adventure Central (AC) is an after-school and summer program located at Wesleyan MetroPark and a partnership between Five Rivers MetroParks, The Ohio State University Extension and 4-H. Nature and time outdoors are at the core of AC’s curriculum.



"The kids are always antsy to get outside, from the smallest to the oldest," said Angela Collie, AC's program coordinator.

Outside is where a lot of learning takes place at AC. Students grow veggies in AC's garden and explore changes in the MetroPark and Wolf Creek throughout the seasons. Time outdoors helps them learn about polymers, photosynthesis, wildlife identification and much more.

"We make everything a game and show kids how to care for nature early on so when they get older, it's not foreign to them," Collie said. "Schools teach the basics, and we're able to reinforce them through these nature-based activities."

In addition to its beauty and teachable moments, nature is an inspiration because of its many positive effects on humans' physical and mental health.



Scott Hall, University of Dayton professor

and clinical mental health counseling program coordinator, said there's an abundance of research documenting these effects.



Adventure Central students play outdoors in the GaGa Pit.

METROPARKS.ORG

and enhances creativity.

"There are a lot of positive things happening when we spend time in nature that we're not even aware of that encourage our wellbeing," Hall said. "If you know you're going to be or are challenged with something, take a walk. Research shows if you can walk outside for 15 minutes before a test, it will triple your ability to focus and stay cognitively sharp."



University of Dayton professor Scott Hall

Hall also has a private counseling practice, and he tells clients one of the fundamental things they can do to improve their health is to spend just 20 minutes in a space they identify as "nature."

"At the end of the day, we have to take care of nature," he said. "Promoting wildlife, increasing greenspace, encouraging involvement in nature – I can't think of a more meaningful initiative for human wellbeing than that."

King hopes her art helps people think about this and their connection to the natural world.

"I hope they come away with a new appreciation for nature, that my pieces make them stop for a minute because they see something in a plant they've never really seen before," she said. "I want people to remember we're all part of the same planet and whatever we do affects nature. I want people to re-realize it's very important that we stay connected to nature."

Learn more about King's work, Adventure Central, and about the ways time in nature improves mental and physical health on MetroParks' blog by visiting metroparks.org/natureisopen.





Sarah Browning looks for woody plants.

SURVEY SAYS:

Research is paramount to MetroParks' conservation practices

Behind Five Rivers MetroParks' conservation practices, you'll find a lot of science and research – little of which involves a traditional lab and beakers. In fact, most of the time you'll find MetroParks' biologist, Lisa Zoromski, and the rest of the agency's parks and conservation team in the parks, surveying, measuring, mowing, planting and even burning.

"It's really important to look at the impact we have, whether it's on wildlife, plants or insects – ecosystems are complex," said Zoromski. "It's hard to tell our effect by just looking at an area, but we can plan ahead through surveys."

During the spring and fall, a portion of a prairie or thicket may be on fire during what are called prescribed burns, which release nutrients into the soil and stimulate growth of desired plant species. Prescribed burns also keep prairies in check, preventing woody plants from growing into large trees that will eventually change the dynamic of the habitat.

Starting last October, MetroParks began its first round of fall prescribed burns as part an effort to increase plant diversity in its prairies. In addition to burning, mowing and re-seeding are also used to manage prairies. To assess which methods are most successful, Zoromski is leading prairie survey efforts at Taylorsville and Englewood MetroParks.



Megan Rude and Nicole Freshour identify growth to assess plant diversity.

The prairies were separated into sections, each receiving different treatments and combinations of treatments, including (a) fall burns, (b) fall burns and winter seeding, (c) fall burns and spring mowing, and (d) spring mowing alone. As with all good research, a portion of the prairie will remain untreated as a control for comparison.

Conducting this research will allow MetroParks' conservation team to determine which land management efforts result in the most diverse prairies, with good mixtures of grass and flowering plants, and fewer woody plants.

In addition to prairie surveys, MetroParks' conservation team work with trail specialists to conduct trail surveys on an ongoing basis and before trails are built, re-routed or expanded. This process includes surveying the presence of all plant species in a proposed trail corridor and surrounding areas.

After conducting the survey, MetroParks' parks and conservation staff discuss how to best minimize harm to plants. This can include reconfiguring a trail or relocating or seeding plants.

In May 2021, parks and conservation staff began surveying a proposed re-route of a portion of Germantown MetroPark's orange trail. So far, conservation technicians Kevin Reichling and Nicole Freshour have identified 58 species of plants, including some rare species such as wild hyacinth.

Zoromski - who started with MetroParks in 2021 - understands monitoring natural areas is important because humans and their pets affect the environment, even when they are using Leave No Trace principles.

"People could go out and keep building trails, but how does that affect the environment?" Zoromski asked. "Research has shown that the presence of a dog on a trail - especially off leash - can increase the flight distance of birds. This is why we monitor: To be the best stewards of the environment we can, while also allowing people to connect to nature on the trails."

Learn more about Five Rivers MetroParks' conservation efforts by visiting metroparks.org/conservation.



GET TO KNOW MetroParks' biologist

Originally from Wisconsin, Lisa Zoromski obtained a bachelor of science degree in wildlife science and a masters in rangeland and wildlife science. She's studied a variety of animals, from bison to nilgai antelope, and helped develop cattle fever tick measures. Zoromski's background is focused on ungulates (hooved animals), wildlife disease and applied science.

After moving to Columbus last year to work with the U.S. Department of Agriculture as a wildlife technician, Zoromski shortly thereafter made the move to Dayton to join Five Rivers MetroParks' conservation team.

You can catch Zoromski outdoors often: Even during her free time, she loves to be outside exploring the trails and hiking through the woods.



175 ACRES
FOR
OUT-OF-DOOR
RECREATION



PICNICS
PARTIES
CELEBRATIONS



SWIMMING
BOATING
FISHING



HORSEBACK RIDING
PONIES
PONY TRACK FOR
CHILDREN



TOURIST CABINS
TRAILERS



SHOOTING GALLERY
CLAY PIGEON RANGE



BASEBALL



OPEN SUMMER AND WINTER



A PLACE WHERE
YOUNG AND OLD
MAY FIND
ENJOYMENT



CLUBHOUSE STATE ROUTE 4

DAYTON, OHIO

A HIKE *through* HISTORY

A century ago, a portion of Possum Creek was home to the 200-acre Argonne Forest Park, a former amusement park.



Null Hodapp, left

Null Hodapp founded the park, named after the World War I battle of Argonne Forest in France, where he served with the 322nd Field Artillery. Fellow WWI veterans built Argonne Forest Park in honor of those who served during the Great War.

Argonne Forest Park, dedicated in July 1927, served as a reunion grounds for veterans and their families. Local businesses, clubs and associations also rented the park for private picnics. It was home to such amenities as a clubhouse, midway, swimming pool and baseball field, where parades and sham battles were held.

Today, you can explore remnants of Argonne Forest Park, including a dance floor and streetcars used as cabins and for concessions, by hiking the 1.4-mile

purple loop trail. Most hikers can complete this easy, natural-surface trail without a lot of elevation change in an hour to an hour-and-a-half.

With less vegetation to block views, winter and spring are a great time to see these remnants. This spring, new interpretive signage telling the story

of Argonne Forest Park will be installed along the trail, adding a dose of history to your hike. Time has changed the landscape as a mixed hardwood forest has grown around the remnants and into the space once filled with open fields and beech woods.

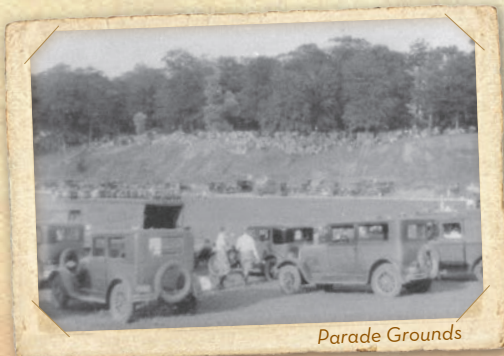
While many amusement parks now are dominated by roller coasters and Ferris wheels, Argonne Forest Park was designed with amenities for people to play and enjoy the outdoors together.

Through the decades, one thing remains the same: Spending time outdoors improves your physical and mental health now as much as it did 100 years ago.

Visit metroparks.org/possum-creek for more information about Possum Creek MetroPark and Argonne Forest Park.



Dance Floor

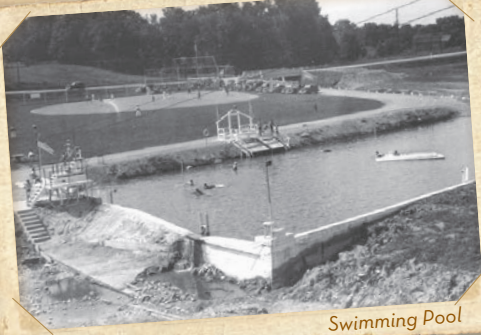


Parade Grounds



EXPLORE HISTORY in the Argonne Forest

Visit metroparks.org/mobile to download Five Rivers MetroParks' mobile app, powered by OuterSpatial. Search for Possum Creek MetroPark, where you'll find an outing marking points of interest along the purple trail. In the map below, locations shown in blue are remnants you can still see. Locations shown in brown depict those from Argonne Forest Park in the 1930s-1940s.



Swimming Pool



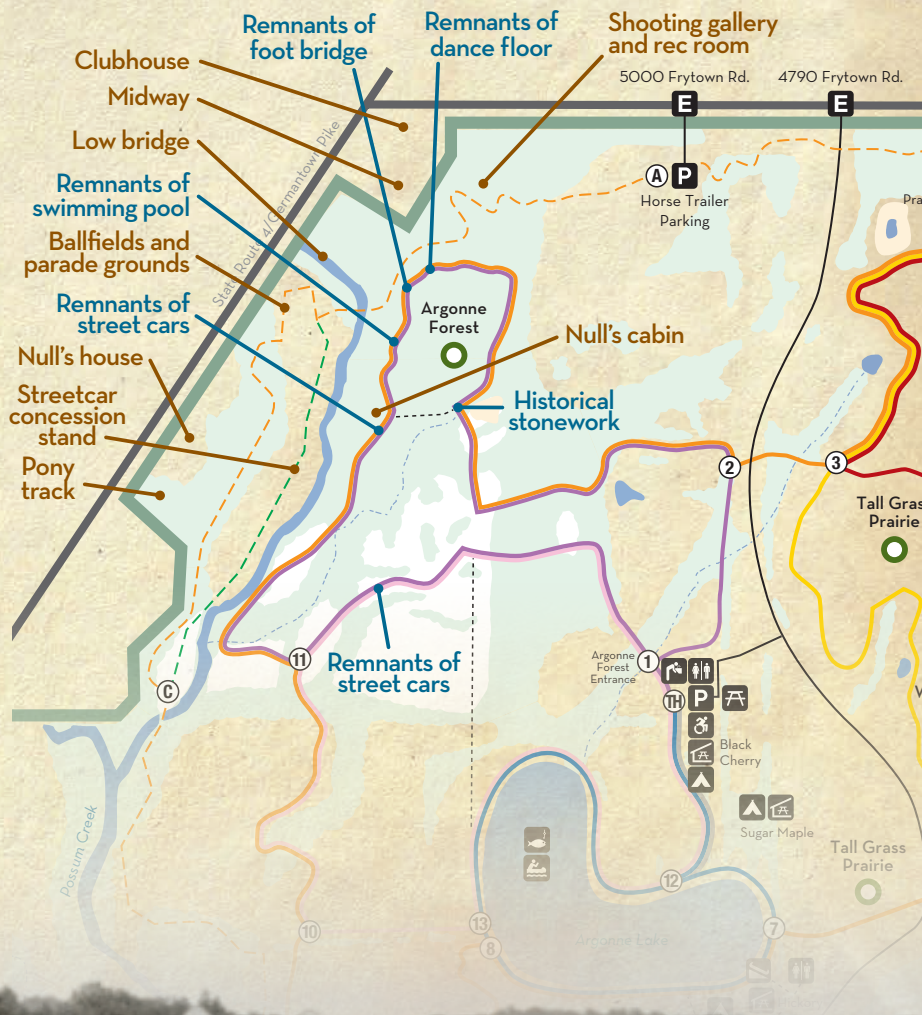
Ballfields



Null's son and daughter diving into the pool



Streetcar



METROPARKS TRAILS CHALLENGE IS BACK FOR 2022

Are you ready to take on new trails? The 2022 MetroParks Trails Challenge begins Tuesday, Feb. 1, and again is packed with hiking, walking, cycling, paddling, mountain biking and horseback riding adventures.

The MetroParks Trails Challenge is a fun way to explore the region's trails and stay active outdoors on your own time and at your own pace. With more than 6,000 participants of all ages and abilities in 2021, there are trails for everyone to enjoy.

You can participate by completing just one trail or aim to complete all of them. Indeed, the MetroParks Trails Challenge is a convenient way to improve your physical and mental health while connecting with nature and enjoying an active, outdoor lifestyle.

- The 2022 Challenge starts Tuesday, Feb. 1, and runs through Monday, Oct. 31.
- It includes 28 trails, selected to allow participants to customize their adventures and work up to more challenging trails.
- Trails vary in length from 0.5 to 5.5 miles so there are many opportunities to invite family – including younger ones – on your outings.

COMPLETE TRAILS FOR YOUR CHANCE TO WIN

Whether you check off just one or every trail, you'll have a chance to snag cool prizes.

You'll be entered to win a \$100 gift card to a local outdoor retailer of your choosing for each trail you complete. Complete all 28 trails and get 28 chances to win.

- Everyone who completes at least 18 trails will receive a MetroParks Trails Challenge sticker. Additionally, 100 people who complete at least 18 trails will be selected at random to receive a 2022 Trails Challenge T-shirt.
- Receive one entry to win a Huffy mountain bike for each mountain bike trail completed. Complete all three trails, and get three chances to win.
- Youth ages 14 and younger who complete just one trail will be entered to win a Kid's Adventure Pack, which includes cool outdoor gear. Youth will receive one entry for each trail they complete.
- To enter to win, you must submit your trails log by Monday, Oct. 31.



NEW THIS YEAR, MetroParks helps you go paperless with its mobile app, powered by OuterSpatial. Keep track of the trails you complete, save your progress and submit your log once completed. Download the free MetroParks mobile app for Apple and Android devices at metroparks.org/mobile.



Register and learn more about the 2022 MetroParks Trails Challenge at metroparks.org/trailschallenge.

PRESENTED BY

HUFFY

GET IN
SHAPE
ON



HEART HEALTHY TRAILS

Improve your physical and mental health by walking these Five Rivers MetroParks Heart Healthy trails, which make it easy and fun to exercise outdoors!



METROPARKS.ORG/HEART-HEALTHY

METROPARKS TRAILS CHALLENGE LOG

| LOG NO. | TRAIL | START | END | TRAIL TYPE | MILES | CHECK OFF |
|--|-------------------------------|---|---|-------------------|-------|-----------------------|
| 1 | GREAT MIAMI RIVER TRAIL | RIVERSCAPE METROPARK (237 E. MONUMENT AVE.) | ISLAND METROPARK (101 E. HELENA ST.) | HIKE/BIKE (PAVED) | 1.6* | <input type="radio"/> |
| 2 | MAD RIVER WATER TRAIL | EASTWOOD METROPARK (1385 HARSHMAN RD.) | RIVERSCAPE METROPARK (237 E. MONUMENT AVE.) | PADDLE | 4* | <input type="radio"/> |
| 3 | WOLF CREEK TRAIL | GOLDEN GATE PARK (545 UPPER LEWISBURG SALEM RD.) | DULL WOODS CONSERVATION AREA | HIKE/BIKE (PAVED) | 2.1* | <input type="radio"/> |
| 4 | STILLWATER RIVER TRAIL | ISLAND METROPARK (101 E. HELENA ST.) | WEGERZYN GARDENS METROPARKS (1301 E. SIEBENTHALER AVE.) | HIKE/BIKE (PAVED) | 2* | <input type="radio"/> |
| 5 | STILLWATER RIVER WATER TRAIL | AULLWOOD GARDEN METROPARK (955 AULLWOOD RD.) | WEGERZYN GARDENS METROPARKS (1301 E. SIEBENTHALER AVE.) | PADDLE | 5.5* | <input type="radio"/> |
| 6 | MAD RIVER TRAIL | EASTWOOD METROPARK (1385 HARSHMAN RD.) | RIVERSCAPE METROPARK 237 E. MONUMENT AVE. | HIKE/BIKE (PAVED) | 3* | <input type="radio"/> |
|  7 | HEART HEALTHY TRAIL | ISLAND METROPARK (101 E. HELENA ST.) | ISLAND METROPARK (LOOP TRAIL) | HIKE/BIKE (PAVED) | .5 | <input type="radio"/> |
| 8 | HILLTOP FLOW | METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.) | MOMBA (LOOP TRAIL) | MOUNTAIN BIKE | .7 | <input type="radio"/> |
| 9 | VOODOO TRAIL | METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.) | MOMBA (LOOP TRAIL) | MOUNTAIN BIKE | 1 | <input type="radio"/> |
| 10 | LOWER STEALTH TRAIL | METROPARKS MOUNTAIN BIKING AREA, MOMBA (4485 UNION RD.) | MOMBA (LOOP TRAIL) | MOUNTAIN BIKE | .5 | <input type="radio"/> |
| 11 | ADIRONDACK TRAIL | HILLS & DALES METROPARK (2606 HILTON DR., KETTERING) | HILLS & DALES METROPARK (OAK KNOLL DRIVE) | HIKE | 1.5* | <input type="radio"/> |
| 12 | YELLOW TRAIL | POSSUM CREEK METROPARK (4790 FRYTOWN RD.) | POSSUM CREEK METROPARK (LOOP TRAIL) | HIKE | 1.3 | <input type="radio"/> |
| 13 | RED TRAIL | COX ARBORETUM METROPARK (6733 SPRINGBORO PIKE) | COX ARBORETUM METROPARK (LOOP TRAIL) | HIKE | .6 | <input type="radio"/> |
| 14 | GREAT MIAMI RIVER TRAIL | FISHBURG ROAD PARKING LOT (5949 RIP RAP RD.) | NEEDMORE ROAD | HIKE/BIKE (PAVED) | 2* | <input type="radio"/> |
| 15 | BLUE TRAIL | TAYLORSVILLE METROPARK (1200 BROWN SCHOOL RD.) | TAYLORSVILLE METROPARK (LOOP TRAIL) | HIKE | .9 | <input type="radio"/> |
|  16 | YELLOW TRAIL | CARRIAGE HILL METROPARK (7821 E. SHULL RD.) | CARRIAGE HILL METROPARK (LOOP TRAIL) | HIKE | 1.8 | <input type="radio"/> |
| 17 | GARDEN PATH | AULLWOOD GARDEN METROPARK (955 AULLWOOD RD.) | AULLWOOD GARDEN METROPARK (LOOP TRAIL) | HIKE/BIKE (PAVED) | .8 | <input type="radio"/> |
| 18 | WHITE TRAIL | ENGLEWOOD METROPARK (4361 W. NATIONAL RD., VANDALIA) | ENGLEWOOD METROPARK (LOOP TRAIL) | HIKE | 1.2 | <input type="radio"/> |
| 19 | GREAT MIAMI RIVER WATER TRAIL | TAYLORSVILLE METROPARK (2005 U.S. 40) | FISHBURG RD. PARKING LOT 5949 RIP RAP RD. | PADDLE | 2.5* | <input type="radio"/> |
| 20 | CREEKSIDE TRAIL | EASTWOOD METROPARK (4349 SPRINGFIELD ST.) | IRON HORSE TRAIL INTERSECTION | HIKE/BIKE (PAVED) | 2.9* | <input type="radio"/> |
| 21 | SILVER TRAIL | GERMANTOWN METROPARK (7501 CONSERVANCY RD.) | GERMANTOWN METROPARK (LOOP TRAIL) | HIKE | 1.7 | <input type="radio"/> |
|  22 | HEART HEALTHY TRAIL | EASTWOOD METROPARK (1385 HARSHMAN RD.) | EASTWOOD METROPARK (LOOP TRAIL) | HIKE | 1.7 | <input type="radio"/> |
| 23 | PINK TRAIL | TWIN CREEK METROPARK (8502 CHAMBERLAIN RD.) | TWIN CREEK METROPARK (LOOP TRAIL) | HIKE | 2.2 | <input type="radio"/> |
| 24 | GREAT-LITTLE TRAIL | MEDLAR CONSERVATION AREA (4558 MEDLAR RD., MIAMISBURG) | GREAT MIAMI RIVER TRAIL INTERSECTION | HIKE/BIKE (PAVED) | 2.3* | <input type="radio"/> |
| 25 | BLUE TRAIL | SUGARCREEK METROPARK (4178 CONFERENCE RD., BELLBROOK) | SUGARCREEK METROPARK (LOOP TRAIL) | HIKE | 1.3 | <input type="radio"/> |
| 26 | GREAT MIAMI RIVER TRAIL | TAYLORSVILLE METROPARK (2005 U.S. 40) | OLD SPRINGFIELD ST. | HIKE/BIKE (PAVED) | 2.7* | <input type="radio"/> |
| 27 | YELLOW TRAIL | CARRIAGE HILL METROPARK (8111 E. SHULL RD.) | CARRIAGE HILL METROPARK (LOOP TRAIL) | HORSE-BACK | 2.3 | <input type="radio"/> |
|  28 | MARIE AULL TRAIL | WEGERZYN GARDENS METROPARK (1301 E. SIEBENTHALER AVE.) | WEGERZYN GARDENS METROPARK (LOOP TRAIL) | HIKE | 1 | <input type="radio"/> |

* These are segments of longer trails, so you may have to hike, bike or shuttle back to your original starting point. Paddling trails also will require you to return to your original destination. Miles listed are one-way. Other trails are loops, so you will start and end at the same point.



These trails are a part of MetroParks' Heart Healthy Trails initiative. Learn more at metroparks.org/heart-healthy.



Giving back and **GROWING TOGETHER**

People begin volunteering at Five Rivers MetroParks for many reasons. As a volunteer, perhaps one of the best experiences you can have is to work alongside MetroParks' experts. This allows volunteers to learn new things and build skills they can apply at home or in their neighborhood.

Horticulturalist Allison Bush works with gardening volunteers in MetroParks' urban parks, such as RiverScape MetroPark. Bush treats her volunteers as teammates and wants them to continuously get as much from their experiences at MetroParks as they give.

"I always include an educational aspect when I do a talk, even if it's something simple like weeding," said Bush. With degrees focused in horticulture and natural resources, plus years of experience as a landscape designer and arborist, Bush brings a lot to the gardening plot. However, her efforts alone couldn't sustain the

daily maintenance needed to keep these parks looking beautiful and healthy, which is why the assistance from volunteers is so important and valued.

Volunteers join Bush on Tuesdays and Thursdays (and during Service Saturdays, held monthly from May-September) to perform tasks such as planting bulbs, tree pruning, planting, mulching and more. They even join in on the fun to create seasonal elements, such as winter gnomes.

"My favorite thing is when volunteers learn something new," Bush said. "I enjoy seeing them take home what they have learned to share with friends and family."

Because volunteers learn so much from MetroParks' experts, you don't need to have any gardening experience to start. If you have an interest in becoming a better gardener at home, volunteering is a great way to hone your skills. As an added bonus, you get to see your hard work in bloom.

"It's always a good feeling to see the patrons in the park enjoying the landscape," said Bush.

Those interested in gardening - or any volunteer opportunity - can learn more and see what opportunities are available at metroparks.org/volunteer.

Become a MetroParks VOLUNTEER

Learn new skills, care for the environment and make new friends – while providing an important community service. Working side-by-side with staff, Five Rivers MetroParks volunteers extend the agency's resources and help MetroParks accomplish its mission.

Five Rivers MetroParks is safely re-engaging volunteers after a pause due to the pandemic – making it a great time to learn more about becoming a long-term or short-term MetroParks volunteer.

Interested in public volunteer days, service opportunities for teens or an opportunity for your group to volunteer? Five Rivers MetroParks has those opportunities, too.

New this season

It's now easier than ever to become a MetroParks volunteer through the new Get Connected volunteer platform. Search volunteer opportunities, create a volunteer profile, participate in virtual trainings and more. Learn more by visiting metroparks.org/volunteer or call 937-275-PARK.



ADOPT^A PARK

— Saturday, April 23 —
9 AM TO NOON

Celebrate Earth Day by joining volunteers from across the Miami Valley for a day of service in support of MetroParks' parks, trails and rivers. Sign up with a larger group or a few friends for one of many projects, such as habitat restoration, trash removal, gardening and more.

To register visit
METROPARKS.ORG/ADOPT
or scan the code below.



PROTECTION *and* CONNECTION

SUPPORT
METROPARKS'
new Land Conservation
Endowment Fund
[METROPARKS.ORG/
FOUNDATION](http://METROPARKS.ORG/FOUNDATION)



Five Rivers MetroParks has made a strategic acquisition of a property near the Stillwater River – and the public now has a new way to support MetroParks' conservation mission to protect the region's natural heritage.

Abby Whitesell, 102, and her son, Bill Whitesell, owned the 62.4-acre property as an investment and

leased it to a farmer who grew corn and soybeans through this past growing season. The Whitesells contacted Five Rivers MetroParks when they were looking to sell the property, located near Frederick Pike and Needmore Road.

Because the Whitesell property met two of MetroParks' land protection

goals – protect natural areas adjacent to river corridors and establish buffer areas to maintain open space – the agency moved forward with the purchase.

Because the Whitesells were willing to sell the property to MetroParks for below market value, the family was able to donate a balance of the value of the property to the Five Rivers MetroParks Foundation.

And because of that generous donation, the Foundation has established a permanently endowed fund called the Land Conservation Endowment Fund. Now, those who would like to financially support MetroParks' conservation efforts can donate to that fund, which specifically will be used to maintain existing land and acquire properties that protect and connect natural areas. In addition, donations to the new fund will go toward the endowment, accruing interest and growing over time.

"Five Rivers MetroParks is a conservation agency, and the public has told us they want MetroParks to protect the Miami Valley's natural resources," said Eric Sauer, MetroParks' planning manager. "We're not interested in buying every piece of available property. We are strategic about protecting lands located along streams and rivers that create riparian buffers, properties adjacent to those

MetroParks already owns, properties with distinct natural features, and those that connect corridors and parks.”

The Whitesell property increases the natural buffer between the Stillwater River and a developed area. It expands the Stillwater Conservation Area, which is part of the more than 16,000 acres of land MetroParks manages — 90% of it in its natural state, protected from development.

Work on the new property will begin this spring with soil testing, developing a plan to transition the land from its prior agriculture use to a natural area, and planting native grasses and wildflowers.

“You’ll see some pretty significant changes within a year,” Sauer said. “The bigger impact will be in the second to fourth years, and eventually, long after we’re here, it will be a woodland.”

A number of Five Rivers MetroParks locations once were farmland, such as Possum Creek and Sugarcreek MetroParks. MetroParks also is transitioning former farmland into natural area at Spring Run Conservation Area in Trotwood, and it’s transformed prior farmland now part of Germantown MetroPark into such habitats as prairie and wetlands. (Pro tip: Hike the purple trail at Germantown to experience this transition.)

“With the benefit of a few years of transitional planning, we’ll see the same results on the Whitesell property,” Sauer said.

And as for the new Land Conservation Endowment Fund? “It allows you to know directly where your money is going,” he said. “If you want to support and expand MetroParks’ conservation efforts, you can have a direct impact.”

Five Rivers MetroParks hires new chief of philanthropy



Alexis Larsen has joined Five Rivers MetroParks’ executive leadership team as its new chief of philanthropy to lead all of MetroParks’ philanthropic and development efforts, including various giving options, sponsorships and the Access to Nature financial assistance program. Larsen also oversees the Five Rivers MetroParks Foundation and serves as the agency’s liaison with The James M. Cox, Jr. Arboretum Foundation and Wegerzyn Gardens Foundation.

Previously, Larsen served as the external affairs director for 10 years at the Dayton Art Institute (DAI), where she oversaw staff and volunteers in fundraising more than \$16 million. Larsen is a graduate of Wright State University with a bachelor of arts degree in mass communications. She is involved with the Association of Fundraising Professionals, is a graduate of Leadership Dayton and was named one of Women in Business Networking’s 25 Women to Watch in 2019.

“Leading the philanthropic efforts for Five Rivers MetroParks is a chance to give back to what I’m passionate about — outdoor recreation, conservation and connecting people to nature,” Larsen said. “I’m excited to build new partnerships, open doors to impactful giving, and identify support that will help MetroParks further support conservation locally and provide healthy outdoor experiences for everyone in our community.”

Contact Alexis Larsen at (937) 275-PARK or alexis.larsen@metroparks.org.



HOW TO SUPPORT YOUR FIVE RIVERS METROPARKS

The Five Rivers MetroParks Foundation supports MetroParks’ mission to protect our region’s natural heritage and provide outdoor experiences that inspire a personal connection with nature. The Foundation secures philanthropic funding for special projects and programming, as well as an endowment. Charitable contributions can support all MetroParks or one specific park, MetroParks’ educational and recreational services, and conservation initiatives. With so many ways to give, supporting the Five Rivers MetroParks Foundation has never been easier.

- **Shop for a Cause:** Support MetroParks via Amazon Smile and at Kroger and Dorothy Lane Market.
- **Champions Program:** Make a monthly recurring gift.
- **Individual Giving:** Donations can be made securely online in any amount.
- **Tribute Program:** Honor a special person.
- **Planned Giving:** Leave a lasting legacy.

METROPARKS.ORG/DONATE



FIVE RIVERS METROPARKS PARK SYSTEM MAP



Five Rivers MetroParks operates 30 outstanding public locations. Founded in 1963 to serve the greater Dayton area, MetroParks protects more than 16,000 acres of open space and provides year-round recreation, education and conservation opportunities. Admission to MetroParks' locations is available free of charge – made possible by Montgomery County citizen support of a property tax levy.

METROPARKS

| | |
|-------------------|--------------|
| 2nd Street Market | Island |
| Aullwood Garden | Possum Creek |
| Carriage Hill | RiverScape |
| Cox Arboretum | Sugarcreek |
| Deeds Point | Sunrise |
| Eastwood | Taylorville |
| Englewood | Twin Creek |
| Germantown | Wegerzyn |
| Hills & Dales | Gardens |
| Huffman | Wesleyan |

CONSERVATION AREAS

Dull Woods
Medlar
Woodman Fen

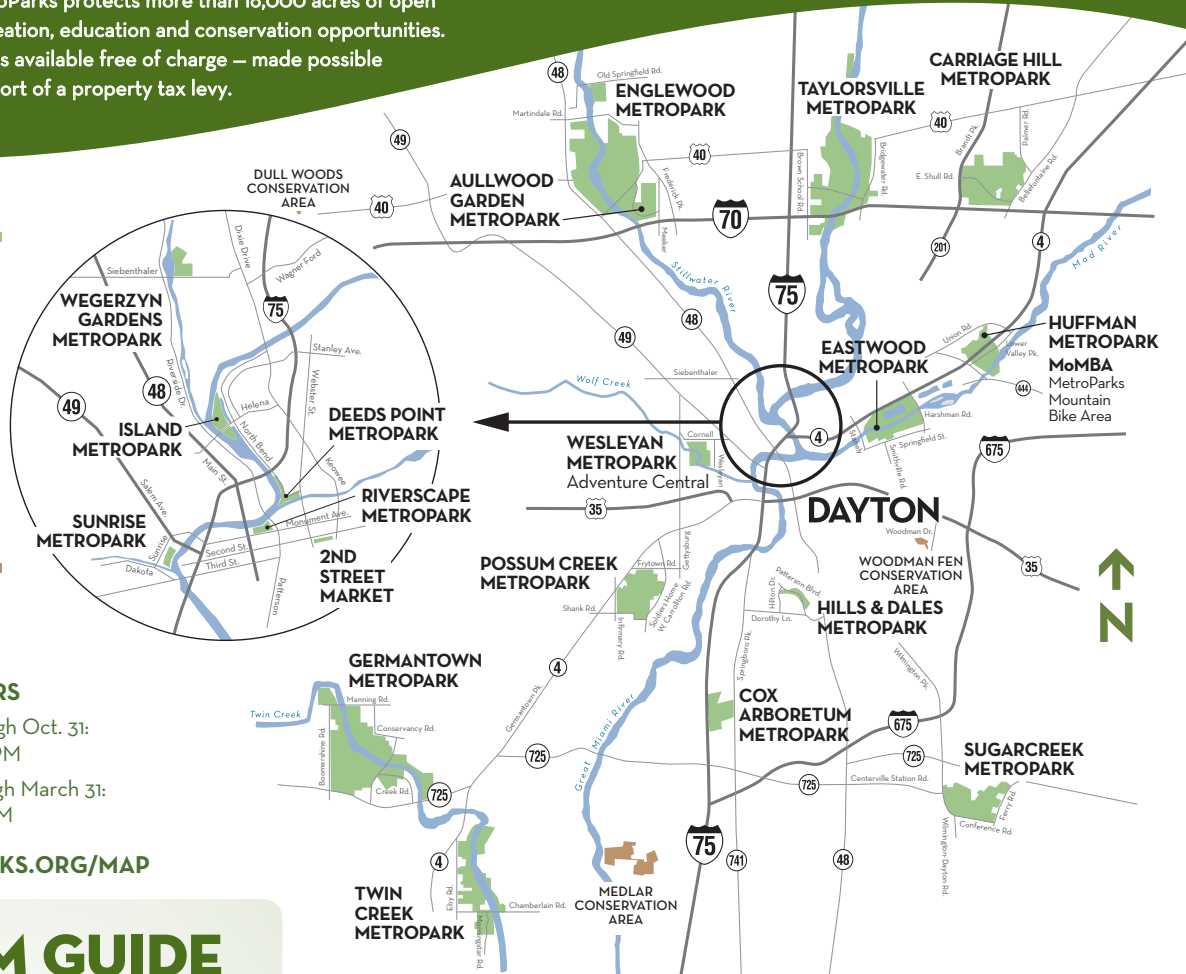


SCAN FOR PARK MAP

PARK HOURS

April 1 through Oct. 31:
8 AM to 10 PM
Nov. 1 through March 31:
8 AM to 8 PM

[METROPARKS.ORG/MAP](https://www.metroparks.org/map)



PROGRAM GUIDE

PROGRAM DETAILS



ONLINE REGISTRATION
Online registration is available for programs marked with this icon.



WEATHER DEPENDENT
Some outdoor events and programs are weather permitting.

PROGRAM SERIES

Programs contained within a light blue box are part of a series of programs.

FEES

Fees are required at the time of registration. Visit [metroparks.org/policies](https://www.metroparks.org/policies) for information on refunds.

CANCELLATIONS

Some programs require a minimum number of participants and are subject to cancellation. Those who are registered will be contacted if this occurs. The website contains up-to-date information on cancellations.

HOW TO REGISTER

ONLINE



[metroparks.org/programs](https://www.metroparks.org/programs)

Search online by date or program number to register.

BY PHONE



937-275-PARK (7275)

Register for all programs by calling 275-PARK unless otherwise noted in the listing.

STAY CONNECTED



Facebook: facebook.com/fiveriversmetroparks
Twitter: twitter.com/metroparkstweet
Instagram: [@metroparks](https://www.instagram.com/metroparks)
YouTube: youtube.com/FiveRiversMetroParks



SCAN FOR
PROGRAMS
& EVENTS

FACE COVERINGS REQUIRED

for indoor programs as of December 2021.
Visit [metroparks.org/covid](https://www.metroparks.org/covid) for updates.



SPECIAL EVENTS

Enjoy time with friends and family at these community celebrations.

Presented by



(FREE) THE ADVENTURE SUMMIT

SAT. FEB 12, 9:00 AM-7:30 PM J11
OFFSITE, Wright State University, 3640 Colonel Glenn Hwy.

This event celebrates the spirit of outdoor adventure by showcasing the lifestyle and culture of human-powered endeavors through inspiration, education and experience. Check the website for current info related to featured presenters and COVID restrictions. No registration required. www.theadventuresummit.com. All ages.

PRESIDENTS' DAY SKATE

MON. FEB 21, 11:00 AM-5:00 PM J1
RIVERSCAPE METROPARK, MetroParks Ice Rink, 237 E. Monument Ave.

No registration required. All ages. Fee: Admission & Rental: \$8 ⚙️

(FREE) ADOPT-A-PARK

SAT. APR 23, 9:00 AM-12:00 PM J109
MULTIPLE LOCATIONS,

Celebrate Earth Day by volunteering to support of our parks, trails and rivers. A variety of projects will be available, including trash pickup, habitat restoration, invasive plant removal, trail maintenance, and gardening. Visit metroparks.org/volunteer to learn more and sign up or contact volunteer.services@metroparks.org. Registration required. All ages. 🗺️

(FREE) THE CAROLYN KIMES TREE SEEDLING GIVEAWAY

SUN. APR 24, 11:00 AM-3:00 PM J7
2ND STREET MARKET, 600 E. Second St.
This annual tree event is held in honor of Earth Day. No registration required. Contact (937) 228-2088 for details. All ages.

Presented by



(FREE) PASSPORT TO METROPARKS

FRI. MAY 6, 6:00-9:00 PM J107
RIVERSCAPE METROPARK, RiverScape Pavilion, 237 E. Monument Ave.

Enjoy live entertainment, a food truck rally, and fun activities while you explore Five Rivers MetroParks' events, programs and activities. Collect stamps for your passport and be entered to win prizes. No registration required. All ages. ⚙️

(FREE) YMCA HEALTHY KIDS DAY

SAT. MAY 7, 12:00-4:00 PM J106
RIVERSCAPE METROPARK, RiverScape Pavilion, 237 E. Monument Ave.

Celebrate this national initiative to improve kids' health and wellbeing. Enjoy kids fitness classes, line dancing, sports skills clinics, ballet, games, arts and crafts, and more. No registration required. www.daytonymca.org/programs/healthy-kids-day. All ages ⚙️

(FREE) TAB-A-PULL-OOZA

SUN. MAY 15, 11:00 AM-3:00 PM J104
2ND STREET MARKET, 600 E. Second St.

Support Dayton Children's and the Ronald McDonald House by dropping off your aluminum can tabs. No registration required. Contact (937) 228-2088 or marketinfo@metroparks.org for details. All ages.

Presented by



(FREE) NATIONAL BIKE TO WORK DAY PANCAKE BREAKFAST

FRI. MAY 20, 7:00-9:00 AM J34
RIVERSCAPE METROPARK, RiverScape Pavilion, 237 E. Monument Ave.

Presented by MVRPC, this event celebrates cycling as a mode of transportation. Ride solo or with a group to RiverScape MetroPark for a free pancake breakfast, live music, cycling-related exhibitors and a team challenge. No registration required. metroparks.org/biketowork. All ages.

(FREE) SERVICE SATURDAYS

SAT. MAY 21, 9:00 AM-12:00 PM J108
MULTIPLE LOCATIONS,

These new public volunteer days are held the third Saturday of the month from May-September. A variety of projects will be offered so everyone can make a difference. Visit metroparks.org/volunteer to learn more and sign up or contact volunteer.services@metroparks.org. Registration required. All ages. 🗺️



FOR EVERYONE

Connect with and learn about nature with friends and family.

HERITAGE & HISTORY

(FREE) MAPLE SUGARING

SAT. FEB 19, 10:00 AM-4:00 PM J100
CARRIAGE HILL METROPARK, Carriage Hill Historical Farm, 7850 E. Shull Rd.
Learn about the history of maple sugaring. Identify

maple trees and learn how to tap them at home. Watch as sap is boiled down for maple syrup. No registration required. All ages.

(FREE) TEXTILE DAY

SAT. APR 23, 10:00 AM-4:00 PM J101
CARRIAGE HILL METROPARK, Carriage Hill Historical Farm, 7850 E. Shull Rd.

Many types of fibers were used in the 1880s to produce textiles. Watch as volunteers and staff demonstrate textile machinery used to create fabric and clothing in the 19th century. Learn about natural dyes. Explore the process for turning raw wool into finished fiber. No registration required. All ages.



ACTIVE OUTDOORS

Discover how easy it is to have an active, healthy outdoor lifestyle.



SUBARU

BACKPACKING

BACKPACKING: PACK STYLE, FIT AND BALANCE

WED. MAR 9, 6:00-7:00 PM J73

HILLS & DALES METROPARK, Shelter: Paw Paw/
Parking Lot, 2471 Deep Hollow Rd.

Learn about different types of backpack styles and features to consider when choosing the right pack for your adventures. You'll also learn the basics on how to pack and properly fit your backpack. Registration required. Age: 14Y and up. Fee: \$5 🍷

BACKPACKING: SLEEP SYSTEMS AND SHELTERS

WED. MAR 23, 6:00-7:00 PM J74

HILLS & DALES METROPARK, Shelter: Paw Paw/
Parking Lot, 2471 Deep Hollow Rd.

Learn about different types of sleeping bags, sleeping pads and shelters used for backpacking. We'll cover pros and cons for each option to help you decide what equipment might work best for your adventures. Registration required. Age: 14Y and up. Fee: \$5 🍷

BACKPACKING 1

TUE. MAR 29, 6:00-8:30 PM J85

GERMANTOWN METROPARK, Twin Valley Welcome Center, 6910 Boomershire Rd.

Learn about gear, food, trip planning and other tips and tricks during this classroom session, setting you up to have a safe and enjoyable backpacking adventure. Registration required. Age: 14Y and up. Fee: \$10 🍷

BACKPACKING: THE BACKCOUNTRY KITCHEN

WED. APR 6, 6:00-7:00 PM J76

HILLS & DALES METROPARK, Shelter: Paw Paw/
Parking Lot, 2471 Deep Hollow Rd.

Learn about options for backpacking stoves, flatware, kitchen accessories, meal ideas and proper food storage in the backcountry. Registration required. Age: 14Y and up. Fee: \$5 🍷

BACKPACKING 2

SAT. APR 9, 12:00 PM - SUN. APR 10, 12:00 PM J86

GERMANTOWN METROPARK, Twin Valley Welcome Center, 6910 Boomershire Rd.

Spend a night on the Twin Valley Trail learning how to pack your backpack, use a water filter, cook in the backcountry, select a campsite and more. Equipment is available at no additional charge with reservation. Prerequisites: Backpack-

ing 1 or Backpacking Series recommended. Registration required. Age: 14Y and up. Fee: \$35 🍷

BACKPACKING: WATER TREATMENT

WED. APR 20, 6:00-7:00 PM J77

HILLS & DALES METROPARK, Shelter: Paw Paw/
Parking Lot, 2471 Deep Hollow Rd.

Learn about treatment options for getting clean water on your backcountry adventures, including filters, chemicals and UV light. Registration required. Age: 14Y and up. Fee: \$5 🍷

CYCLING

BICYCLE TOURING: STYLES, ROUTES & RESOURCES

TUE. MAR 1, 6:30-8:00 PM J41

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

Explore the spectrum of bicycle touring from fully loaded to ultralight and self-supported to guided. Other topics include route planning and resources. Registration required. Age: 14Y and up. Fee: \$5 🍷

BICYCLE TOURING: BIKES & BAGS

TUE. MAR 8, 6:30-8:00 PM J40

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

Explore the range of bicycles for touring, and bikepacking along with the bags for carrying everything you need and other equipment. Registration required. Age: 14Y and up. Fee: \$5 🍷

BICYCLE TOURING IN THE MIAMI VALLEY

TUE. MAR 22, 6:30-8:00 PM J42

COX ARBORETUM METROPARK, Mead Westvaco Theatre, 6733 Springboro Pk.

Learn how to start planning a local bicycle touring trip. We'll cover local routes, resources and where to stay. Registration required. Age: 14Y and up. Fee: \$5 🍷

BICYCLE MAINTENANCE 1

THU. APR 7, 6:00-8:30 PM J43

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

This hands-on classroom session will help you diagnose and perform common bike repairs. Topics will include inspections, fixing a flat tire and chains. Bring your own bike or practice on ours. Participants under 18 must be accompanied by a registered adult. Registration required. Age: 14Y and up. Fee: \$12 🍷

BICYCLE MAINTENANCE 2: BRAKES

THU. APR 14, 6:00-8:30 PM J44

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

This hands-on class will offer instruction and guided practice in brake maintenance. Bring your own bike or practice on ours. Participants under 18 must be accompanied by a registered adult. Registration required. Age: 14Y and up. Fee: \$15 🍷

BICYCLE MAINTENANCE 2: SHIFTERS & DERAILLEURS

THU. APR 21, 6:00-8:30 PM J45

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

This hands-on class will offer instruction and guided practice with drive-train maintenance including shifter and derailleur adjustments. Bring your own bike or practice on ours. Participants under 18 must be accompanied by a registered adult. Registration required. Age: 14Y and up. Fee: \$15 🍷

FISHING

FLY TYING

THU. FEB 17, 6:00-7:30 PM J75

FIVE RIVERS METROPARKS MAIN OFFICE, 409 E. Monument Ave., 3rd Floor

Catching a fish on a fly you created is so rewarding. Learn about and use the tools and materials (provided) as you tie your own work of art. Under 18 must be accompanied by an adult. Registration required. Age: 14Y and up. Fee: \$15 🍷

(FREE) TRY FLY FISHING

WED. MAR 16, 4:00-7:00 PM J31

POSSUM CREEK METROPARK, Shelter: Farm Shelter/
Parking Lot, 4790 Frytown Road

WED. APR 13, 4:00-7:00 PM J32

EASTWOOD METROPARK, Eastwood Lagoon, 1385 Harshman Rd.

WED. MAY 4, 4:00-7:00 PM J33

EASTWOOD METROPARK, Eastwood Lagoon, 1385 Harshman Rd.

Instructors available for questions and will teach basic fly fishing techniques in a controlled environment. Equipment is provided. No fishing license required. Registration requested, walk-ins welcome. Age: 14Y and up. 🍷

(FREE) FLY CASTING SESSION

WED. MAR 30, 5:30-7:30 PM J78

SAT. APR 23, 10:00 AM-12:00 PM J88

POSSUM CREEK METROPARK, Shelter: Farm Shelter/
Parking Lot, 4790 Frytown Road

Try casting at targets -- including vertical, high

and low, and near and far floating targets -- to hone your fly fishing skills. Equipment provided on first come, first served basis. Under 18 must be accompanied by an adult. Registration requested, walk-ins welcome. All ages 🦅

FLY FISHING 1

WED. APR 20, 6:00-7:30 PM J35

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

An introduction to fly fishing, this classroom program covers gear (both essentials and accessories), flies, and a larger focus on casting. Those under 18 must be accompanied by an adult. Registration required. Age: 14Y and up. Fee: \$10 🦅

FLY FISHING 2: LAKE

SAT. APR 30, 9:00 AM-12:00 PM J37

POSSUM CREEK METROPARK, Shelter: Farm Shelter/ Parking Lot, 4790 Frytown Road

Fly Fishing 1 taught you skills. Now, learn essential skills such as how to cast, tie on a fly, set the hook and strip in the line. Equipment available upon request. Those under 18 must be accompanied by an adult. Prerequisites: Fly Fishing 1. Registration required. Age: 14Y and up. Fee: \$30 🦅

FLY FISHING 2: RIVER

SAT. MAY 7, 9:00 AM-12:00 PM J38

EASTWOOD METROPARK, Shelter: Bluegrass, 1385 Harshman Rd.

Fly Fishing 1 got you started and now you're ready for the next step. Learn about habitat, how to read the water and casting techniques needed for fishing in the current. Equipment available upon request. Those under 18 must be accompanied by an adult. Bring a water bottle. Ohio fishing license required. Prerequisites: Fly Fishing 1. Registration required. Age: 14Y and up. Fee: \$50 🦅

(FREE) PASSPORT TO FISHING

SAT. MAY 14, 9:00 AM-12:00 PM J39

POSSUM CREEK METROPARK, Shelter: Farm Shelter/ Parking Lot, 4790 Frytown Road

Learn the basics of casting, knots, rigging, safe fish handling and local resources to get started with fishing. Sponsored by the Ohio Division of Wildlife. Equipment provided. Free fishing pole to all who complete the program. No fishing license required. All youth MUST be accompanied by an adult. Prerequisites: Must not have previously attended Passport to Fishing. Registration required. All ages 🦅

HIKING

HEART HEALTHY HIKE SERIES

Join guided hikes on MetroParks' Heart Healthy Trails. These are easy, entry-level trails on paved or flat surfaces without a lot of elevation change. These hikes will follow American Heart Association recommendation of walking at a brisk pace of 2.5 miles per hour.

(FREE) EASTWOOD HEART HEALTHY HIKE

SAT. MAR 5, 10:00-11:00 AM J80

EASTWOOD METROPARK, Third Parking Lot, 1385 Harshman Rd.

A 1.7 mile loop hike winding through wooded forest and grassland prairies. The trails include natural surface and pavement. Registration required. Age: 10Y and up. 🦅

(FREE) ISLAND HEART HEALTHY HIKE

SAT. MAR 12, 10:00-11:00 AM J82

ISLAND METROPARK, Program Parking Area, 101 E. Helena St.

A hike completing 3 loops around the perimeter of the park to total 1.5 miles. Enjoy walking taking in views of the Stillwater River along this paved trail. Registration required. Age: 10Y and up. 🦅

(FREE) CARRIAGE HILL HEART HEALTHY HIKE

SAT. MAR 19, 10:00-11:00 AM J79

CARRIAGE HILL METROPARK, Cedar Lake Program Parking Area, 7891 E. Shull Rd.

A 1.8 mile loop hike traveling through a variety of habitats as you hike around Cedar Lake, through native tall-grass prairies, beautiful woodlands and the serene North Woods Pond. The trails include natural surface, boardwalk and pavement. Registration required. Age: 10Y and up. 🦅

(FREE) GERMANTOWN HEART HEALTHY HIKE

SAT. MAR 26, 10:00-11:00 AM J84

GERMANTOWN METROPARK, Wetland Parking & Trailhead, 6401 Boomershine Rd.

A 1.7 mile loop hike traveling by a wetland and into a pollinator prairie along newly built natural surface trail. Registration required. Age: 10Y and up. 🦅

(FREE) THE BUCKEYE TRAIL: PAST, PRESENT AND FUTURE

THU. APR 28, 6:30-7:30 PM J87

ONLINE

Learn more about the 1,444-mile Buckeye Trail, Ohio's state trail and America's longest loop trail, in this interactive online program. This trail runs through over 40 counties, from rural to urban, and is filled with history, stories and adventure. Link will be emailed upon registration. Registration requested, walk-ins welcome. All ages 🦅

MOUNTAIN BIKING

(FREE) TRY MOUNTAIN BIKING

SAT. FEB 26, 10:00 AM-1:00 PM J36

TUE. APR 19, 4:00-7:00 PM J46

TUE. MAY 10, 4:00-7:00 PM J47

HUFFMAN METROPARK, MoMBA, 4485 Union Rd.

Want to try mountain biking in the winter? If so, come out to MoMBA and borrow one of our bikes. Bikes are available on a first-come, first-served basis. Riders younger than 18 must be accompanied by a parent or guardian. Helmets are required and are provided with the bike. Registration requested, walk-ins welcome. All ages ⚙️

ACTIVE OLDER ADULTS ADVENTURE SERIES

We invite adults ages 55-plus to connect to nature through these programs geared to adventure seekers looking for a new way to play. It's never too late to adopt a healthy, active outdoor lifestyle to support your physical, mental and emotional health.

(FREE) HIKING

THU. FEB 17, 1:30-3:00 PM J94

COX ARBORETUM METROPARK, Parking Lot, 6733 Springboro Pk.

THU. MAR 17, 1:30-3:00 PM J95

TAYLORSVILLE METROPARK, Shelter: CCC/East Park Parking Lot, 2101 U.S. 40

Learn about the essentials you need for a day hike and try using trekking poles as you stroll on this easy to moderate natural surface trail. Registration required. Age: 55Y and up. 🦅

(FREE) FISHING

THU. APR 14, 1:30-3:00 PM J93

GERMANTOWN METROPARK, Shelter: Sunfish/Valley Overlook/Parking Lot, 7101 Conservancy Rd.

Learn to fish in this casual introduction to a peaceful and relaxing hobby. Registration required. Age: 55Y and up. 🦅

MOUNTAIN BIKING

TUE. MAY 10, 1:30-3:00 PM J48

HUFFMAN METROPARK, MoMBA, 4485 Union Rd. Learn the basics of mountain biking from bike fit to control and maneuverability as you master the casual rolling terrain of the Hilltop Flow Trail. Ride your own bike or borrow one of ours. Bikes must be in good working order with properly inflated tires. Helmets are required and can be provided with bikes. Registration required. Age: 55Y and up. Fee: \$10 🦅 ⚙️

OUTDOOR PLAY

(FREE) OUTDOOR RECREATION OPPORTUNITIES IN FIVE RIVERS METROPARKS

THU. MAR 10, 6:30-7:30 PM J105

ONLINE

This interactive, online program will overview the outdoor recreation opportunities throughout the

16,000 acres Five Rivers MetroParks protects. From paddling, backpacking, fishing, camping, cycling, mountain biking and more you can spend a lifetime exploring the Outdoor Adventure Capital of the Midwest. Registration required. Age: 14Y and up. 📄

OUTDOOR SKILLS AND SAFETY

WILDERNESS FIRST AID

SAT., SUN MAR. 12-13, 8:00 AM-6:00 PM J97
POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

This two-day introduction to general medical concepts and basic life support skills is targeted to outdoor enthusiasts on day trips or short adventures. Contact (719) 395-5358 or coloradooutside@gmail.com for details and to register. Age: 18Y and up. Fee: \$275

WILDERNESS FIRST RESPONDER

MON., TUE., WED., THU., FRI., SAT., SUN MAR. 14-20, 8:00 AM-6:00 PM J98
POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

Through lectures, discussions and scenarios, you'll learn the essential principles and skills required to assess and manage medical problems in isolated and extreme environments for days and weeks if necessary. Contact (719) 395-5358 or coloradooutside@gmail.com for details and to register. www.wildmed.com. Age: 18Y and up. Fee: \$750

WILDERNESS MEDICINE OPEN RECERTIFICATION

FRI., SAT., SUN MAR. 25-27, 8:00 AM-6:00 PM J99

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

This course is open to graduates of all wilderness medical training courses of 64 hours or longer with a current WFR certification. WMA WEMT graduates with a current EMT-B or Paramedic certificate may also recertify the wilderness portion of their WEMT with this course. Contact (719) 395-5358 or coloradooutside@gmail.com for details and to register. www.wildmed.com. Age: 18Y and up. Fee: \$375

PADDLING

(FREE) DISCOVER PADDLESPTS: TYPES OF EQUIPMENT

TUE. FEB 22, 6:30-7:30 PM J102
ONLINE

This interactive online program provides new paddlers an overview of types of boating vessels and what they're best suited for (flat water or white-water). Learn about personal equipment options and how to be a prepared paddler. Registration requested, walk-ins welcome. Age: 14Y and up. 📄

(FREE) DISCOVER PADDLESPTS: WHERE TO PADDLE

TUE. MAR 8, 6:30-7:30 PM J103
ONLINE

This interactive online program helps paddlers determine which level of difficulty is appropriate for their experience. Info about paddling opportunities in MetroParks and surrounding areas provided, along with resources to plan a paddling trip. Registration requested, walk-ins welcome. Age: 14Y and up. 📄

FLATWATER FLOAT: KAYAK

WED. APR 27, 6:00-7:30 PM J56

POSSUM CREEK METROPARK, Shelter: Hickory/ Parking Lot/Argonne Lake, 4790 Frytown Rd.

Receive an overview of paddle strokes to help with maneuverability then paddle on the lake on your own. Equipment provided. Program designed to enhance comfort paddling in a kayak while learning the fundamentals of boat control. Registration required. Age: 14Y and up. Fee: \$10 📄

ACA KAYAK INSTRUCTOR CERTIFICATION

WED., THU. MAY 11-12, 9:00 AM-6:00 PM J65
EASTWOOD METROPARK, Blue Lake, 1401 Harshman Rd.

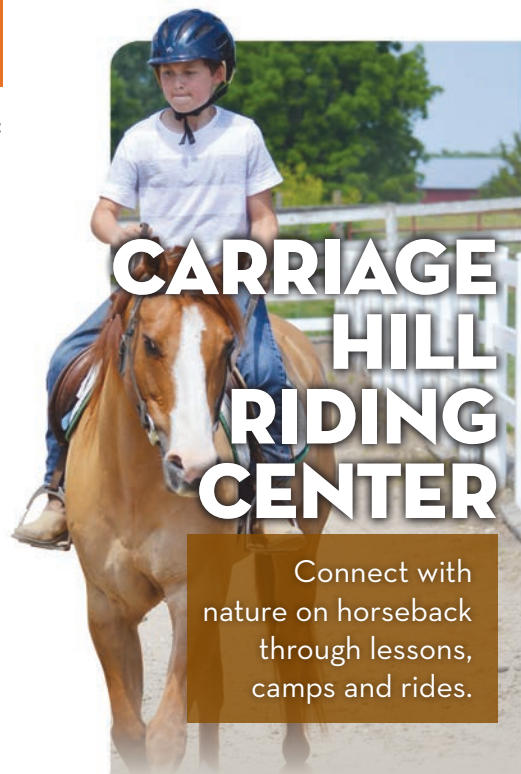
American Canoe Association Level 1 Kayak certification gives you a good foundation in the skills and knowledge needed to instruct kayaking on flatwater. This course will be a combination of classroom and on-the-water skills, including participants teaching topics and skills. Prerequisites: ACA membership & SEIC dues paid; current CPR and First Aid certifications. Registration required. Age: 18Y and up. Fee: \$145 📄

KAYAK RIVER TRIP: TWIN CREEK

WED. MAY 18, 5:00-8:30 PM J96

GERMANTOWN METROPARK, Twin Creek Access & Dam Overlook, 7481 Creek Rd.

Paddle from the Germantown Dam to Cherry Street. Equipment provided. Trip is designed for those who have at least kayaked on flatwater but want a moving water experience. Learn general moving water paddling concepts. Registration required. Age: 14Y and up. Fee: \$15 📄



CARRIAGE HILL RIDING CENTER

Connect with nature on horseback through lessons, camps and rides.

- Registration for spring lessons opens Feb. 1.
- Registration for summer horse camps opens March 1. *Access to Nature financial assistance available for lessons and camps; visit metroparks.org/access.*
- Reservations for summer trail rides accepted starting April 1.

**METROPARKS.ORG/
RIDINGCENTER**

RENT OUTDOOR EQUIPMENT

Rent camping and backpacking equipment, as well as tools to tune up your bike. Advanced reservations are required
METROPARKS.ORG/EQUIPMENT

ADVENTURE STORIES THAT INSPIRE



Dayton Backpacker Campfire has been sharing outdoor adventures and nature stories with the local community since 1979. Join us at Cox Arboretum MetroPark on the first Thursday of each month through May for this free and inspiring presentation series.

Dates: Feb. 3, March 3, April 7, May 5 • Time: 6:30-8 PM

Visit backpackercampfire.com for presentation details.



EARTH FRIENDLY LIVING

Learn how to live more sustainably and make better choices for the environment.

FOOD: EARTH TO TABLE

(FREE) CSA FAIR

THU. FEB 3, 7:00-8:30 PM J3 ONLINE

SUN. FEB 6, 11:00 AM-3:00 PM J4

STREET MARKET, Pavilion, 600 E. Second St.

Learn how to support local farmers and buy in-season foods from a CSA (Community Supported Agriculture). In the virtual program, growers will give an overview of their farms and the contents of their CSA boxes. At the in-person event, you can also meet farmers. Registration required for virtual event only. Contact (937) 228-2088 or marketinfo@metroparks.org for details. All ages. 🍷

EDIBLE FLOWERS EXPLORATION

SAT. MAY 21, 10:30-11:30 AM J67

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

Some spring blossoms are pretty enough to eat! Learn about our region's common edible flowers, where to find them and how to prepare them. Walk with us to see what edible flowers we can find, and take home a seed packet. Light, flower-infused treats provided. Registration required. Age: 18Y and up. Fee: \$15 🍷

GARDENING

GOOD GARDENING READING CIRCLE

Join us monthly as two MetroParks staff lead a discussion on recommended new and older sources — books, magazines, blogs and more — covering three gardening topics. Wrapped refreshments available at in-person meetings. Participants will continue sharing and discussing sources via email during the month. We invite you to bring your own reading list. Book titles will be emailed in advance. Reading not required.

DESIGNING THE VEGETABLE GARDEN

SAT. FEB 5, 10:00 AM-12:00 PM J13

COX ARBORETUM METROPARK, Fifth Third Conference Room, 6733 Springboro Pk.

Discuss four books about vegetable garden design. Registration required. Age: 18Y and up. Fee: \$15 🍷

PLANNING POLLINATOR GARDENS

SAT. MAR 5, 10:00 AM-12:00 PM J16

COX ARBORETUM METROPARK, Fifth Third

Conference Room, 6733 Springboro Pk.

Examine four books about native plants and creating pollinator gardens in new and existing home garden areas and in containers. Registration required. Age: 18Y and up. Fee: \$15 🍷

LANDSCAPE DESIGN STYLES

SAT. APR 2, 10:00 AM-12:00 PM J19

COX ARBORETUM METROPARK, Fifth Third Conference Room, 6733 Springboro Pk.

Examine four books on designing home landscapes and finding the style that works best for you. Registration required. Age: 18Y and up. Fee: \$15 🍷

GREENHOUSE IN WINTER

SAT. FEB 12, 10:00-11:30 AM J14

COX ARBORETUM METROPARK, Green House, 6733 Springboro Pk.

Greenhouses are full of activity in winter. Tour the greenhouse at Cox and learn about tree and wildflower propagation and getting ready for spring seeding and gardening. Registration required. Age: 18Y and up. Fee: \$10 🍷

SEEING SPRING

SAT. MAR 26, 10:00-11:30 AM J17

COX ARBORETUM METROPARK, Kettering Learning Lab, 6733 Springboro Pk.

Join us as we discuss early spring plants and ways to make your garden safe for pollinators during spring cleanup. Learn about new varieties to include in the garden. After the class we'll walk in the park (weather permitting). Registration required. Age: 18Y and up. Fee: \$10 🍷

GARDENS LOVE NATIVES

SAT. APR 23, 10:00-11:30 AM J22

COX ARBORETUM METROPARK, Kettering Learning Lab, 6733 Springboro Pk.

Tour the wildflower area at Cox Arboretum and discuss which natives you can easily grow in your garden, landscape and containers, and what conditions they require to flourish. We'll also discuss dividing and transplanting and helpful resources. Come with questions, go home with a plan. Registration required. Age: 18Y and up. Fee: \$10 🍷

GREAT SPRING PERENNIALS

SAT. MAY 7, 10:00-11:30 AM J23

COX ARBORETUM METROPARK, Kettering Learning Lab, 6733 Springboro Pk.

Learn about perennial garden maintenance, division tips and methods, and ways to add native plants to attract pollinators. We'll also cover new gardening trends. Registration required. Age: 18Y and up. Fee: \$10 🍷

(FREE) PLANNING AND PLANTING A SMALL GARDEN

SAT. MAY 14, 9:30 AM-1:00 PM J29

2ND STREET MARKET, 600 E. Second St.

Stop by and chat with MetroParks' gardening experts about how to start a garden in small spaces. Sample garden plans and plant suggestions will be available. No registration required. Contact (937) 228-2088 or marketinfo@metroparks.org for details. metroparks.org. All ages.

GETTING THE GARDEN PLANTED

THU. MAY 19, 6:00-7:30 PM J24

WEGERZYN GARDENS METROPARK, Skeeter's Garden, 1301 E. Siebenthaler Ave.

Learn what to plant as seeds and what to plant as sprouts, as well as planting techniques and early maintenance. We'll also talk about soil enrichment and management during the growing season. Registration required. Age: 18Y and up. Fee: \$10 🍷 ⚙️

(FREE) NATIVE PLANT SALE

SUN. MAY 22, 11:00 AM-3:00 PM J6

2ND STREET MARKET, Outdoor Program Area (near ATM), Dayton-area native plant nurseries will be selling a selection of flowering perennials, grasses, trees and shrubs. Indigenous plants help create habitat and are acclimated to local weather so they don't need as much care. No registration required. Contact (937) 228-2088 or marketinfo@metroparks.org for details. All ages.

SUSTAINABLE HOME

(FREE) COMPOST KITCHEN

TUE. MAY 10, 17 & 24, 6:00-8:00 PM

POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.

This three-part program covers everything you need to know to compost effectively and is offered free of charge thanks to a partnership with Montgomery County Environmental Services. Talks and activities explore soil ecology, chemical-free gardening and household waste management. Participants completing all three programs receive a free composter. Registration required. Age: 18Y and up. 🍷



ADULT NATURE EXPLORATION

Enjoy and learn about the splendor of the natural world.

FLORA & FAUNA

OWLS OF OHIO

FRI. FEB 11, 6:00-8:30 PM J52

GERMANTOWN METROPARK, Twin Valley Welcome Center, 6910 Boomershire Rd.

Explore Ohio's eight owl species during a one-hour interactive presentation about their courtship rituals, feeding behaviors, identification characteristics, songs, and interactions with people. Then take a slow-paced night hike into the forest in search of owls. Each participant will receive an ODNR guide to owls. Registration required. Age: 14Y and up. Fee: \$8 🦉 ⚙️

WINTER TREE ID

SAT. FEB 12, 1:00-3:30 PM J53

COX ARBORETUM METROPARK, Mead Westvaco Theatre, 6733 Springboro Pk.

Learn how to identify more than 20 native trees by their twig, bark and other characteristics. Discover various uses and folklore stories for each tree. Participants receive a winter tree ID notebook. Registration required. Age: 14Y and up. Fee: \$8 🦉 ⚙️

FROGS OF OHIO

FRI. APR 22, 7:00-9:00 PM J55

COX ARBORETUM METROPARK, Mead Westvaco Theatre, 6733 Springboro Pk.

Get familiar with Ohio's frogs as we explore their biology, ecology, and how to identify them both by sight and sound. We will begin with a short presentation, then hike to find frogs in the wild. Bring a bright flashlight. Registration required. Age: 14Y and up. Fee: \$5 🦉 ⚙️

BEGINNING BIRDING

SAT. MAY 7, 1:00-5:00 PM J54

COX ARBORETUM METROPARK, Mead Westvaco Theatre, 6733 Springboro Pk.

Get started with the basics of birding, including identification, field guide and binocular use; identifying bird song; and biology and behavior. The 2-hour indoor session will be followed by a 2-hour field study. Participants receive a birding handbook and field guides. Registration required. Age: 14Y and up. Fee: \$15 🦉 ⚙️

NATURE APPRECIATION

(FREE) MINDFULNESS WALK FOR OLDER ADULTS

WED. APR 20, 11:00 AM-12:15 PM J51

COX ARBORETUM METROPARK, Parking Lot, 6733 Springboro Pk.

Time outdoors can help us be present, breathe well and relax. Join a small group experiencing a Mindfulness Walk. After an introduction, we'll try some of the mindfulness activities and move at a slow to moderate rate. Registration required. metroparks.org/mindful. Age: 55Y and up. 🦉 ⚙️

PHOTOGRAPHY & ART

PHOTOGRAPHY BOOT CAMP AND PHOTO CRITIQUE

SAT. FEB 26, 10:00 AM-2:00 PM J15

COX ARBORETUM METROPARK, Fifth Third Conference Room, 6733 Springboro Pk.

Learn about your equipment and how to adjust settings for different shooting situations. Participants will receive a quick reference guide customized to their camera and photo tasks to bring

to the critique class on March 19, to which you'll be enrolled free of charge. Bring your camera, instruction manual and lunch. Registration required. Age: 18Y and up. Fee: \$90 🦉

NATURE PHOTOGRAPHY CRITIQUE

SAT. MAR 19, 10:00-11:30 AM J18

COX ARBORETUM METROPARK, Fifth Third Conference Room, 6733 Springboro Pk.

Photographer Adam Alonzo will critique your nature photos and use them as the basis for brief lessons about camera technique and composition. Send digital photos by e-mail in advance to critique@adamalonzo.com. Only outdoor photos will be considered and not all photos submitted will be discussed in the session. Registration required. Age: 18Y and up. Fee: \$20 🦉

SPRINGTIME AT AULLWOOD

SAT. APR 30, 10:00-11:30 AM J21

AULLWOOD GARDEN METROPARK, Aullwood Gardens, 955 Aullwood Rd.

Join photographer Adam Alonzo and take photos of Aullwood's flowerbeds, woods, creek and prairie (weather permitting). Adam will answer questions and provide tips for getting great shots in this informal session. Registration required. Age: 18Y and up. Fee: \$15 🦉 ⚙️

PORTRAITS IN THE PARK

SAT. MAY 21, 10:00-11:30 AM J25

WEGERZYN GARDENS METROPARK, Outdoor Venues, 1301 E. Siebenthaler Ave.

Practice your outdoor portraiture by taking pictures of a model in the park. The instructor will discuss and demonstrate the importance of background and foreground elements, stance and pose, and sunlight and shadow. Registration required. Age: 18Y and up. Fee: \$20 🦉

BINGE WATCH decodingnature

All seven episodes of this series highlighting the past, present and future of your Five Rivers MetroParks are now available to watch for free online at nearutv.com. Episodes are 12-18 minutes long and each focused on a different aspect of MetroParks and the role access to nature has played in Dayton's development.

Indigo Life Media produced Decoding Nature, which was sponsored by the Five Rivers MetroParks Foundation; The James M. Cox, Jr. Foundation; Wegerzyn Gardens Foundation; and Wagner Subaru.

Relax on MetroParks' MINDFULNESS WALKS



These short, easy walks invite you to stop and engage in a variety of simple breathing and meditation activities.

METROPARKS.ORG/MINDFUL



FAMILY & CHILDREN

Spend quality time outdoors with everyone in your family.

CONSERVATION KIDS

This series nurtures kids' desire to explore nature and provides families inspiration to spend time outdoors. Children ages 3-13 will grow closer to and learn about nature, develop leadership skills, work with peers to protect our region's natural heritage – and ultimately become stewards of the environment and advocates for conservation who are empowered to speak out for the planet they will inherit.

Conservation Kids programs are organized in three levels. This allows children to build onto their knowledge and skills as well as experience the positive impact that they can have through habitat improvement and citizen science opportunities. Families should start by taking Discover level (▲ green) programs and continue with Act level (▲ blue) and Share level (▲ orange) programs. Colored triangles in the program listings identify each program's level.

Children who complete Conservation Kids programs in each of the three levels will receive a special reward and become eligible to assist in leading future programs.

Visit metroparks.org/kids for more information and to view Act and Share level programs as they're announced throughout the season.

CONSERVATION KIDS AGES 3-13

(FREE) FOREST BIRD SEARCH

SAT. FEB 12, 10:00-11:30 AM J57
COX ARBORETUM METROPARK, Kettering Learning Lab, 6733 Springboro Pk.

Test your bird finding abilities as we track down some of the forest's most beautiful birds. Discover why forests and birds depend on each other for survival, and how you can

help! Bring binoculars if you have them. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) SLEEPING NATURE

SAT. FEB 26, 1:00-2:30 PM J70
GERMANTOWN METROPARK, Twin Valley Welcome Center, 6910 Boomershire Rd.
Ohio's winters can be harsh, but plants and animals have developed successful strategies for enduring colder temperatures. Come discover these adaptations as we explore the outdoors on this family adventure. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) WOODLAND EXPLORATION

SAT. MAR 12, 1:00-2:30 PM J69
ENGLEWOOD METROPARK, Shelter: Patty/East Park, 4361 National Rd.
Get out in the crisp, fresh air for an adventurous nature hike through the forest, exploring the trees, plants, and wildlife. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) WOODCOCK WATCH

SAT. MAR 12, 6:30-7:30 PM J64
COX ARBORETUM METROPARK, Parking Lot, 6733 Springboro Pk.
Be a witness to the woodcock's extravagant mating display of circles, spirals and dives while enjoying the crisp night. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) SPRING FLOWER EXPLORATION

SAT. APR 23, 1:00-2:30 PM J72
HILLS & DALES METROPARK, Paw Paw Program Parking, 2471 Deep Hollow Rd.
Did you know that some of the most beautiful flowers are only around for a couple of weeks in the spring? Come explore them with us. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) NOCTURNAL AMPHIBIAN SEARCH

SAT. APR 23, 7:30-9:00 PM J71
SUGARCREEK METROPARK, Trailhead Program Parking, 4178 Conference Rd.
Search for Spring Peepers, Spotted Salamanders, and other amphibians in Sugarcreek's vernal pool, only 1/4 mile away from the parking lot. Bring a flashlight and wear clothes that can get muddy. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) OWL PROWL

SAT. MAY 7, 8:00-9:30 PM J81
ENGLEWOOD METROPARK, Shelter: Patty/East

Park, 4361 National Rd.
Escape on a night walk in search of Screech and Barred Owls, while learning about their interactions with our forests. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

(FREE) SIX LEGGED BEASTS

SAT. MAY 21, 10:00-11:30 AM J83
POSSUM CREEK METROPARK, Shelter: Prairie Dock/Parking Lot, 4730 Frytown Rd.
Come explore the prairie and catch insects that probably live in your own backyard. We'll use nets for close up inspection and we'll release after identifying what we've captured. Registration required. Age: 3Y-13Y 🦋 ⚙️ ▲

WINTER MORNING WANDER

SAT. FEB 12, 10:00-11:00 AM G176
WEGERYZYN GARDENS METROPARK, Outdoor Venues, 1301 E. Siebenthaler Ave.
Take in the gardens' sights and sounds, look for cool happenings in the cold with plants and wildlife, and catch some of the earliest blooms at Wegerzyn Gardens during this family-friendly hike. Meet at the kiosk at the front of the parking lot. Registration required. All ages. Fee per family: \$5 🦋 ⚙️

DYE YOUR EGGS THE NATURAL WAY

SAT. APR 9, 10:00-11:30 AM J12
POSSUM CREEK METROPARK, Possum Creek Education Building, 4790 Frytown Rd.
Explore natural dyeing techniques and experiment with different materials to see what colors are revealed. Families will take home colorful creations, ideas and recipes for future projects. Registration required. All ages. Fee per family: \$7 🦋

PRESCHOOL

TYKE HIKE

Explore nature with your preschooler as we venture through diverse habitats, pretend, tell stories, and play during these theme-based gatherings.

(FREE) LITTLE SPROUTS

TUE. MAR 29, 10:00-11:00 AM J58
HILLS & DALES METROPARK, Paw Paw Program Parking, 2471 Deep Hollow Rd.
Come learn what a plant needs to grow, and then we will search for baby plants in the park! Registration required. Age: 3Y-5Y 🦋 ⚙️

(FREE) SILENT FLIERS

TUE. APR 12, 10:00-11:00 AM J59

FAMILY & CHILDREN PROGRAMMING

GERMANTOWN METROPARK, Twin Valley Welcome Center, 6910 Boomershire Rd.
Learn about Ohio's owls by listening to their sounds; exploring study skins; meeting our Screech Owl, River; and taking a hike to explore owls' homes. Registration required.
Age: 3Y-5Y 🦉 ⚙️

(FREE) CLEVER COLORS

THU. APR 28, 10:00-11:00 AM J60
COX ARBORETUM METROPARK, Parking Lot, 6733 Springboro Pk.
From camouflage to mimicry, and advertising to warning, life is colored for many reasons. Explore while learning nature's colors on this hike through the woods. Registration required. Age: 3Y-5Y 🦉 ⚙️

(FREE) BABBLING BROOK

THU. MAY 12, 10:00-11:30 AM J61
SUGARCREEK METROPARK, Trailhead Parking Lot, 4178 Conference Rd.
Come explore the creek and find creatures like crawdads, salamanders, and rainbow darters! We will also be discussing how precious our water is, and what preschoolers can do to protect water. Kids and parents should wear clothes that can get wet and muddy. Toe-covered shoes required. Registration required.
Age: 3Y-5Y 🦉 ⚙️

(FREE) WETLAND ROMP

TUE. MAY 17, 10:00-11:30 AM J63
CARRIAGE HILL METROPARK, Shelter: Redwing/ Parking Lot, 7821 E. Shull Rd.
Prepare to get your hands wet and muddy with this experience, as we explore the wetland in parent-tyke teams: Adults will use large nets to catch creatures while tikes get close looks at insects, frogs, fish, and other wetland animals. Wear clothes that can get wet. Nets provided. Registration required. Age: 3Y-5Y 🦉 ⚙️

GROWING TOGETHER STORYTIME

Gardening and a love of "green" things is present in every culture and tradition. Gardening brings us together. We'll celebrate this by sharing stories and adventures in the garden. This program, designed for preschoolers and their caregivers, also includes songs, crafts and guided exploration. Series will continue into the summer.

FROM GARDEN TO PLATE

WED. MAY 18, 10:30-11:30 AM J27
WEGERYZYN GARDENS METROPARK, Skeeter's Garden, 1301 E. Siebenthaler Ave.
Things are beginning to grow in the garden and we'll explore how some of our favorite foods get from the garden to our plate through stories and activities. We'll also visit our raised beds where we will be growing food to help others in our community. Meet at the Children's Discovery Garden entrance. Registration required. Age: 3Y-7Y Fee: Per Child: \$5 🦉 ⚙️



Spending time outside is good for all of us – but is especially important for children.



MetroParks' special outings, Let's Explore, make it easy to experience the outdoors with kids. Start at a nature play area, hike a nearby trail suitable for children and look for fun activities to complete along the way. Let's Explore adventures are available at:

- Englewood MetroPark East Park
- Possum Creek MetroPark
- Sugarcreek MetroPark
- Possum Creek MetroPark



**METROPARKS.ORG/
LETSEXPLORE**

EXPLORE NATURE AT HOME

Program kits offer self-guided activities with a variety of outdoor-related themes. Choose a pick-up time and location that works best for you at MetroParks' main office, the Carriage Hill MetroPark Visitor Center or the Cox Arboretum MetroPark Zorniger Education Center.

PAINT-A-PARK

available now (all ages)

This winter, visit Germantown, Carriage Hill and RiverScope MetroParks to let the frozen landscapes inspire you to create a masterpiece. Email a photo of your painting to MetroParks to be included in a new virtual gallery. Kit includes supplies to create multiple paintings.

GARDEN HELPERS

available starting May 2 (ages 3 to 13)

Construct the tools you need for your garden, including upcycled watering and weeding tools, a home for pollinators, and more. Kit includes supplies and activities for two children.

For info about additional program kits:
METROPARKS.ORG/KITS



**MAKING THE
OUTDOORS
Accessible to All**

METROPARKS.ORG/ACCESS



The Five Rivers MetroParks Foundation offers the Access to Nature financial assistance program to help alleviate costs associated with MetroParks programs and rentals. Qualifying Montgomery County residents can receive up to a 75% discount based on financial need. Families can qualify for up to \$500 per calendar year to help remove financial barriers of participating in programs, as well as campsite and shelter rentals.



COMMUNITY GROUPS & TRAINING

Share the benefits of an active, nature-based lifestyle with your community and future generations.

CONSERVATION & CITIZEN SCIENCE

NAI CERTIFIED INTERPRETIVE GUIDE TRAINING

SAT., SUN FEB. 26-MAR. 6, 8:30 AM-5:00 PM J30

CARRIAGE HILL METROPARK, 7800 E. Shull Rd. Five Rivers MetroParks and the National Association for Interpretation are offering a 32-hour certification course for anyone who delivers programs. It combines both the theoretical foundations of the profession with practical skills in delivering quality interpretive programming to visitors. For more information and to register, see the website <https://bit.ly/3oAlp5k>. Age: 18Y and up. Fee: Registration with certification: \$390, Registration without certification: \$230

NATURE APPRECIATION

(FREE) MIAMI VALLEY LEAVE NO CHILD INSIDE SUMMIT

SAT. APR 2, 8:00-11:30 AM J28

POSSUM CREEK METROPARK, Farm Shelter Event Area, Summit features new nature play area and keynote, "Lessons Learned on Nature Play Builds." Awards and "unconference" breakout discussions will inform future MVLNCI efforts. Workshops that require separate registration: Green School Yards (J49), Ohio-approved Growing up WILD or Sticks and Stones (J50). Bring lunch. Registration required. Contact doug.horvath@metroparks.org for details. <https://bit.ly/MVLNCI>. Age: 18Y and up. 🍷

(FREE) STICKS AND STONES

SAT. APR 2, 12:30-2:00 PM J50

POSSUM CREEK METROPARK, Hickory Shelter Area, 4790 Frytown Rd. This training led by Meredith Florkey will engage participants in discovering the developmental nature and value of nature play. Ohio-approved; bring your OPIN number. Registration required. Contact doug.horvath@metroparks.org for details. <https://bit.ly/MVLNCI>. Age: 18Y and up. 🍷

(FREE) GREEN SCHOOLYARDS TEACHER TRAINING

SAT. APR 2, 12:30-2:30 PM J49

POSSUM CREEK METROPARK, Shelter: Farm Shelter/Parking Lot, 4790 Frytown Road Learn how to create a Green Schoolyard, an excellent learning space. Receive resources from

Five Rivers MetroParks, Ohio Department of Natural Resources and the community. Registration required. Contact doug.horvath@metroparks.org for details. Age: 18Y and up. 🍷

Miami Valley Leave No Child Inside Summit

Saturday, April 2 • 8 - 11:30 a.m.

Registration is required and available at bit.ly/MVLNCI.



BE IN THE KNOW ABOUT YOUR FIVE RIVERS METROPARKS

Learn about updates as they're announced, access virtual programs and discover resources that help you connect with nature.



FOLLOW METROPARKS ON SOCIAL MEDIA

- Facebook: facebook.com/fiveriversmetroparks
- Twitter: twitter.com/metroparkstweet
- Instagram: [@metroparks](https://instagram.com/@metroparks)
- YouTube: youtube.com/FiveRiversMetroParks

OTHER WAYS TO KEEP IN TOUCH

- Visit MetroParks' Nature Is Open blog: metroparks.org/natureisopen
- Sign up for Five Rivers MetroParks' email newsletters: metroparks.org/newsletter
- Download MetroParks' mobile app, powered by OuterSpatial: metroparks.org/mobile
- Call (937) 275-PARK (7275)

FOR THE LATEST ON METROPARKS' PANDEMIC RESPONSE: [METROPARKS.ORG/COVID](https://metroparks.org/covid)

RENT A FIVE RIVERS METROPARKS COMMUNITY GARDEN PLOT

LARGE GARDEN PLOTS ARE AVAILABLE ON AN ANNUAL BASIS AT:

- **POSSUM CREEK**
(available from late April through Nov. 1)
- **WEGERZYN GARDENS**
(available seasonally and year-round; organic plots also are available)

Standard seasonal plots are 800 square feet and cost \$20 per plot annually. Year-round plots are \$40 per plot per year.

Gardeners are responsible for watering, weeding, pest control and harvesting.

[METROPARKS.ORG/COMMUNITY-GARDENS](https://metroparks.org/community-gardens)



SHOP FRESH & LOCAL AT THE 2ND STREET MARKET

600 E. SECOND ST. DOWNTOWN DAYTON

Buy farm-fresh produce, flowers, meats, dairy, kitchen staples and more from a variety of local vendors. Grab a bite to eat from prepared food vendors and shop for one-of-a-kind artisan goods.

WINTER HOURS

FRIDAY 11 AM to 3 PM

SATURDAY 9 AM to 3 PM

SUNDAY from 11 AM to 3 PM

For more information and updates:

- Visit METROPARKS.ORG/LOCALFOOD
- Follow facebook.com/2ndStreetMarket
- Sign up for 2nd Street Market emails at metroparks.org/newsletters



METROPARKS.ORG/LOCALFOOD



DOWNLOAD OUTERSPATIAL

to access the
Five Rivers MetroParks
MOBILE APP



Your mobile guide to parks and trails, powered by OuterSpatial.

- Navigate on the trails
- Discover new places
- Locate park amenities



Learn more and download here:

METROPARKS.ORG/MOBILE



RESERVATIONS MADE EASY



CAMPING

Plan an overnight adventure with numerous park amenities nearby, including new trailside camping.

Experience the outdoors at Five Rivers MetroParks' reservable facilities.



SHELTERS

Shelters in beautiful, natural settings are excellent for BBQs, family reunions, birthday parties and more.

METROPARKS.ORG/RESERVATIONS



GET OUT & SKATE

AT THE FIVE RIVERS METROPARKS ICE RINK

Presented by

HUFFY

Enjoy the outdoors maintain your healthy, active lifestyle at the MetroParks Ice Rink, located along the scenic riverfront in downtown Dayton.

OPEN DAILY THROUGH FEB. 27:

- Sunday 1 to 5 PM
- Monday-Thursday 2:30 to 5 PM
- Friday 2:30 to 10 PM
- Saturday 11 AM to 10 PM



SWEETHEART SKATE

FEB. 11-14 Take your sweetie or bestie to the rink and enjoy two admissions, two pairs of skates, two cups of hot chocolate, and a box of Winan's Chocolates for only \$20.



PRESIDENTS DAY SKATE

MONDAY, FEB. 21 from 11 AM to 5 PM

937-278-2607

METROPARKS.ORG/ICERINK

WARM UP IN THE

Kettering
HEALTH



COMFORT TENT

and stay warm in the **MSD** WARMING ZONE

Thanks to our media partner

SINCLAIR
BROADCAST GROUP



SUMMER STARTS IN MAY AT RIVERSCAPE METROPARK

Enjoy fountains, food, free live music and fitness programs, and more starting in May.

METROPARKS.ORG/RIVERSCAPE



MUSIC@LUNCH

Enjoy lunch along the downtown riverfront while listening to live acoustic music.

Wednesdays 11:30 AM to 1:30 PM



FITNESS IN THE PARK

Keep active and healthy with free yoga and Zumba classes held on most Saturdays from 10 to 11 AM.

PASSPORT TO METROPARKS

Friday, May 6, 6 to 9 PM

The Summer Music Series kicks off with this event featuring live music, activities, food trucks and more.

metroparks.org/passport

Presented by Huffly.



The Five Rivers Fountain of Lights, interactive fountains, Fountain Snack Bar and RiverScape Café open Memorial Day weekend.



Five Rivers MetroParks
409 East Monument Avenue, Third Floor
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HOLD ON TO YOUR PARKWAYS!

This issue covers programs from February through May 2022.

View this *ParkWays* publication online at metroparks.org/parkways.



PLEASE RECYCLE

ParkWays is mailed to every resident of Montgomery County. Due to delivery specifications, we are unable to remove individual recipients from our mailing list at this time. If you are not interested in this publication, please pass it along to a friend or recycle the magazine.

THANK YOU for keeping Five Rivers MetroParks open!

Ohio and your MetroParks have seen a dramatic increase in park visitation since the pandemic began as more and more people recognize the numerous ways time spent in nature improves mental and physical health. Please join us in thanking Five Rivers MetroParks staff who have and continue to work hard to ensure your parks and trails remain accessible throughout COVID-19.

And thanks to all MetroParks visitors for following the guidelines that help keep everyone safe — and keep your parks and trails open.