

Cumberland Mountain State Park Programs July 14th-July 17th

Naturalists: Brian Frost and Erin Pitts

Visit www.tnpark.com for upcoming and printable schedules

All programs provided are on Central Standard Time. They are also PG which means parental guidance is expected with any children attending.

Wednesday July 14th:

- 9:00am Nature Hike:** Come hike the Pioneer Short Trail! Join the naturalists at the boat dock for a morning two-mile hike around beautiful Byrd Lake. Wear sturdy shoes, bring water, and be prepared to cross a swinging bridge. (Moderate hike: 2 miles)
- 11:00am Snakes and Turtles:** Meet the naturalist at the Shelter 3 to get a hands on experience at the wildlife that live at Cumberland Mountain State Park!
- 1:30pm Sidewalk Chalk Art:** Join the naturalist at the Main Office to decorate the Park. Chalk will be provided so bring your creativity.
- 3:00pm Dream Catchers:** Join us at shelter 3 to create your own dream catcher, an old Native American tradition. Materials will be provided, however bring any feathers or beads you have to enhance your dream catcher.

Thursday July 15th:

- 9:00am Nature Hike:** Come hike the Byrd Creek Trail! Join the naturalists at the Visitor's Center for a morning two-mile hike around beautiful Byrd Creek. Wear sturdy shoes and bring water. (Moderate hike: 1.8 miles)
- 11:30am Atlatl:** Join the Naturalist at the softball field to experience some Native American weaponry.
- 1:30pm Homestead Tower Trip:** Meet outside the park office to carpool over to the Historic Homestead Tower to learn some of the areas rich history. Get a bird's eye view of the homesteads as you climb to the top of the tower! (Bring money for Entry Fee old-timey souvenirs)
- 3:30pm Pine Cone Birdfeeders:** Meet the naturalist at Shelter 3 to learn a fun way to feed and observe our feathery forest friends! (materials provided)
- 5:00pm Kickball:** Meet Erin at the softball field to play a game of kickball with other campers at the park!
- 6:30pm Water Balloon Fight!:** Bring your family and friends to the softball field where you can end your day with a splash!!

Friday July 16th:

- 9:00am Fishing 101:** Join Brian at the boat dock to get a lesson on fishing do's and don'ts. Bring your fishing pole and tackle box and be ready to go fishin'!
- 11:00am Scavenger Hunt:** Meet the naturalist at the Amphitheater for a list of fun things to find! Prizes will be awarded to the fastest gatherers!
- 12:30pm Historic Homestead House Tour:** Take a walk through the house of a 1930's homesteader! Meet at the park office to carpool over to the Homestead House Museum to see what life was like in the 1930's.
- 2:00pm Leaf Print T-shirts:** Meet the naturalist at Shelter 3 to create beautiful leaf print t-shirts. Paints are provided but, **bring your own shirt!**



4:00pm Canoe Race: Meet the naturalist at the boat dock for a race around the lake! Winner takes home a prize!! (sign-up at the dock ahead of time, it will fill up)

7:00pm Game Night!: Come to the campfire early behind cabin 6 and try your luck answering trivia about the park, and playing other games!! Winners receive prizes!!

8:00pm Campfire: Come visit the naturalist for singing, storytelling, and more! Meet behind cabin 6 at the designated campfire area. Bring a cushion or chair and instruments are welcome! Marshmallows will be provided for roasting.

Saturday July 17th:

9:00am Birding for Beginners: Meet at the boat dock to learn about our feathery friends. Take a hike to learn how to identify birds by sight and sound! Wear sturdy shoes and bring water.(Moderate Hike)

12:00pm Ozone Falls Trip: This 110 foot waterfall was chosen to be the sight of part of the film The Jungle Book! Meet the naturalist outside the main office to carpool there (you must provide your own transportation). Wear sturdy shoes, bring water, and swimming is optional. (strenuous hike)

3:00pm Big Splash Competition: Join Brian and Erin at the pool entrance for the big splash competition! Wear sunscreen. Children should be accompanied by an adult.

5:00pm Ultimate Frisbee: Meet the naturalists at the softball field for a game of Ultimate Frisbee with other campers at the park!

8:00pm Night Hike: Meet the naturalists at the boat dock to explore the park at night. Plan on hunting for salamanders, listening for owls & more! Bring a flashlight.