

Cumberland Mountain State Park Programs July 21st-July 24th

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 21st:

11:30am Atlatl: Join the Naturalist at the softball field to experience some Native American weaponry.

1:00pm 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.

3:30pm Birding for Beginners: Meet at the boat dock to learn about our feathery friends. Take a short hike to learn how to identify birds by sight and sound!

Thursday July 22nd:

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 Scavenger Hunt: Meet the naturalist at the Amphitheater for a list of fun things to find! Prizes will be awarded to the fastest gatherers!

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)

2:30pm 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.

3:30pm 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!**

Friday July 23rd:

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)

11:30am 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'!

2:00pm 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!

2:30am Exotic and Invasive Plants: Join the naturalists at Shelter 4 to learn some of Tennessee's most unwanted plant species.

3:00pm Orienteering: Join Erin at shelter 1 to learn how to use a compass and find your way through the woods.

4:00pm Tree Walk: Meet Brian at the boat dock to learn how to identify trees in the park.



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 24th:

9:00am 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)

12:00pm Piney Falls Trip: Join the naturalist to take a trip to our second satellite natural area. Hike to both the upper and lower waterfalls and enjoy the scenic beauty of the Cumberland Plateau. 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)

4:00pm Wild Foods Talk: Join Brian at Shelter 4 for a quick lesson on the edible and medicinal plants that surround us at Cumberland Mountain!

8:30pm 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.