

# Friends of Rock Ridges Nature Trail

## Calendar of Events 2024



Day/Date	Location	Time	Event
Ongoing	Rock Ridges Trail	Anytime	<b>Get out and hike the trail!</b> Follow the QR codes along the trail for natural history information and family-friendly activities. Take a relaxing break in our new Treehouse at South Bay.
Friday, June 28	TI Park Pavilion	4-6pm	<b>Volunteer Recruitment Party.</b> Visit our table to learn about all the ways you can get involved with the Friends of Rock Ridges Nature Trail. Join us!
Friday, July 12	Treehouse at TIP	11am-Noon	<b>Guided Meditation and Mindful Walk.</b> Join Caroline Herberger for this peaceful opening event.
Saturday, July 13	Treehouse at TIP	4-5pm	<b>GRAND OPENING OF THE TREEHOUSE AT TIP.</b> Come visit our beautiful new outdoor classroom and learn about special planned events for 2024.
Friday, July 19	Treehouse at TIP	10- 11am	<b>All About Native Plants.</b> Come meet TIP resident Colin Withers to learn about native plants and why you should use them in your gardens. Colin will answer your questions and have plants available for purchase.
Friday, July 19	Chapel at TIP	3-4pm	<b>Tick Talk.</b> Come learn all you need to know about ticks from the Jefferson Co Health Department. The Presentation will include how to avoid ticks and what to do if you are bitten. Participants will receive a free "Tick safety kit" to take home. Jointly sponsored by the TIP Foundation.
Friday, July 26	Playground at TIP	10am-Noon	<b>Nature String Bag Creation Station at the Playground.</b> Pre-register at <a href="mailto:tiprockridges@gmail.com">tiprockridges@gmail.com</a> . Bring the family to this fun event. Decorate your own backpack with cool nature designs. Some t-shirts will also be available. Donation minimum: \$10 per bag.
Friday, Aug. 2	Treehouse at TIP	10- 11am	<b>Rock Ridge Rangers: I Like Spiders!</b> Bring the whole family to learn about these misunderstood critters with Heather White. Make your own bottle of safe spider repellent.
Friday, Aug. 9	Treehouse at TIP	10- 11am	<b>YOGA in the Treehouse.</b> Join longtime TIP visitor and yoga instructor Alex Palmer for a relaxing morning tune-up surrounded by the sounds of the forest.
Tuesday, Aug. 13	Treehouse at TIP	10am-12:30pm	<b>Thousand Island Land Trust (TILT) sponsors KidsTrek "Damsels and Dragons" on the Rock Ridges Trail.</b> This family friendly event offers games and activities by TILT, Save the River, and other environmental partners. Pre-register at <a href="http://tilandtrust.org">tilandtrust.org</a> or call 315-686-5345 to reserve your space (limited).
Coming Soon...			<b>Special Walks and Talks throughout the summer 2024.</b> Keep up with what is happening and how you can support our efforts. Learn more about local natural history and the history of our trail. Visit our website at <a href="http://tiprockridges.org">tiprockridges.org</a> .

Nature backpack signouts will be available at any Treehouse event.