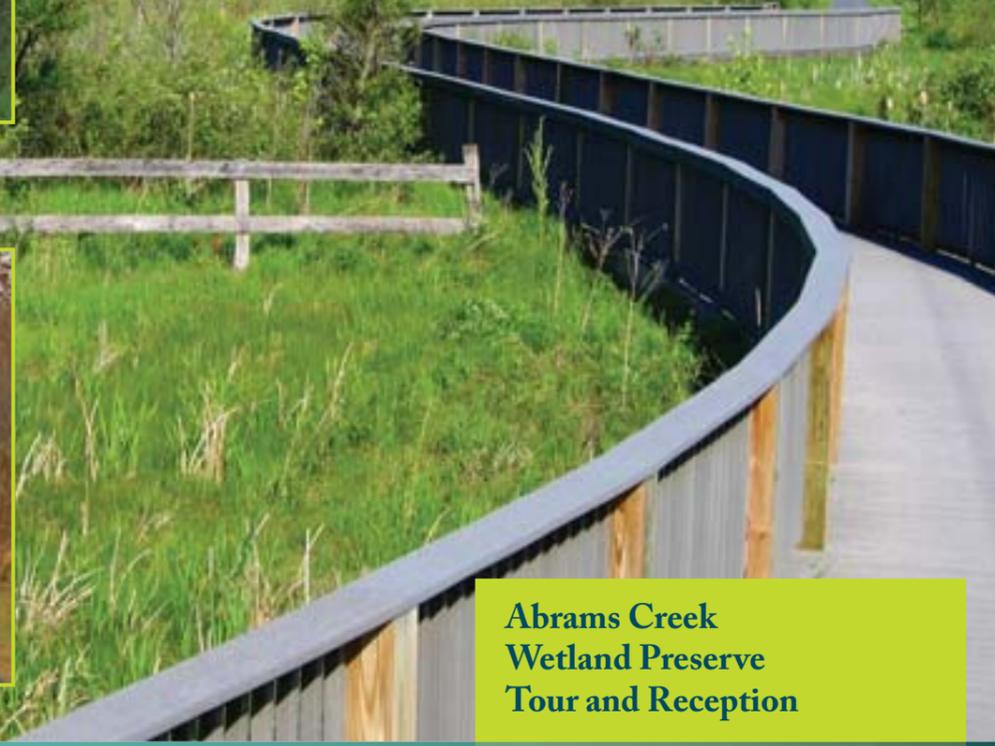


Abrams Creek Wetlands Preserve



Abrams Creek Wetland Preserve Tour and Reception

You're invited to the Abrams Creek Wetland Preserve Tour and Reception hosted by Winchester Parks and Recreation Department.

The purpose of the tour and reception is to educate neighbors of the Preserve on the status as a wetlands and importance of preserving wetlands. The team will entertain questions and concerns of neighbors at the reception.

August 22 (Friday), 6pm, trail head at the corner of Jubal Early and Handley Ave. Question and answer reception to follow, 7-9pm at Jim Barnett Park, War Memorial Building. Fee: FREE.

August 30 (Saturday), 9am, trail head at the corner of Jubal Early and Handley Ave. Question and answer reception to follow, 10-Noon at the Daily Grind on Jubal Early Drive. Fee: FREE.



connecting with the natural world

Abrams Creek Nature Walks

Learn more about unique plant species and migrating birds on this two hour nature walk with Jim Smith at Abrams Creek Wetlands Preserve. Meet at Children of America parking lot off of W. Jubal Early Drive, approximately 1/2 mile west of Valley Avenue. Bring your binoculars, camera, scopes, and water. For more information contact walk leader, Jim Smith at (540) 303-3983. Walks may be cancelled due to inclement weather. Sept. 6, Sept. 20, Oct. 4, Oct. 18. (Saturday), 8:30am, at Abrams Creek Wetlands Preserve. FREE.

Health Benefits and Trails

Active Living Research highlighted a Nebraska study which found that for every \$1 spent on trails, there was almost \$3 in savings in direct medical costs.



Wild GUYde Trips

"Getting Muddy" Caving Trip (Ages 12+)

Experience and explore a different part of the world at Glade Cave, just south of Harrisonburg. A professional guide will provide a beginner level wild caving experience for learning cave safety, underground navigation, and basic limestone cave formations. Winchester Parks and Recreation will provide transportation to and from the cave. Participants must sign a participant agreement and medical form to be able to participate. Sunday, Sept. 21 (Sunday), depart Jim Barnett Park 10:30am, to Glade Cave, Harrisonburg, VA. Fee: \$35R, \$40NR. Register by Sept. 7. *Activity# 637425-01.*

Rock Climbing and Rappelling at Waterfall Mountain (Ages 16+)

Climb to new heights at Waterfall Mountain near New Market, VA. An experienced adventure guide will provide introduction to rock climbing and rappelling, no experience required. All equipment will be provided. Winchester Parks and Recreation will provide transportation to and from the climb site. Participants must sign a participant agreement and medical form to be able to participate. Oct. 19 (Sunday), depart Jim Barnett Park 8am, to Waterfall Mountain, New Market, VA. Fee: \$60R, \$65NR. Register by Oct. 5. *Activity# 637425-02.*

Intro to Family Camping

Do you ever feel lost in the woods when it comes to camping? Learn the basics of camping, from equipment to location, our instructor will provide all the knowledge and skills necessary to survive your next outing. Oct. 25 (Saturday), 11am-1pm, Jim Barnett Park, Antique Car Shelter. Fee: \$20R, \$25NR. Register by Oct. 18. *Activity# 637547-03.*

Campfire Cooking

Have you ever wanted to cook over an open fire? Now is your chance! Learn the basics of campfire cooking, using dutch ovens, pie irons, and skillets. Take home recipes to use at your next campfire or cookout. Instructor: Alison Hoskin. Sept. 20 (Register by Sept. 17), or Oct. 18 (Register by Oct. 15), (Saturday), 10am-Noon, at Jim Barnett Park, Antique Car Shelter. Fee: \$35R, \$40NR. *Activity# 637547-01.*

Group Team Building

Build communication, trust, collaboration, and much more through fun and engaging group activities and games. Taught by a trained facilitator, these activities will get your group working together, creating strong bonds and teamwork. Team building is great for school groups, church groups, businesses, sports teams, and scout troops. Call to schedule with Kevin Hoskin. Location: Jim Barnett Park, Antique Car Shelter (weather permitting). Will move to gymnasium in inclement weather. Fee: (per hour)

Groups 8-15	\$12 R, \$16 NR
Groups 16-25	\$18 R, \$22 NR
Groups 26-35	\$24 R, \$28 NR
<i>Activity# 637617</i>	

outdoor adventure trips

