

Martinak State Park (MSP) and Tuckahoe State Park (TSP)

Healthy Parks, Healthy People September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Caroline Cycles C&O Trail	2 Caroline Cycles C&O Trail	3 Caroline Cycles C&O Trail  Martinak Morning Walk MSP Office 10:30 AM	4 Caroline Cycles C&O Trail  	5 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM  Evening Cycle MSP 5:30 PM	6 Healing Walk Adkins Arboretum 10 AM	7 BioBlitz with the Maryland Biodiversity Project Adkins Arboretum 8 AM  First Saturday Walk Adkins Arboretum 10 AM
8 	9	10 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM	11 	12 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM Evening Cycle TSP 5:30 PM	13	14 Caroline Cycles WMBT 10:30 AM  9AM  Art Reception Adkins Arboretum 2PM
15 Caroline Cycles WMBT 9:00 AM  iNaturalist Walk Adkins Arboretum 1:00 PM	16 Caroline Cycles WMBT 10:30 AM	17 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM	18 	19 Martinak Morning Walk MSP Office 10:30 AM  Diversity Around Us Adkins Arboretum 10 AM  Evening Cycle MSP 5:30 PM	20	21
22	23 Hike Tuckahoe TSP 10:30 AM  Kayak Meetup MSP 5:30 PM	24 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM	25 	26 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM  Maryland's Rare and Endangered Species Adkins Arboretum 1 PM  Evening Cycle TSP 5:30 PM	27	28 Beer Garden Adkins Arboretum 1 PM
29 Paint Afternoon MSP 2:00 PM  	30				  Scan and scroll to bottom of page for details	

## **Art and Music**

**Art Reception:** Saturday, September 14 at 2 PM meet the artists at a reception for the Maryland Scape exhibit at Adkins Arboretum

**Beer Garden:** Enjoy Ten Eyck and Bull & Goat beer while tapping your toes to the music of nationally touring bluegrass band Serene Green. While you're here, enjoy hula hoops, bubbles, and a fall stroll on our paths. Refreshments from Blue Monkey Tacos, the Red Shef, and the Beltway Bistro will be available for purchase on Saturday September 28 at 1 PM. Call 410.634.2847 to purchase tickets for the event.

**Paint Afternoon:** Come paint a fall scene on a wood slice on Sunday, September 29 at 2:00 PM at the Martinak State Park Nature Center. Instruction, materials, and refreshment are included. Cost is \$10. To register, call 410-924-1529.

## **Nature Walks and Hikes**

**Martinak Morning Walk:** Meet at the Martinak State Park Office at 10:30 AM on Tuesdays and Thursdays for a guided walk on a paved trail. Walks are approximately 1.5 miles in length or about 3,000 steps with plenty of benches available for resting and enjoying nature. Others may choose to walk longer through the camp loops and trails for 3 miles.

**Hike Tuckahoe:** Explore the beautiful trails at Tuckahoe State Park on Monday, September 23 at 10:30 AM. Meet at the Tuckahoe Lake Parking Area for a 3 mile hike. Bring water, hat and bug spray. To register Email: [karen.gianninoto@maryland.gov](mailto:karen.gianninoto@maryland.gov).

**First Saturday Guided Walk:** Discover native habitats as you walk at Adkins Arboretum on the first Saturday of every month at 10:00 AM. To register, call 410.634.2847

**Healing Walk:** A walk on Friday, August 2 at 10:00 AM at Adkins Arboretum is designed for those who are suffering from a loss, traumatic experience, or the demands of caretaking. Nature has the power to soothe and restore. Join a naturalist each month for a nature support group. We'll take a leisurely stroll along our paths while listening, sharing, or simply soaking in the silence.

**iNaturalist Walk:** Meet on Sunday, September 15 at 1 PM at Adkins Arboretum Visitor Center to walk and observe nature along the way. Walks will be led by Jim Brighton, along with occasional guest experts. To register, call 410.634.2847.

**BioBlitz with the Maryland Biodiversity Project:** On Saturday September 7 at 8 AM, join experts to find and identify as many living things as possible throughout Adkins Arboretum. To register, call 410.634.2847.

## **Cycling and Kayaking**

**Caroline Cycles:** This September Caroline Cycles travels to the C&O for two events. From September 1-4, riders will cycle the canal trail from Washington DC to Cumberland MD. Participants will arrange their own transportation and lodging. This trip is for experienced distance riders. Then later in the month there will be three shorter trail rides.

On Saturday, September 14 at 10:30 AM, riders will meet at the National Park Service (NPS) Visitor Center Parking Lot at 205 Potomac Street Williamsport, MD to ride from Williamsport, (milepost 99.4) to Big Slack Water, ( milepost 85.6). Big Slackwater is 2.7 miles long and is a concrete path on the edge of the river with the cliffs rising on the other side. It is very scenic. On Sunday, September 15 at 9:00AM, we will meet at the same location as the day before. We will ride from Williamsport, (milepost 99.4) to Fort Frederick State Park (Milepost 112.1). At Fort Frederick State Park cyclists will leave the trail and take a park road where they will be able to tour the Fort, stop into the gift shop for snacks, use the restrooms and/or eat lunch. Then we will return to Williamsport. On Monday, September 16, cyclists will meet at Lock 38 Shepherdstown, WV Parking Lot at 10:30 AM. The parking lot is by the Potomac River Bridge. Cyclists will ride to Harpers Ferry, WV on the C&O Canal. Cyclists will plan to have lunch and explore the Harpers Ferry National Historical Park before heading back. Helmet, bike light, water, lights, tubes, snacks and tools are required. Call 410-924-1529 to register.

**Evening Cycle:** Meet every week at 5:30 PM for a 10 mile bike ride at either Tuckahoe or Martinak State Park. This ride is open to those who ride 10 mph and designed for cyclists new to road riding. A leader stays in front to guide the group and one experienced rider stays behind the last rider. Meet up points are at major intersections and/or the halfway mark. This is a social group of riders, so come have some fun. Rides leave from Martinak State Park Office on September 5, and 19. Rides leave from the Tuckahoe State Park Lake on September 12 and 26. Helmet and water are required. Lights, tubes, and tools are recommended.

**Kayak Meetup:** Bring your kayak for an evening of relaxation. Meet at the Martinak State Park boat ramp on Monday, August 23 at 5:30 PM to paddle Tuckahoe Creek. Life jacket required. To register, email: [Karen.gianninoto@maryland.gov](mailto:Karen.gianninoto@maryland.gov).

## **Exercise**

**Morning Stretch:** Meet at Martinak State Park Amphitheatre on Tuesday and Thursday mornings for an all body stretch, and an energetic practice at 9:00 AM. No class on September 3. Both sessions are designed to improve your flexibility, core development, and balance through exercises and yoga. Please bring a yoga mat or towel. During inclement weather meet in the nature center.

*Check our website for more park activities by clicking on the calendar of events*

<https://go.activecalendar.com/doit-md/?&ql=y&search=y> For more information call 410-820-1668 or email [karen.gianninoto@maryland.gov](mailto:karen.gianninoto@maryland.gov).