

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

Healthy Parks, Healthy People July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Martinak Morning Walk MSP Office 10:30 AM Park Pals TSP 6PM Jr. Rangers TSP 7 PM Evening Cycle TSP 5:30 PM	3	4 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM	5 Healing Walk Adkins Arboretum 10 AM Roving Rangers TSP & MSP 6:00 PM	6 Nature Center Fun MSP 9 - 5 PM First Saturday Walk Adkins Arboretum 10 AM Aviary Tour TSP 3 PM
7 Nature Center Fun MSP 9 - 5 PM Aviary Tour TSP 3 PM	8	9 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM Park Pals TSP 6 PM Jr. Rangers TSP 7 PM		11 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM Evening Cycle MSP 5:30 PM	12 Roving Rangers TSP & MSP 6:00 PM	13 Nature Center Fun MSP 9 - 5 PM Art Reception Adkins Arboretum 2 PM Aviary Tour TSP 3 PM
14 Nature Center Fun MSP 9 - 5 PM Wineberry Foraging Walk Sassafras NRMA 10 AM Bluegrass Music MSP 1-4 PM Aviary Tour TSP 3 PM	15	16 Martinak Morning Walk MSP Office 10:30 AM Park Pals TSP 6PM Jr. Rangers TSP 7 PM		18 Martinak Morning Walk MSP Office 10:30 AM Evening Cycle TSP 5:30 PM Wye Island History Walk Wye Island NRMA 6 PM	19 Full Moon Paddle TSP 8 PM Roving Rangers TSP & MSP 6:00 PM	20 Nature Center Fun MSP 9 - 5 PM Diversity Around Us Adkins Arboretum 10 AM Aviary Tour TSP 3 PM
21 Nature Center Fun MSP 9 - 5 PM iNaturalist Walk Adkins Arboretum 1:00 PM Aviary Tour TSP 3 PM	22 Hike Tuckahoe TSP 10:30 AM Paint Wildflower Glasses MSP 5:30 PM (\$)  Park Pals MSP 6PM Jr. Rangers MSP 7 PM	23 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM Park Pals MSP 6PM Jr. Rangers MSP 7 PM	24 Park Pals MSP 6PM Jr. Rangers MSP 7 PM 	25 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM Park Pals MSP 6PM Jr. Rangers MSP 7 PM Evening Cycle MSP 5:30 PM	26 Roving Rangers TSP & MSP 6:00 PM  Scan and scroll to bottom of page for details	27 Nature Center Fun MSP 9 - 5 PM Caroline Cycles Greensboro Library 9 AM Aviary Tour TSP 3 PM Anna's Trail Walk TSP 4 PM
28 Nature Center Fun MSP 9 - 5 PM Aviary Tour TSP 3 PM	29 Kayak Meetup MSP 5:30 PM	30 Morning Stretch MSP 9 AM Martinak Morning Walk MSP Office 10:30 AM	31			

Special Events

Paint on Glass: On Monday, July 22, at 5:30 PM, learn the techniques of painting on glass at the Martinak State Park Nature Center. \$15 includes instruction, all materials and refreshments. To reserve your seat, call 410-924-1529.

Diversity Around Us: A lecture and walk will be held at Adkins Arboretum on Saturday, July 20 at 10:00 AM. Reptiles and amphibians on the Coastal Plain will be presented and followed by a walk learning about what kind of reptiles and amphibians can be found, how to look for them safely, and how to identify them in the field. To register, call 410-634-2847.

Jr. Rangers and Park Pals: Junior Rangers & Park Pals will explore the park's natural and historical areas, learn stewardship, and explore recreational opportunities. Each week consists of activities surrounding a specific topic, games, crafts, snacks and more. Participants will earn a Junior Rangers or Park Pals badge upon completion of the program. Three Junior Ranger & Park Pal programs this year at Tuckahoe State Park on Tuesday's from 6/18 - 7/16, Cypress Branch State Park on Thursday's from 6/20 - 7/18 and Martinak State Park on Monday-Friday from 7/22 - 7/26. Park Pals, ages 4-6 (\$20/child for all 6 sessions): 6 - 7 PM. Junior Rangers, ages 7-14 (\$30/child for all 6 sessions): 7 - 8:30 PM. To register, call 410-820-1668.

Art Reception: An art reception will be held for Judith Peck at Adkins Arboretum on Saturday, July 13 at 2:00 PM.

Bluegrass Music: Eastern Shore Bluegrass Association will meet on July 14th from 1:00-4:00 PM, for a bluegrass picking gathering at the Martinak Nature Center. Stop by to listen to some great music!

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, July 22 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.

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 use the following link: <https://adkins.donorshops.com/product/1stSAT-5-4-24/first-saturday-guided-walk-may-4>

Healing Walk: A walk on Friday, July 5, 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 naturalist Jenny Houghton 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. To participate, contact Jenny at jhoughton@adkinsarboretum.

iNaturalist Walk: Meet on Sunday, July 21, 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. Registration is appreciated at this link:

<https://adkins.donorshops.com/product/iNaturalistMay/inaturalist-walk-may-19>

Wineberry Foraging Walk: On Sunday, July 14 at 10 AM at Sassafras NRMA. Come take a short 1 mile walk to learn about wineberries and pick Maryland's tastiest invasive plant. Participants are encouraged to bring a container to fill with foraged berries to bring home. Meet at the main parking lot.

Wye Island History Walk: On Thursday, July 18, at 6 PM at Wye Island NRMA, join a park historian to take a 1 mile walk and learn about Wye Island's colorful history, from pre-colonial days to the present. Meet at the Ferry Point trailhead.

Anna's Trail walk: On Saturday, July 27, at 4 PM at Tuckahoe State Park Office. Take 1 mile walk with a park historian and learn about the namesake of Anna's Trail, an abolitionist and Caroline County native Anna Murray Douglass.

Cycling and Kayaking

Caroline Cycles: On Saturday, July 27 meet at the Greensboro Library at 9 AM to ride 20+ miles on country roads around northern Caroline County. Open to those who ride 12 to 16 mph. Helmet and water are required. Lights, tubes, and tools are recommended.

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. Helmet and water are required. Rides leave from Martinak State Park Office on July 11, and 25. Rides leave from the Tuckahoe State Park Lake on July 2, and 18. 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, July 29 at 5:30 PM to paddle Watts Creek. Life jacket required. To register, email: Karen.gianninoto@maryland.gov.

Full Moon Paddle: On Friday, July 19, at 8 PM at Tuckahoe State Park watch the moon rise from Tuckahoe Lake. Join rangers for this special after-hours opportunity. Reservations are required. Call 410-820-1668.

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 July 16 and 18. 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.

On Going Programs

Nature Center Fun: The Martinak Nature Center will be open Saturdays and Sundays from 9:00 to 5:00 PM each weekend. Check out critters and other activities available for family fun!

Aviary Tours: Saturday and Sunday at 3:00 PM at Tuckahoe State Park tour the Tuckahoe Aviary by the park office. Discover what kind of birds live there, why they are there, and how they are cared for in this environment.

Roving Rangers: Every Friday at 6:00 PM rangers at Tuckahoe and Martinak State Park will be walking in the camp loops with special creatures for you to meet.

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

<https://go.activecalendar.com/doi-md/?&q=y&search=y> For more information call 410-820-1668 or email karen.gianninoto@maryland.gov.