

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

October 4

Wednesday Walkers 2<sup>nd</sup> Anniversary

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Help us celebrate 2 years of walking at KVSP with this extra-special 2.5-mile walk to soak in the autumn scenery while socializing with friends. Complimentary tea, coffee, and light refreshments served afterwards.

October 7

Introduction to Shinrin-Yoku (Forest Bathing)

10 am to 11:30 am

Fee: \$10 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Experience the health benefits of “forest bathing” right here in the tranquil woods of KVSP. This gentle, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

October 7

Discovery Hike

1 pm to 2 pm

Fee: \$5 Adults and children 12 & up, \$3 ages 6-11, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: All ages welcome

Join us for a 2-mile naturalist-guided hike to explore the trails and observe the plants and animals of Kittatinny Valley State Park.

October 11

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the autumn scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

October 12

Afterschool Yoga Hike for Kids

4:30 pm to 5:30 pm

Fee: \$5 Adults, \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 6-11

Introduce your little one to yoga and hiking at the same time! We will practice breath awareness and investigate how our bodies move during postures, balancing, and coordinated group poses. The focus is fun!

October 13

Sunset Yoga Hike

5 pm to 6 pm

Fee: \$5 pre-registration; \$10 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with yoga at sunset. This hike will help develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy standing postures, and breathing techniques.

October 18

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the autumn scenery on this 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

October 19

L'il Tykes Autumn Hike

11 am to 12 noon

Fee: \$3 Adults, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 5 & under

Share some time with your little one in the Great Outdoors on this naturalist-guided, 1-mile hike. Babies must be carried in a front- or back-pack. No strollers or older siblings please!

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

October 20

Sunset Yoga Hike

5 pm to 6 pm

Fee: \$5 pre-registration; \$10 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with yoga at sunset. This hike will help develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy standing postures, and breathing techniques.

October 21

Introduction to Shinrin-Yoku (Forest Bathing)

11 am to 12:30 pm

Fee: \$10 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Experience the health benefits of “forest bathing” right here in the tranquil woods of KVSP. This gentle, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

October 21

Spirits of the Trail: Hike to Milk St. Distillery

4 pm to 7 pm

Fee: \$15 includes tour, tastings, collectible glass & pizza; pre-registration required

Augusta Hill Rd., Sussex Branch Trail

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults age 21 & over

Rain or shine. Join us for a scenic and leisurely 4-mile round-trip walk along the Sussex Branch Trail to (optional) refreshments and pizza at a popular new distillery in historic downtown Branchville.

October 25

Hike-to-Brunch & Books

10 am to 2 pm

Fee: \$5 Adults, children free (brunch additional); pre-registration required

Augusta Hill Rd./Sussex Branch Trail

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults and children ages 10 & up

Join us for a 4-mile round-trip hike along the historic Sussex Branch Trail. A one-hour brunch at the Branchville Grill & book stop at Broad Street Books will offer optional refreshment and inspiration at the turn-around point.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

October 26

L'il Tykes Autumn Hike

4 pm to 5 pm

Fee: \$3 Adults, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 5 & under

Share some time with your little one in the Great Outdoors on this naturalist-guided, 1-mile hike. Babies must be carried in a front- or back-pack. No strollers or older siblings please!

October 27

Hike-to-Lunch: Sheridan's Restaurant & Tavern

10:45 am to 2:30 pm

Fee: \$5 Adults; pre-registration required

Meet at the gated Lake Iliff trailhead on Mulford Rd. in Andover

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Join us for an enjoyable 4-mile hike along a variety of trails and backcountry roads. We will stop for optional refreshment midway through the trip to celebrate "American Beer Day." Car shuttle required.

October 28

Guided Autumn Paddle on Lake Aeroflex

11 am to noon

Fee: \$25 includes kayak & equipment rental, \$10 BYOB (bring your own boat); pre-registration required

Meet at the Lake Aeroflex boat launch

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For teens & adults with previous canoeing or kayaking experience

Bring your own canoe or kayak, PFD, & paddle (rentals available) for this scenic exploration of the deepest natural lake in New Jersey. Enjoy a leisurely tour while learning about lake ecology and park history from a new perspective.

November 1

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the autumn scenery on this 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

November 2

L'il Tykes Autumn Hike

11 am to 12 noon

Fee: \$3 Adults, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 5 & under

Share some time with your little one in the Great Outdoors on this naturalist-guided, 1-mile hike. Babies must be carried in a front- or back-pack. No strollers or older siblings please!

November 3

“Hike-to-Lunch” at Stonewood Tavern

11 am to 2:30 pm

Fee: \$5 Adults (lunch additional); pre-registration required

Sussex Branch Trail parking area, Waterloo Rd.

(973) 786-6445

Note: For adults

Try something new and join us for a 4.5-mile round-trip hike along the scenic Sussex Branch Trail. A one-hour lunch stop to celebrate “National Sandwich Day” will offer optional refreshment midway through the trip.

November 4

Guided Autumn Paddle on Lake Aeroflex

11 am to noon

Fee: \$25 includes kayak & equipment rental, \$10 BYOB (bring your own boat); pre-registration required

Meet at the Lake Aeroflex boat launch

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For teens & adults with previous canoeing or kayaking experience

Bring your own canoe or kayak, PFD, & paddle (rentals available) for this scenic exploration of the deepest natural lake in New Jersey. Enjoy a leisurely tour while learning about lake ecology and park history from a new perspective.

November 15

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the autumn scenery on this 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

November 16

Early Bird Breakfast Club

8:30 am to 10:30 am

Fee: None; breakfast additional (cash only); pre-registration required

Meet at the Warbasse Junction trailhead parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate the season with a 2.5-mile round-trip walk along the historic Sussex Branch Trail. A one-hour breakfast at the Millside Café in Lafayette will energize us for the return trip.

November 17

“Hike-to-Lunch” at the Andover Diner

11 am to 2 pm

Fee: \$5 Adults (lunch additional); pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Try something new and join us for a 4-mile hike along park trails, including the scenic Sussex Branch Trail. A one-hour lunch stop at the Andover Diner to celebrate “National Take a Hike Day” will offer optional refreshment midway through the trip.

November 18

Discovery Hike

11 am to noon

Fee: \$5 Adults, \$3 children ages 6-11, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: All ages welcome

Join us for a 2-mile naturalist-guided hike to explore the trails and observe the plants and animals of Kittatinny Valley State Park.

November 28

Hike-to-Brunch & Books

10 am to 2 pm

Fee: \$5 Adults, children free (brunch additional); pre-registration required

Augusta Hill Rd./Sussex Branch Trail

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults and children ages 10 & up

Join us for a 4-mile round-trip hike along the historic Sussex Branch Trail. A one-hour brunch to celebrate “French Toast Day” at the Branchville Grill & book stop at Broad Street Books will offer optional refreshment and inspiration at the turn-around point.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

November 29

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the autumn scenery on this 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

December 1

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

December 2

Owls: Hunters of the Night

4 pm to 5 pm

Fee: \$5 Adults & children ages 12 & up; \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For Adults and children ages 6 & up; ADA accessible

Everything you ever wanted to know about owls will be presented in this slide-show, followed by a short outdoor “owl-prowl.”

December 6

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the scenery on this 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

December 7

Early Bird Breakfast Club

8:30 am to 10:30 am

Fee: None; breakfast additional (cash only); pre-registration required

Meet at the Warbasse Junction trailhead parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate the season with a 2.5-mile round-trip walk along the historic Sussex Branch Trail. A one-hour breakfast at the Millside Café in Lafayette will warm us up for the return trip.

December 13

Hike-to-Brunch & Books

9:30 am to 1 pm

Fee: \$5 Adults, children free (brunch additional); pre-registration required

Augusta Hill Rd./Sussex Branch Trail

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults and children ages 10 & up

Join us for a 4-mile round-trip hike along the historic Sussex Branch Trail. A one-hour brunch at the Branchville Grill & book stop at Broad Street Books will offer optional refreshment and inspiration at the turn-around point.

December 15

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

December 16

Backyard Bird-feeding

11 am to noon

Fee: \$5 Adults and children 12 & Up; \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults and children ages 6 & up; ADA accessible

Learn to identify winter birds and how to attract them to your yard by making your own pinecone-and-peanut butter birdfeeder during this indoor program.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

December 19

Laurel, & Hardy Evergreens

10 am to noon

Fee: \$10 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Let's take a hike to discover the various evergreen plants in the park and learn how ferns, herbs, shrubs, and trees are able to survive the harsh winter wind, snow and ice. Includes an aromatherapy gift for the holidays.

December 20

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the tranquility of the season on this guided 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

December 21

Winter Solstice Hike to Lunch: Salt Gastropub

10 am to 1:30 pm

Fee: \$5 Adults; pre-registration required

Meet in the back parking lot of Salt Gastropub, Byram

(973) 786-6445

Note: For adults

Celebrate the holiday season by experiencing the sights and sounds of the serene winter woods on this 4-mile hike, then enjoy an optional lunch with your fellow hikers.

December 27

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the winter scenery on this guided 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

January 3

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the winter scenery on this guided 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

January 5

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

January 6

Winter Wonders

11 am to noon

Fee: \$5 Adults; children under age 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 4 & 5; ADA accessible

Stories, finger plays, and crafts will develop an awareness and appreciation for nature in children and their care-givers during this indoor program.

January 6

Owls: Hunters of the Night

4 pm to 5 pm

Fee: \$5 Adults & children ages 12 & up; \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For Adults and children ages 6 & up; ADA accessible

Everything you ever wanted to know about owls will be presented in this slide-show, followed by a short outdoor “owl-prowl.”

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

January 10

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the winter scenery on this guided 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

January 11

Early Bird Breakfast Club

8:30 am to 10:30 am

Fee: None; breakfast additional (cash only); pre-registration required

Meet at the Warbasse Junction trailhead parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate the winter season with a 2.5-mile round-trip walk along the historic Sussex Branch Trail. A one-hour breakfast at the Millside Café in Lafayette will warm us up for the return trip.

January 12

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

January 13

Backyard Bird-feeding

11 am to noon

Fee: \$5 Adults and children 12 & Up; \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults and children ages 6 & up; ADA accessible

Learn to identify winter birds and how to attract them to your yard by making your own pinecone-and-peanut butter birdfeeder during this indoor program.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

January 17

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the winter scenery on this guided 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

January 19

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

January 20

Wildflowers in Winter

10 am to 11:30 am

Fee: \$10 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults; ADA accessible

Add intrigue to your next winter walk by learning to identify the beautiful dried remains of wildflowers with your own take-home field guide! Indoor program.

January 24

Wildflowers in Winter

1 pm to 2:30 pm

Fee: \$10; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults; ADA accessible

Add intrigue to your next winter walk by learning to identify the beautiful dried remains of wildflowers with your own take-home field guide! Indoor program.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

January 26

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

January 27

16<sup>th</sup> Annual Hot Chocolate Hike/Snowshoe

10 am to noon

Fee: \$5 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Tired of being cooped up inside? Join us for a brisk hike (or snowshoe) in the wild winter woods of KVSP! Afterwards, warm up with a cup of hot chocolate and cookies in our visitor center.

January 31

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Come to KVSP to stretch your legs, breathe some fresh air, and soak in the winter scenery on this guided 2.5-mile walk. Complimentary coffee, tea, and light refreshments served afterwards.

February 3

Winter Wonders

11 am to noon

Fee: \$5 Adults; children under age 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 4 & 5; ADA accessible

Stories, finger plays, and crafts will develop an awareness and appreciation for nature in children and their care-givers during this indoor program.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

February 2

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

February 3

Owls: Hunters of the Night

4:30 pm to 5:30 pm

Fee: \$5 Adults and children 12 & Up; \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults and children ages 6 & up; ADA accessible

Everything you ever wanted to know about owls will be presented in this slide-show, followed by a short outdoor “owl-prowl.”

February 7

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Start your day off right with a brisk walk to stretch your legs, breathe some fresh air, and soak in the tranquility of the season in companionship with fellow walkers.

Complimentary coffee, tea, and light refreshments served afterwards.

February 8

Early Bird Breakfast Club

8:30 am to 10:30 am

Fee: None; breakfast additional (cash only); pre-registration required

Meet at the Warbasse Junction trailhead parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate the winter season with a 2.5-mile round-trip walk along the historic Sussex Branch Trail. A one-hour breakfast at the Millside Café in Lafayette will warm us up for the return trip.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

February 9

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

February 10

Backyard Bird-feeding

11 am to noon

Fee: \$5 Adults and children 12 & Up; \$3 children ages 6-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults and children ages 6 & up; ADA accessible

Learn to identify winter birds and how to attract them to your yard by making your own pinecone-and-peanut butter birdfeeder during this indoor program.

February 14

Heartwarming Hike/Snowshoe

10 am to noon

Fee: None (see description for donations); pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Experience the beauty of KVSP in winter with fellow nature lovers on this 3-mile hike, then warm up with hot chocolate and potluck in our cozy visitor center! Please bring a treat to share and Valentine card (bought, made, or recycled), and include a poem, song lyrics, or a favorite quote - we'll put them in a bag and pick randomly; and/or please also show our Little Free Library some love by bringing a book to celebrate International Book Giving Day!

February 21

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Start your day off right with a brisk walk to stretch your legs, breathe some fresh air, and soak in the tranquility of the season in companionship with fellow walkers.

Complimentary coffee, tea, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

February 23

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

February 24

Winter Tree ID: Buds, Bark & Branches

11 am to 12 pm

Fee: \$10 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults; ADA Accessible

Add intrigue to your next winter walk by learning to identify trees by their buds, bark, and branching with your own take-home field guide! Indoor program.

February 28

Winter Tree ID: Buds, Bark & Branches

1 pm to 2 pm

Fee: \$10 Adults; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults; ADA Accessible

Add intrigue to your next winter walk by learning to identify trees by their buds, bark, and branching with your own take-home field guide! Indoor program.

March 1

Hike-to-Brunch & Books

9 am to 1 pm

Fee: \$5 Adults, children free (brunch additional); pre-registration required

Augusta Hill Rd./Sussex Branch Trail

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults and children ages 10 & up

Join us for a 4-mile round-trip hike along the historic Sussex Branch Trail. A one-hour brunch at the Branchville Grill & book stop at Broad Street Books to celebrate “World Book Day” will offer optional refreshment and inspiration at the turn-around point.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

March 2

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

March 7

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Start your day off right with a brisk walk to stretch your legs, breathe some fresh air, and soak in the tranquility of the season in companionship with fellow walkers.

Complimentary coffee, tea, and light refreshments served afterwards.

March 14

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Start your day off right with a brisk walk to stretch your legs, breathe some fresh air, and soak in the tranquility of the season in companionship with fellow walkers.

Complimentary coffee, tea, and light refreshments served afterwards.

March 15

Early Bird Breakfast Club

8:30 am to 10:30 am

Fee: None; breakfast additional (cash only); pre-registration required

Meet at the Warbasse Junction trailhead parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Have an appetite for the outdoors? Let's get ready for spring with a 2.5-mile round-trip walk along the historic Sussex Branch Trail. A one-hour breakfast at the Millside Café in Lafayette will energize us for the return trip.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

March 16

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

March 17

“Cabin Fever” Discovery Hike

10 am to 11:30 am

Fee: \$5 Adults and children 12 & up, \$3 ages 6-11, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For all ages

Join us for a 2-mile naturalist-guided hike to explore the trails and observe the plants and animals of Kittatinny Valley State Park.

March 20

Spring Equinox Hike to Lunch: Double S Smokehouse

11 am to 2:30 pm

Fee: \$5 Adults; pre-registration required

Meet in the back parking lot off Morris Farm Rd., Lafayette

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Emerge from winter hibernation and join our park naturalist on a 6-mile round-trip hike along the historic Sussex Branch Trail to rediscover the beauty of spring.

March 21

Wednesday Walkers

9 am to 10 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

NOTE: For adults

Start your day off right with a brisk walk to stretch your legs, breathe some fresh air, and soak in the tranquility of the season in companionship with fellow walkers.

Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park**  
**Fall 2017 – Winter 2018 Nature Programs**

March 22

L'il Tykes Spring Hike

11 am to noon

Fee: \$3 Adults, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 5 & under

Share some time with your little one in the Great Outdoors on this naturalist-guided, 1-mile hike. Babies must be carried in a front- or back-pack. No strollers or older siblings please!

March 23

Beginner Yoga

5 pm to 6 pm

Fee: \$10 pre-registration; \$15 day-of/walk-in

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wind down your busy week with Hatha yoga. This class will help you develop strength and flexibility while relaxing your body and quieting your mind with guided meditation, gentle stretching, easy postures, and breathing techniques. Yoga mats & props provided.

March 24

The Nature of Vernal Pools

11 am to noon

Fee: \$5 Adults and children 12 & Up; \$3 children ages 9-11; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults and children ages 9 & up; ADA accessible

Learn all about New Jersey's awesome amphibians, then explore a vernal pool to meet its inhabitants and discover how you can help protect this unique and vital resource.

March 29

L'il Tykes Spring Hike

4 pm to 5 pm

Fee: \$3 Adults, children under 6 free; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults with children ages 5 & under

Share some time with your little one in the Great Outdoors on this naturalist-guided, 1-mile hike. Babies must be carried in a front- or back-pack. No strollers or older siblings please!