

**Kittatinny Valley State Park  
Spring-Summer 2018**

April 4

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

Celebrate “National Walking Day” by stretching your legs, socializing, and soaking in the beauty of the park in companionship with fellow walkers. Complimentary tea, coffee, and light refreshments served afterwards.

April 6

Beginner Yoga

5 pm to 6 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

April 7

Hike to Happy Hour: Angry Erik Brewing

4:30 pm to 7 pm

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For ages 21 & over

Celebrate “National Beer Day” with a leisurely 3-mile round-trip hike to enjoy happy hour snacks and beverages (optional) at our midway pit-stop.

April 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

Celebrate spring by stretching your legs, socializing, and soaking in the beauty of the park on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

April 13

Friday the 13<sup>th</sup>: Hiking, History & Horrors

10 am to 2 pm

Fee: \$10 (lunch additional); pre-registration required

Meet at the East Crisman Rd./Paulinskill Valley Trail parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Scare up some fun as we follow the trail of “Jason Voorhees” into Blirstown for this classic horror film celebration. The 3-mile round-trip walk includes a visit to the museum and famous Blirstown Diner, an historic tour of the town, and time for lunch.

April 14

Shinrin-Yoku (Forest Bathing) Walk

9 am to 11 am

Fee: \$10; 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 slow-paced, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

April 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, socialize, and soak in the spring scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

April 19

Early Bird Breakfast Club

8:30 am to 11 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? Celebrate spring with a 2.5-mile round-trip walk along the historic Sussex Branch Trail and breakfast at the Millside Café in Lafayette.

**Kittatinny Valley State Park  
Spring-Summer 2018**

April 20

Beginner Yoga

5 pm to 6 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

April 21

Good Deeds on Goodale

10 am to 2 pm

Fee: None (light lunch provided); pre-registration required

Meet in the outer parking lot at the KVSP entrance along Goodale Rd.

(973) 786-6445

Sponsor: Kittatinny Valley State Park & Sustainable Andover

Note: For adults and children ages 10 & up

Beautify the planet by picking up litter along Goodale Road and be rewarded for your good deeds with a light lunch in Andover. Bags & gloves provided.

April 25

Wednesday Walkers

10 am to 11 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, socialize, and soak in the spring scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

April 27

Trail Mix @ Six

6 pm to 7 pm

Fee: None; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

End the work week on a high note with an invigorating 3-mile hike to soak in the beauty of the park and socialize with friends.

**Kittatinny Valley State Park  
Spring-Summer 2018**

May 2

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, socialize, and soak in the spring scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

May 4

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

May 5

Walk-About Newton

10 am to 1:30 pm

Fee: \$10 (lunch additional); pre-registration required

Meet in the Dennis Library parking lot

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Embark on a guided 2-mile walk about Newton to appreciate the town's rich cultural heritage and historic architecture, followed by lunch at a local café.

May 9

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 by stretching your legs, socializing, and soaking in the spring scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

May 11

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

May 12

Shinrin-Yoku (Forest Bathing) Walk

9 am to 11 am

Fee: \$10; 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 slow-paced, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

May 12

Wildflower Walk

1 pm to 2 pm

Fee: \$10; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Add color and intrigue to your next walk in the park by learning to identify our beautiful native wildflowers with your own take-home field guide!

May 16

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 by stretching your legs, socializing, and soaking in the spring scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

May 17

Early Bird Breakfast Club

8:30 am to 11 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 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 fuel us for the return trip.

May 18

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

May 19

Hike to Happy Hour at Milk St. Distillery

4 pm to 7 pm

Fee: \$5 (beverages & tour additional); pre-registration required

Meet at the Sussex Branch Trail crossing on Augusta Hill Rd.

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For ages 21 & over

Rain or shine. Join us for a scenic and leisurely 4-mile round-trip walk along the Sussex Branch Trail to enjoy happy hour snacks and beverages (optional) in historic downtown Branchville.

May 23

Wednesday Walkers

10 am to 11 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the spring scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

May 25

Trail Mix @ Six

6 pm to 7 pm

Fee: None; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

End the work week on a high note with an invigorating 3-mile hike to soak in the beauty of the park and socialize with friends.

May 26

Discovery Hike

11 am to noon

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.

May 29

Flower Moon Night Hike

8 pm to 9:30 pm

Fee: \$5; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

Let's celebrate the full moon of May with a unique after-dark 2.5-mile hike in the park, followed by moon pies in the visitor center. Headlamps and/or flashlights are required!

May 30

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 by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

June 1

Beginner Yoga

4 pm to 5 pm

Fee: \$10 pre-registration; \$15 day-of  
Kittatinny Valley State Park Visitor Center  
(973) 786-6445

Note: For teens & 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.

June 2

Walk-About Andover

11 am to 1:30 pm

Fee: \$10 (lunch additional); pre-registration required

Meet in the Andover Diner parking lot  
(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate National Trails Day by joining us for an intriguing look back at the Borough of Andover as we walk about town. Two-mile round-trip hike along the Sussex Branch Trail with lunch stop at the Andover Diner.

June 2

Hike to Happy Hour: Angry Erik Brewing

5 pm to 7:30 pm

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

Warbasse Junction Rd. parking area  
(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For ages 21 & over

Celebrate “National Trails Day” with a leisurely 3-mile round-trip hike to enjoy happy hour snacks and beverages (optional) at our midway pit-stop.

June 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

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.



**Kittatinny Valley State Park  
Spring-Summer 2018**

June 8

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

June 9

Shinrin-Yoku (Forest Bathing) Walk

9 am to 11 am

Fee: \$10; 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 slow-paced, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

June 13

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 by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

June 15

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

**Kittatinny Valley State Park  
Spring-Summer 2018**

June 16

Wildflower Walk

10 am to 11 am

Fee: \$10; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Add color and intrigue to your next walk in the park by learning to identify our beautiful native wildflowers with your own take-home field guide!

June 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

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

June 21

Early Bird Breakfast Walk

8:30 am to 11 am

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Have an appetite for the outdoors? Join us for 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.

June 22

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

**Kittatinny Valley State Park  
Spring-Summer 2018**

June 23

Bike-to-BBQ: Double S Smokehouse

10 am to 2 pm

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: All ages welcome; bring your own bike; children under 17 must wear a bike helmet  
Have an appetite for the outdoors? Shake, rattle, and roll along Sussex County's only 14-mile rail-trail loop, learning about railroad history along the way. A one-hour lunch stop will offer well-deserved refreshment near the end of the trip.

June 27

Wednesday Walkers

10 am to 11 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Celebrate summer by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

June 28

Strawberry Moon Night Hike

8 pm to 9:30 pm

Fee: \$5; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

Let's celebrate the full moon of June with a unique after-dark 2.5-mile hike in the park, followed by strawberries & moon pies in the visitor center. Headlamps and/or flashlights are required!

June 29

Trail Mix @ Six

6 pm to 7 pm

Fee: None; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

End the work week on a high note with an invigorating 3-mile hike to soak in the beauty of the park and socialize with friends.

**Kittatinny Valley State Park  
Spring-Summer 2018**

June 30

Discovery Hike

11 am to noon

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.

July 4

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Wear your red, white, and blue for this special 2.5-mile walk in the park to celebrate Independence Day. Complimentary tea, coffee, and light refreshments served afterwards.

July 7

Walk-About Branchville

11 am to 1:30 pm

Fee: \$10 (lunch additional); pre-registration required

Meet at the Branchville Borough Historical Museum, 34 Wantage Ave.

(973) 786-6445

Note: For adults

Join us for a one-of-a-kind journey through Branchville's storied past on this 2-mile walk about town, followed by lunch at the Branchville Grill.

July 11

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

July 13

Friday the 13<sup>th</sup>: Hiking, History & Horrors

10 am to 2 pm

Fee: \$10 (lunch additional); pre-registration required

Meet at East Crisman Rd./Paulinskill Valley Trail parking area

(973) 786-6445

Note: For adults

Scare up some fun as we follow the trail of “Jason Voorhees” into Blirstown for this classic horror film celebration. The 3-mile round-trip walk includes a visit to the museum and famous Blirstown Diner, an historic tour of the town, and time for lunch.

July 14

Shinrin-Yoku (Forest Bathing) Walk

9 am to 11 am

Fee: \$10; 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 slow-paced, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

July 18

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

July 19

Early Bird Breakfast Walk

8:30 am to 11 am

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate summer 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  
Spring-Summer 2018**

July 21

Bikes-n-Brews @ Angry Erik Brewing

4 pm to 8 pm

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For ages 21 & over

“Do the Loop!” Join us for a 15-mile round-trip bike-ride along the scenic Sussex Branch Trail, Great Valley Rail-Trail, and Paulinskill Valley Trail to enjoy happy hour snacks and beverages (optional) at our final destination.

July 25

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

July 27

Full Moon Night Hike

8 pm to 9:30 pm

Fee: \$5; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

Let's celebrate the full moon of July with a unique after-dark 2.5-mile hike in the park, followed by moon pies in the visitor center. Headlamps and/or flashlights are required!

July 28

Discovery Hike

11 am to noon

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.

**Kittatinny Valley State Park  
Spring-Summer 2018**

August 1

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

August 3

Hike to Happy Hour: Angry Erik Brewing

5:30 pm to 8 pm

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For ages 21 & over

Celebrate “International Beer Day” with a leisurely 3-mile round-trip hike to enjoy happy hour snacks and beverages (optional) at our midway pit-stop.

August 4

Walk-About Newton

10 am to 1:30 pm

Fee: \$10 (lunch additional); pre-registration required

Meet in the Dennis Library parking lot

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Embark on a guided 2-mile walk about Newton to appreciate the town’s rich cultural heritage and historic architecture, followed by lunch at a local café.

August 8

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

August 9

Hike-to-Brunch & Books

9 am to 12:30 pm

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

Meet at the Sussex Branch Trail crossing on Augusta Hill Rd.

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults and children ages 10 & up

Celebrate “Booklovers Day” by joining us for a 3.5-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 at the turn-around point.

August 11

Shinrin-Yoku (Forest Bathing) Walk

9 am to 11 am

Fee: \$10; 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 slow-paced, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

August 15

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

August 16

Early Bird Breakfast Walk

8:30 am to 11 am

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Have an appetite for the outdoors? Join us for a 2.5-mile round-trip hike along the historic Sussex Branch Trail and a one-hour breakfast at the Millside Café in Lafayette.



**Kittatinny Valley State Park  
Spring-Summer 2018**

August 18

Saturday Sundae Hike

2:30 pm to 4 pm

Fee: None; pre-registration required

Meet at the Warbasse Jct. Rd. trailhead parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: All ages welcome

Have an appetite for the outdoors? Join us for a 2.5-mile hike along the scenic Sussex Branch Trail. An (optional) ice cream sundae at the Millside Café will offer well-deserved refreshment at our journey's mid-point.

August 22

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

August 25

Discovery Hike

11 am to noon

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

2-mile guided hike to explore the trails and observe the plants and animals of KVSP.

August 29

Wednesday Walkers

8:30 am to 9:30 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

August 31

Trail Mix @ Six

6 pm to 7 pm

Fee: None; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

End the work week on a high note with an invigorating 3-mile hike to soak in the beauty of the park and socialize with friends.

September 5

Wednesday Walkers

10 am to 11 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Start your day off right by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

September 7

Hike-to-Brunch & Books

9 am to 12:30 pm

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

Augusta Hill Rd./Sussex Branch Trail

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Celebrate “Buy a Book Day” and join us for a 3.5-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.

September 7

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

**Kittatinny Valley State Park  
Spring-Summer 2018**

September 8

Shinrin-Yoku (Forest Bathing) Walk

4 pm to 6 pm

Fee: \$10; 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 slow-paced, 1-mile guided walk will cultivate sensory awareness, reduce stress, and facilitate a deeper connection with nature.

September 12

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 by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

September 14

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

September 19

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 by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

**Kittatinny Valley State Park  
Spring-Summer 2018**

September 20

Early Bird Breakfast Walk

8:30 am to 11 am

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For adults

Have an appetite for the outdoors? Join us for a 2.5-mile round-trip hike along the historic Sussex Branch Trail and a one-hour breakfast at the Millside Café in Lafayette.

September 21

Beginner Yoga

4 pm to 5 pm

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & 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.

September 22

Walk-About Blirstown

10 am to 2 pm

Fee: \$10 (lunch additional); pre-registration required

Meet at the Cedar Lake Farm parking area along Cedar Lake Rd., Blirstown

(973) 786-6445

Note: For teens & adults

Guided walk to appreciate the rich history of Blirstown, followed by lunch in town.

September 24

Harvest Moon Night Hike

7 pm to 8:30 pm

Fee: \$5; pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For teens & adults

Let's celebrate the full moon of September with a unique 2.5-mile hike in the park after dark, followed by moon pies in the visitor center. Headlamps/flashlights are required!

**Kittatinny Valley State Park  
Spring-Summer 2018**

September 26

Wednesday Walkers

10 am to 11 am

Fee: None; no pre-registration required

Kittatinny Valley State Park Visitor Center

(973) 786-6445

Note: For adults

Celebrate the season by stretching your legs, socializing, and soaking in the scenery on this 2.5-mile walk. Complimentary tea, coffee, and light refreshments served afterwards.

September 28

Hike to Happy Hour: Angry Erik Brewing

4 pm to 6:30 pm

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

Warbasse Junction Rd. parking area

(973) 786-6445

Sponsor: Kittatinny Valley State Park

Note: For ages 21 & over

Celebrate “National Drink Beer Day” with a leisurely 3-mile round-trip hike to enjoy happy hour snacks and beverages (optional) at our midway pit-stop.

September 29

Discovery Hike

11 am to noon

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

Kittatinny Valley State Park Visitor Center

(973) 786-6445

2-mile guided hike to explore the trails and observe the plants and animals of KVSP.