



2021 July Programs AT HIGH POINT STATE PARK

Blooming Bog Walk

Thursday, July 8 – 10:00 AM to 12:00 PM

Explore High Point's unique cedar bog on an easy two-mile hike with the park naturalist. The great rhododendrons are blooming, and the calla lilies and iris may still be flowering too. You may want to wear insect repellent and bring drinking water. **Meet at the Cedar Swamp trailhead located at the dead end in the Cedar Swamp picnic area.** *The New Jersey State Park weekday parking fees will be in effect for this program: \$5/car for NJ residents. \$10/car for out-of-state visitors. There are no parking fees if you already have a valid New Jersey State Park Pass or a current Camping Permit.*

Sawmill Lake Nature Walks

10:30 AM to 12:30 PM

Saturdays, July 10, July 17, and July 31

Join the Park Naturalist on fun and informal 1.5 mile walks around Sawmill Lake to learn about the plants and animals that call the lake home. **Meet at the Sawmill Boat Launch.** *Suitable for adults and kids ages five and up. Younger children are welcome if they're good walkers or can be carried.*

Dusk to Dark Bog Walk

Saturday, July 10 – 7:30 to 9:30 PM

Come take an easy 2-mile naturalist-guided walk and see the Dryden Kuser Natural Area in a different light. We'll start out before sunset and will return in the dark. Along the way we'll keep our ears and eyes open for nocturnal activity and will enjoy the blooming rhododendrons. We will not be using flashlights - you may be surprised by how much you're able to see when your eyes adjust gradually. You may want to wear insect repellent - the mosquitoes tend to be more aggressive at dusk. *Suitable for adults and children ages eight and up.* **Meet at the Cedar Swamp trailhead (the yellow gate at the end of the road in the Cedar Swamp picnic area).**

Road Rambles

Alternate Thursdays – 10:00 AM to 12:00 PM

While there are miles of trails in High Point worth exploring, you don't necessarily have to travel far into the woods to make interesting discoveries. Meeting places will vary. *Suitable for adults and kids ages ten and up.*

Thursday, July 15: Ridge Road

Join the Park Naturalist for a walk down a portion of Park Ridge Road. We'll cover two to three miles out and back, and will mostly be walking on the road, though we will occasionally venture short distances off the roads to explore items of interest, like stopping by a vernal pond to see if we can find any hatchling frogs or salamanders. **Meet at the Park Office on Route 23. From there, we'll drive as a group to the starting point for the walk.**

Thursday, July 29: Sawmill Road

Join the Park Naturalist for a walk down a portion of Sawmill Road to see summer wildflowers and search for caterpillars on the roadside milkweed. We'll cover two to three miles out and back, and will mostly be walking on the road, though we will occasionally venture short distances off the roads to explore items of interest. **Meet by Red Barn Pond at the intersection of Sawmill Road and the Deckertown Tpk./ CR 650. From there, we'll drive as a group to the starting point for the walk.**



Pop-Up Naturalist Activities

Fridays from 10:30 AM to 12:30 PM

Stop by the pop-up nature tent any time between 10:30 AM to 12:30 PM Friday mornings in July to pick up a scavenger hunt and ideas for nature exploration in the park, ask questions, and see what the naturalist has found for show and tell. There will also be other activities available which may include things like coloring or making a simple craft, trying out binoculars, or catching an insect in a net. *Suitable for any age.*

July 9: Find us at the start of the **Old Trail**

located across from the main beach parking lot in the overflow area.

July 16: We'll be near the **Cedar Swamp Trailhead** located at the end of the road through the Cedar Swamp Picnic Area.

July 23: Look for the tent in quiet spot by **Beach.**

July 30: Come explore the north end of **Lake Marcia** (opposite the beach). Parking is available at the end of the lake and in the Cedar Swamp Picnic Area across the road.

Bring a lunch and spend the day – have a picnic, play at the playgrounds, swim at the beach, or go for a walk!

If the weather is inclement, stop by the Interpretive Center instead!

The New Jersey State Park weekday parking fees will be in effect for this program: \$5/car for NJ residents. \$10/car for out-of-state visitors. There are no fees if you already have a valid New Jersey State Park Pass or a current Camping Permit.

Monday Movers: Lake Marcia Trail

Monday, July 19 – 10:00 AM to 12:00 PM

Join April Oleksy from the Friends of High Point State Park, for a pleasant stroll around Lake Marcia. This is an easy to moderate 1-mile loop trail with a small section of a low rock scramble. The trail is surrounded by beautiful views of the lake and beach area as well as the Monument. **For more information go to the events page at www.friendsofhighpointstatepark.org, and please call April at 862-326-1367 to register.**

Sunset Walk to the Monument

Friday, July 23 – 7:30 to 9:00 PM

Join us for a short, but steep, guided walk up to the Monument to watch the sunset, and (hopefully) the rising full moon. We'll cover about a mile round-trip, but in some areas the trail surface will be very rocky and the climb is strenuous. If the uphill climb isn't your thing, you can drive up to the Monument parking lot and meet us at the base of the Monument at about 8:00 PM and chat with the park interpreter about the nature and history of the park while watching the sun set. **Meet at the north end of Lake Marcia (opposite the beach) near the entrance to the Cedar Swamp picnic area.** *Suitable for adults and children ages eight and up.*

Pond Netting

Saturday, July 24 – 6:30 to 8:00 PM

Come borrow a net and discover the creatures that live in Sawmill Lake. You may want to wear boots or shoes that can get wet, and insect repellent. **Meet by the Sawmill Lake boat launch.** Stop by any time between 6:30 and 7:45 PM and stay as long as you're interested! *Suitable for all ages.*