

LC: Luepke Center MCC: Marshall Center FCC: Firstenburg Center

## NATUREPLAY



Explore the outdoors!

### FAMILY TRIPS

Transportation is provided for Family Trips and will depart promptly at time indicated from MCC. Under 18 requires adult supervision. Please note that Outdoor Adventure Trips have different requirements. See that section for details.

#### NEW! Nature Discovery Trips!

Ages 7+. Are you interested in getting more into nature and the outdoors but not sure where to start? Well look no further! Sign up for one of our Nature Discovery Trips! Enjoy the convenience of having transportation provided along with a knowledgeable nature guide to help make your nature experience more enjoyable. If you belonged to a Nature Explorer Club or want to form one, signing up for one of these trips would be a great group outing.

#### Moulton Falls Park

Enjoy a guided tour of the park looking at the flora and fauna. Please dress appropriately for winter weather and bring water and a sack lunch. Depart promptly from Marshall Center lobby at 10am. \$5, 7-12 years and \$11, over 12 years

**88496** Sa 2/25 10-1pm

#### Spring Wildflowers and Bird Identifications

Let our nature guide take you to some local wilderness areas to appreciate the beauty of spring through the wildflowers and birds! Please dress appropriately for wet weather and bring water and a sack lunch. Depart promptly from Marshall Center lobby at 9am. \$5 7-12 yrs; \$11 over 12.

**88497** Sa 4/28 9am-noon

### OUTDOOR ADVENTURE TRIPS

Cancellations must be made at least 10 working days (M-F) prior to the below outdoor adventure trips which are operated by NW Discoveries. Trips are rain or shine. Fee includes equipment (except x-c skis) and instructor/guide. Directions can be found on [nwdiscoveries.com](http://nwdiscoveries.com), and equipment list will be printed on your Parks and Recreation receipt.

Ages: 11-18 must be accompanied by paid adults. No children under 11.

Beginning: No prior skill required, should be in reasonably good shape.

Intermediate: Should have prior experience in similar activity and be in reasonably good shape.

#### Kayak Short Lesson-Tour

Beginners/Interm. Explore our local waterways at a leisurely pace in touring kayaks. These stable and responsive kayaks allow you to quickly become a proficient paddler. A brief intro/lesson is provided, so even the first timer will be ready for the tour.

**87121** Sa 5/5 2-5pm \$42

Meet at Willamette Park, Portland

#### Kayak Beginning Lesson

The first half includes discussion on equipment, steering strokes, paddling in a straight line, bracing and rescues. The second half will be a tour on a local waterway where you will use your skills. This is a great introduction to kayak touring and sea kayaking.

**87118** Sa 5/5 5:30-8:30pm \$42

Meet at Willamette Park, Portland

#### Snowshoe Lesson/Tour

Beginners/Interm. Join us in this fast growing sport of hiking on top of the snow. Guides will be with you at all times to ensure your safety and satisfaction. Trips will be between 2-6 miles and less than 750 foot elevation gain/loss. Cost includes transportation, snowshoes and guide. Bring waterproof hiking boots and proper equipment which will be printed on your receipt. \$69

#### Mt. Hood with transportation.

Meet at Gateway Max Station

**85624** M 1/23 8:35am-5:05pm

**85625** Su 2/5 8:25am-5:05pm

#### Mt. St. Helens with transportation.

Meet at 134th St Park and Ride

**85631** Su 1/15 8:45am-5:30pm

#### Cross Country Ski Lesson/Tour

Beginners/Interm. Introduction to the basics of cross country skiing. Guides will be with you at all times to ensure your safety and satisfaction. Trips will be between 2-6 miles and less than 500 foot elevation gain/loss. A stop will be made en route to rent ski equipment, cost not included, usually around \$12.

#### Mt. Hood with transportation.

Meet at Gateway Max Station \$62

**85633** M 1/16 8:35am-5pm

**85634** Sa 1/28 8:25am-5:20pm

**85635** Sa 2/4 8:25am-5:20pm

