

Healthy Parks, Healthy People Events

April 2017

- HPHP programs are free
unless specifically stated



Saturday April 1st

10:00 AM – Guided Bird Hike – Deep Creek Lake

Join us on this two hour stroll around Deep Creek. We will be learning to identify birds and twigs we see along the trail. Please meet at the Discovery Center.

2:00 PM – Backpacking 101 – Deep Creek Lake

Find out how to prepare for a backpacking adventure! This lesson will include guidance on what to bring, as well as recommendations for hiking in the local area. Stick around after for a short hike! Please meet at the Discovery Center.

Tuesday April 4th

6:30 PM – Yoga – Rocky Gap State Park

Join instructor Leslee Wigfield in the Day Use concession building for a peaceful evening practice. All levels welcome. Dress in layers as the building tends to be drafty! Extra mats are available to borrow.

Saturday April 8th

9:30 AM – HIIT Training – Rocky Gap State Park

High Intensity Interval Training or “HIIT” is designed to give you an amazing calorie burn, blast body fat, boost metabolism, sculpt lean muscle mass, strengthen your core AND increase cardiovascular endurance. All fitness levels welcome - bring a buddy! This 45 minute course is instructed by Jen Thomas, WMHS Health Educator, Health Coach & ACE Personal Trainer. Meet in the Day Use concessions building at Rocky Gap.

Tuesday April 11th

5:00 PM – Beginner Trail Running 2.0 – New Germany State Park

Join instructor Tony for this beginners guide to trail running. We will talk about running and how to get started for beginners. We will go over shoes to wear, technique and how to create a running plan. Visitors will then take a short run with Tony through the beautiful Turnpike Trail. Meet at the Lakehouse at New Germany.

Saturday April 15th

12:00 PM – Lakeside Loop Hike – Rocky Gap State Park

Join Naturalist Katelynn in a five mile hike around Lake Habeeb. There’s no better way to get up and moving this spring. This is a great hike for all levels! Meet at the Touch of Nature Trail parking lot

Tuesday April 18th

6:30 PM – Yoga – Rocky Gap State Park

Join instructor Leslee Wigfield in the Day Use concession building for a peaceful evening practice. All levels welcome. Dress in layers as the building tends to be drafty! Extra mats are available to borrow.

Saturday April 22nd

10:00 AM – Earth Day Lakeside Loop Hike – Rocky Gap State Park

What better way to spend Earth Day? Join Michael in a five mile hike around Lake Habeeb. There's no better way to get up and moving this spring! We will be moving at a steady pace. This is a great hike for all levels! Meet at the Touch of Nature Trail parking lot.

11:00 AM – Earth Day Brant Mine Trail Hike – Deep Creek Lake State Park

Spend your Earth Day outside! Meet Shelby for a three mile hike on Brant Mine Trail. Please meet at the Discovery Center.

Tuesday April 25th

5:30 PM – HIIT Training – Rocky Gap State Park

High Intensity Interval Training or "HIIT" is designed to give you an amazing calorie burn, blast body fat, boost metabolism, sculpt lean muscle mass, strengthen your core AND increase cardiovascular endurance. All fitness levels welcome - bring a buddy! This 45 minute course is instructed by Jen Thomas, WMHS Health Educator, Health Coach & ACE Personal Trainer. Meet in the Day Use concessions building at Rocky Gap.

Sunday April 30th

11:00 AM – Dog Hike – Deep Creek Lake State Park

Join Shelby in this stroll through the beautifully scenic Deep Creek Lake State Park. This dog friendly hike is two miles and will last an hour. Please meet us at the Discovery Center.

Contact: kathryn.barger@maryland.gov with any other questions or to be added to the healthy parks, healthy people email list.

