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Hit the trails at Stamford Museum & Nature Center during Family Take a Hike Week this Spring Break

**April 17th through 19th at
Stamford Museum & Nature Center**

(Stamford, Connecticut—March 2007) ... Looking to get outdoors with your family during Spring Break? Take a hike at Stamford Museum & Nature Center!

The whole family can enjoy three days of fun, hands-on activities during Family Take a Hike Week, Tuesday, April 17th through Thursday, April 19th, with guided nature hikes, orienteering, tree plantings, and a scavenger hunt. The Stamford Museum & Nature Center has a vast network of newly marked, color-coded trails, many of which follow the Poorhouse Brook. The site also features 80 acres of forest, adjacent to the 88-acre Bartlett Arboretum. Look for new interpretative signage throughout the property.

A variety of programs for hikers of all skill levels and ages are scheduled throughout Take a Hike Week. The Wheels in the Woods universally-accessible trail, which allows strollers, wheelchairs and walkers access to this unique property, will also be open for its first spring season.

Stop by and meet the newest and most exotic additions to our farm family at Animal Embassy, which will also be open during Take a Hike Week.



Program details:

Tuesday, April 17

Homes and Habitats – Hikes begin at 9:30 a.m. and 10:30 a.m.

Museum staff will lead a guided nature hike for beginners along our woodland trails.

Use your sense of smell, sight, hearing and touch to explore the natural world as we visit different homes and habitats including streams, woodland meadow, vernal ponds and the hardwood forest.

Introduction to Orienteering – Programs begin at 1 p.m. and 3 p.m.

This orienteering program, led by professionals from Orienteering Unlimited, Inc., will introduce participants to basic map navigation skills and the “thinking sport.”

Orienteering is a sport in which people use detailed maps to develop strategies to navigate to a series of locations. After a brief introduction, head out onto a beginner level course and use your new skills to explore our wonderful property.

Wednesday, April 18

For the Birds- Hikes begin at 7:30 a.m. and 9 a.m.

This early morning bird walk will help beginner birders learn how to identify many of the common birds found here at SM&NC and in their own backyards! We'll visit the Museum's new birdfeeder station on the Wheels in the Woods Trail. In addition, participants will learn how to attract birds to their yards using feeders, gardens, and natural plants.



Native Pathways- Hikes begin at 10 a.m. and 11 a.m.

Participants will learn about local Native American games, lore, and foraging techniques on this guided hike. Hikers will also discover the many plants Native Americans used for medicinal, spiritual and nutritional purposes.

Tree Planting- Planting will begin at 1:30 p.m. and 3 p.m.

Join SM&NC and the American Chestnut Foundation as we plant the next generation of chestnut trees at the Museum. We will also be placing a new interpretive sign in the Chestnut Grove so come and get your hands dirty and enjoy this wonderful hands-on activity.

Thursday, April 19

Vernal Pond Ecology Hike- Hikes will begin at 9:30 p.m. and 10:30 p.m.

Join naturalist Lindsey DeVito from Greenwich Audubon as she takes you to one of the Museum's most unique habitats, our vernal pond. In springtime, these "nurseries of the forest" come alive with frogs, salamanders and many other creatures. On this hike participants will learn what a vernal pond is and about the flora and fauna found in this special place.

Scavenger Hunt- 12 – 3 p.m.

Have fun testing your riddle solving and orienteering skills while exploring the museum's unique attractions! Pick-up your first clue at the front gate to begin a self-guided tour of our art and natural resources. At each destination participants will take part in a hands-on activity before being given a clue to their next destination. Meet us on our hiking path



to learn about indigenous birds and trees, meander through our young chestnut grove, visit our vernal pond, and explore art material in the art studio! A prize will be given to those who complete the entire scavenger hunt!

Family Take a Hike Week is free with regular admission. It is open to the public for all ages. For more information visit www.stamfordmuseum.org.

Stamford Museum & Nature Center is dedicated to the preservation and interpretation of art, the natural and agricultural sciences, and history. The Museum is a vital cultural and educational resource for the community, and a focal point for family activity and interaction, seeking to inspire creativity, foster self-discovery, and nurture an appreciation for lifelong learning through exhibitions, educational programs, and special events that enhance the visitor's experience on its unique site.

The Stamford Museum & Nature Center is a 501(c) (3) not-for-profit organization.

Hours

Heckscher Farm

Daily 9am-5pm

Nature's Playground

Daily 9am-5pm

Bendel Mansion Museum| Main Building

Mon-Sat 9am-5pm

Sun 11am-5pm

Admission Fees*

SM&NC members – always free

Stamford residents – always free on Wednesdays

Adults \$8

Seniors (65+) \$6

Students (18+) \$6 (with valid ID)

Children (4-17) \$4

Children (3 and younger) Free

Planetarium Show: Members Free. Adults \$3; Children 5 and older \$2

Observatory: Members Free. Adults \$3; Children \$2

Friday nights, 8-10 pm, weather permitting.

**Excludes festival days*