



Free Activities

November

Walks, Paddles, and Rides

Bike with a Ranger (2 to 3 hours, easy to moderate ride)
Experience the the natural and cultural heritage of the National Capital Region as you ride with a ranger on the Mount Vernon Trail. See the calendar for locations. Bicycles and helmets are required.

Birds of Dyke Marsh (2 hours, easy walk) 
Use your eyes and ears to find some of the 300 species of birds that call Dyke Marsh home. Walks are led by experienced birders from the Friends of Dyke Marsh. Meet in the south parking lot of the Belle Haven picnic area.

Island Safari (1 hour, easy walk) 
Join a ranger for a guided walk through some of Theodore Roosevelt Island's wild times – both human and natural. Meet at the footbridge, near the bike racks.

Hike with a Ranger (2 hours, moderate walk)
Enjoy crisp air, fall colors, and a splash of local history along the Potomac Heritage Trail. Meet at Fort Marcy. Bring enough water for a two hour hike over occasional rough terrain.

Paddle with a Ranger (3 hours, easy to moderate paddle)
Explore the Potomac from a new perspective, traveling the same “watery road” taken by American Indians and John Smith. See the calendar for locations. There is a \$3 launch fee at Belle Haven Marina. Bring your own boat, paddle, life jacket, noise making device (e.g whistle), and (for October 9) deck or stern light. Call 703-289-2553 to register for this program

Children's Programs

Reservations are required.

Learn to Ride (2 hours, easy ride)
Ride a bicycle without training wheels! A ranger will help you learn how to ride your bicycle in a safe, stress-free environment. Ages 5 and up. Call 703-289-2553 to register for this program.

Call 703-289-2553 or visit www.nps.gov/gwmp for more information.

Programs will resume next spring! Keep in touch over the winter through Facebook and Twitter.



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Saturday	Sunday
5 Learn to Ride (9 am to 11 am) (1 pm to 3 pm)	6 Birds of Dyke Marsh (8 am to 10 am)
12 Island Safari (10 am to 11 am) Bike with a Ranger (2 pm to 4 pm at Theodore Roosevelt Island)	13 Birds of Dyke Marsh (8 am to 10 am) Paddle with a Ranger (9 am to 12 pm at Theodore Roosevelt Island)
19 Hike with a Ranger (9 am to 11 am)	20 Birds of Dyke Marsh (8 am to 10 am) Bike with a Ranger (9 am to 11 am at Riverside Park) Island Safari (2 pm to 3 pm)
26	27 Birds of Dyke Marsh (8 am to 10 am)