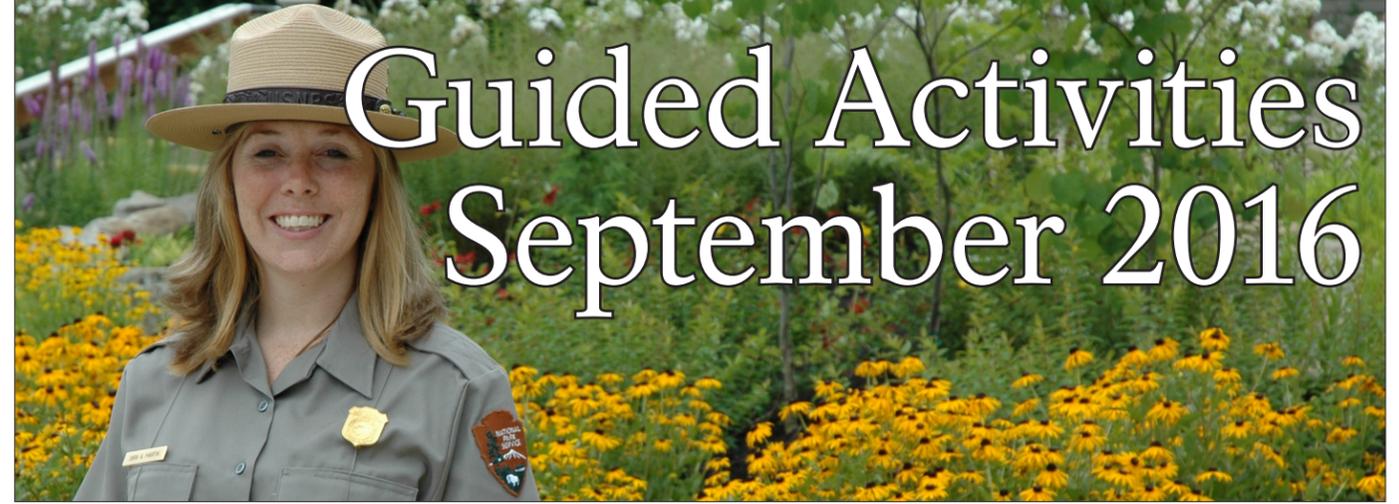


**Guided Activities September 2016** \* Reservations required (call 304-894-2129 or email [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com))

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3 • 10:00 am Bluestone Walk • 10:00 am On the Trail to Peace
4 • 10:00 am *Bluestone Turnpike Hike	5	6	7	8 • 6:00 pm Sunset Yoga	9 • 8:00 pm Full Moon Hike	10 • 10:00 am Bluestone Walk • 12:00 pm *Stand Up Paddle Board • Carnifex Ferry Civil War Weekend
11 • 1:00 pm *Stand Up Paddle Board • Carnifex Ferry Civil War Weekend	12	13	14 • 5:00 pm *Stand Up Paddle Board Fishing	15	16	17 • 10:00 am Bluestone Walk
18	19	20 • 8:00 pm Astronomy Hike	21 • 6:00 pm Tai Chi • 7:00 pm Sunset Yoga	22 • 7:00 pm *Cooking Class: Tips for Healthy Eating	23 • 5:00 pm *Stand Up Paddle Board  <b>Hidden History Weekend</b> • 10:00 am Artists in Action • 4:00 pm Get Close to History • 5:00 pm Jordan's Chapel Tour • 7:00 pm Haunted History Hike	24 • 10:00 am National Public Lands Day Service Project at Grandview  <b>Hidden History Weekend</b> • 10:00 am Bluestone Walk • 10:00 am Artists in Action • 10:00 am Hinton-Downtown Museums Walking Tour • 11:00 am Historic Thurmond Walking Tour • 11:00 pm John Henry History Tours • 11:00 am Photowalk at Nuttallburg • 12:00 pm Richest Little Railroad in the World • 12:00 pm Kaymoor Bottom Hike • 2:00 pm Main Street Bramwell History Tour
25 <b>Hidden History Weekend</b> • 9:00 am *Hike Through History 100 Mile Challenge Adventure • 10:00 am Artists in Action • 10:00 am Country Roads Walk • 11:00 am Historic Thurmond Walking Tour • 2:00 pm Trek to Carnifex Ferry	26 • 6:00 pm Tai Chi	27	28 • 6:00 pm Beginner Mountain Biking Clinic	29	30	1



## History Hot Spot!

CELEBRATE LOCAL HERITAGE ALL MONTH AND BEYOND. This month highlights the rich culture of southern West Virginia, including New River Gorge National River, Gauley River National Recreation Area, and Bluestone National Scenic River. Join a ranger or park partner for FREE hikes, talks, and other programs. These guided activities provide an opportunity to learn about the natural world around us and the people who shaped history in these local National Park Service sites. Each program highlights a richness of America's heritage, places to #findyourpark.



**Park Visitor and Education Centers**

<b>Canyon Rim Visitor Center</b> , Lansing	304-574-2115
September 1, 2, and 3: 9:00 am - 7:00 pm, then open daily 9:00 am - 5:00 pm	
<b>Thurmond Depot Visitor Center</b> , Thurmond	304-465-8550
Open daily through September 5 10:00 am - 5:00 pm, then weekends only in September, 10:00 am - 5:00 pm	
<b>Grandview Visitor Center</b> , Grandview	304-763-3715
Open daily 12:00 pm - 5:00 pm through September 3, then closed for the season	
<b>Sandstone Visitor Center</b> , Sandstone	304-466-0417
Open daily 9:00 am - 5:00 pm	
<b>Camp Brookside Environmental Education Center</b> , Brooks Open during guided programs only.	
<b>Websites</b> <a href="http://www.nps.gov/neri">www.nps.gov/neri</a> <a href="http://www.nps.gov/gari">www.nps.gov/gari</a> <a href="http://www.nps.gov/blue">www.nps.gov/blue</a>	



### Leave No Trace in the Parks

Each of us can help care for parks during our visit. Think safety first and practice Leave No Trace Outdoor Ethics to play lightly on the land and respect others too.

[www.lnt.org](http://www.lnt.org) 1-800-332-4100

### New River Gorge Junior Ranger

Would you like to earn a badge while in this park? The Junior Ranger program is a fun way to learn what makes this park special.

[www.nps.gov/neri/learn/kidsyouth/beajuniorranger](http://www.nps.gov/neri/learn/kidsyouth/beajuniorranger)

### New River Gorge 100 Mile Challenge

Celebrate 100 years of the National Park Service by hiking 100 miles in New River Gorge National River in 2016. Awards!

[www.nps.gov/neri/planyourvisit/new-river-gorge-100-mile-challenge](http://www.nps.gov/neri/planyourvisit/new-river-gorge-100-mile-challenge)

# September 2016 Activity Descriptions

(Alphabetical by activity name)

- All programs are FREE unless otherwise noted.
- \*Reservations (RSVP) are required for some activities. **Call 304-894-2129 or email [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com) in advance of activity.**
- Wear comfortable walking or hiking shoes for all hikes.
- Water, snack, camera, and binoculars are other useful tools to bring along.

Stop by or contact any park visitor center for updates to this month's activity schedule. Additional adventures may be scheduled.

Location of programs conducted at Camp Brookside Environmental Education Center: 309 North Mullens Road, Brooks, West Virginia

## Astronomy Hike

September 20, 8:00 to 9:00 pm  
Location: Camp Brookside  
Enjoy the night sky, plus look for constellations and more on this easy discovery walk.

## Beginner Mountain Biking Clinic

September 28, 6:00 to 7:30 pm  
Location: Camp Brookside  
Learn basic mountain biking techniques. Must be 14 years or older. Bikes and helmets will be provided.

## \*Bluestone Turnpike Hike

September 4, 10:00 am to 4:00 pm  
Location: base of Pipestem Resort State Park tramway in Pipestem  
Take a walk on the wild side through Bluestone National Scenic River and explore the diversity of this remote area. Meet a ranger at the bottom of Pipestem Resort's tramway to hike the Bluestone Turnpike Trail, which runs along the Bluestone River to Bluestone State Park. FREE shuttle provided.

Wear hiking boots, bring lunch, and water. 10 miles. RSVP required.

## Bluestone Walk

Every Saturday, 10:00 to 11:30 am  
Location: base of Pipestem Resort State Park tramway  
Meet a ranger at the bottom of Pipestem's tramway for a walk in Bluestone National Scenic River. Enjoy the flora and fauna of the area and discover regional history. Bring \$2.25 for the return tram ride. 2 miles.

## \*Cooking Class: Tips for Healthy Eating

September 22, 7:00 to 8:00 pm  
Location: Camp Brookside  
Learn healthy cooking tips, especially techniques for picking and preserving produce. RSVP required.

## Full Moon Hike

September 9, 8:00 to 9:00 pm  
Location: Camp Brookside  
Discover the night sky with a closeup look at the full moon on this easy, evening stroll.

## National Public Lands Day Service Project

September 24, 10:00 am to 4:00 pm, come when you can and stay as long as you like during this time  
Location: check in at Grandview Visitor Center  
Join Friends of New River Gorge National River to lend a hand in the park. Restore the Tunnel Trail, recently impacted by arson. Bring a lunch. Wear pants and close toed shoes. Work gloves and water provided.



## \*Stand Up Paddle Board

• September 10, 12:00 to 3:00 pm  
• September 11, 1:00 to 4:00 pm  
• September 23, 5:00 to 7:00 pm  
Location: Camp Brookside  
Learn basic techniques of how to use a stand up paddle board. Participants under age 18 must be accompanied by an adult. Participants must know how to swim. Equipment will be provided. RSVP required.

## \*Stand Up Paddle Board Fishing

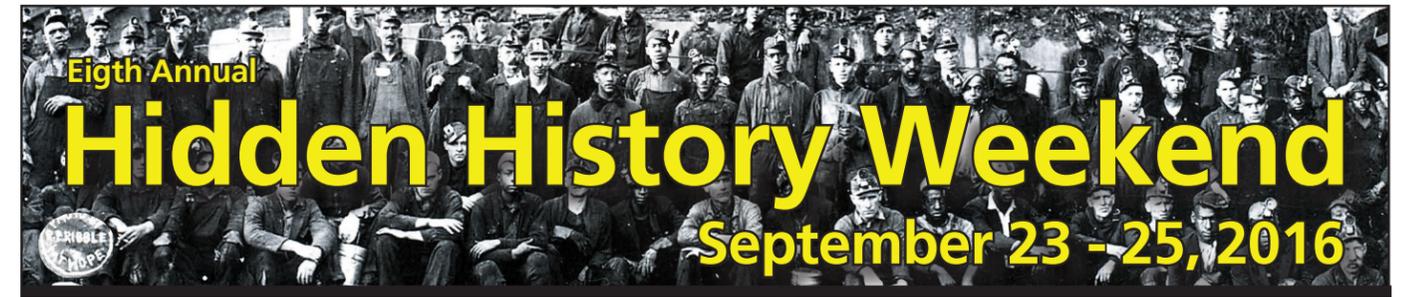
September 14, 5:00 to 7:00 pm  
Location: Camp Brookside  
Learn basic techniques of how to fish while using a stand up paddle board. Participants must be 14 years or older. Participants must know how to swim, have a WV fishing license, and supply their own fishing gear. Stand up paddle boards, paddles, PFDs, and instruction will be provided. RSVP required.

## Sunset Yoga

• September 8, 6:00 to 7:00 pm  
• September 21, 7:00 to 8:00 pm  
Location: Camp Brookside  
Strengthen your body and mind in this yoga session for beginners. Blocks and mats provided.

## Tai Chi

• September 21, 6:00 to 7:00 pm  
• September 26, 6:00 to 7:00 pm  
Location: Camp Brookside  
Try slow karate with this introductory level tai chi qigong. Wear comfortable shoes and loose clothes for exercise.



## Friday, September 23

### Artists in Action

10:00 am to 6:00 pm. Tamarack, Beckley. Visit jeweler Mary Redmand and bath/body products artist Wild Mountain Soap.

### Get Close to History with Photography

4:00 to 5:30 pm. Thurmond Depot Visitor Center, Thurmond. 0.5 mile walk. Look at this historic site through your camera lens. Bring a camera.

### Jordan's Chapel Tour

5:00 to 7:00 pm. Meet in McKeever Lodge at Pipestem Resort State Park to caravan to the site, Pipestem. See this historic Methodist church built in 1852.

### Campfire Stories: History by the Fire

Presented by David "Bugs" Stover and Cully McCurdy. 7:00 to 8:30 pm. Twin Falls Resort State Park's campground campfire circle, Mullens. Let stories 'round the campfire take you away.

### Haunted History Hike

7:00 to 9:00 pm. 2 miles. Meet at the Rend Trail parking area on Route 25 near Thurmond. 2 miles. Hear stories and superstitions of Appalachia on this night hike. Bring a flashlight.

## Saturday, September 24

### Artists in Action

10:00 am to 6:00 pm. Tamarack, Beckley. See Friday description.

### Bluestone Walk

10:00 am to 12:00 pm. Bottom of Pipestem Resort State Park's tramway, Pipestem. 2 mile walk. \$2 for return tram ride. See signs of the earliest settlers along the Bluestone River.

### Historic Hinton Museum Hop

10:00 am to 12:00 pm. Meet at Summers County Visitor Center on the corner of Temple St. and 2nd Ave., Hinton. Explore three museums in the Hinton Historic District.

### Lumberjackin' Bluegrassin' Jamboree

10:00 am to 5:00 pm. Twin Falls Resort State Park, Mullens. Explore history through a variety of traditions, including: lumberjack events, art/crafts exhibits, bluegrass band, cloggers, chain saw artist, food, and hayrides. [www.twinfallsresort.com](http://www.twinfallsresort.com).

### John Henry History Tours

11:00 am to 1:00 pm. John Henry Historical Park, WV Route 12, Talcott (near Hinton). Tour this historic site and learn the story behind the legend of John Henry, the railroad steel driver who raced a steam drill.

### Historic Thurmond Tour

11:00 am to 12:00 pm. Thurmond Depot Visitor Center, Thurmond. 1 mile walk. Tour the historic district of this old railroad town.

### Photo Walk at Nuttallburg

11:00 am to 1:00 pm. Meet at Nuttallburg parking area on Keeney Creek Road, 6 miles from Winona. 1 mile. Take a walk through the old coal town of Nuttallburg. Bring a camera.

### Kaymoor Bottom Hike

12:00 to 5:00 pm. Kaymoor Miners Trail trailhead parking at Kaymoor Top on Kaymoor No. 1 Rd., Fayetteville. 4 miles, including 819 steps. Explore historic Kaymoor from top to bottom.

### Richest Little Railroad in the World

12:00 to 2:00 pm. Princeton Railroad Museum, 99 Mercer St., Princeton. Explore history of the Virginia Railroad.

## Sunday, September 25

### \*Hike Through History 100 Mile Challenge

9:00 am to 5:00 pm. Meet at Rend Trail parking area on Route 25 near Thurmond. 9 mile hike with free shuttle bus ride. Exploring old town sites of Wee Win, Red Ash, Brooklyn, and more. Bring a lunch and plenty of water. **RSVP required: 304-894-2129 or [getactiveinthepark@gmail.com](mailto:getactiveinthepark@gmail.com)**

### Artists in Action

10:00 to 6:00 pm. Tamarack, Beckley. See Friday description.

### Country Roads Walk

10:00 to 11:30 am. Pipestem Resort State Park's park headquarters, Pipestem. 1.5 mile walk. Explore Pipestem's pre-park history, including a former school and residential sites.

### Historic Thurmond Tour

11:00 am to 12:00 pm. See Saturday description.

### Lumberjackin' Bluegrassin' Jamboree

11:00 am to 5:00 pm. Twin Falls Resort State Park, Mullens. Explore history through arts exhibit, food, and hayrides.

### Trek to Carnifex Ferry Hike

2:00 to 5:00 pm. Meet at Carnifex Ferry Battlefield State Park picnic parking area near Summersville. 3 miles. Hike a section of the old Cross Lanes-Carnifex Ferry Road to explore an old ferry sit. Be prepared for steep terrain.