

# Young Explorers Nature Hike

## Discover nature, make new friends, and have fun!

On this exploratory hike, we will be looking at various forms of life in the forest, from plants and trees to birds and bugs. We will learn about the delicate ecosystem in which the forest exists and how various life forms interact and depend on each other for their survival.

**When:** Saturday, September 28  
(Rain Date: Sunday, September 29)

**Time:** 9:30 – 11:30 am

**Where:** Harriman State Park  
(exact location TBA)

**Who:** Youth ages 8-12

**Cost:** \$5

To learn more or to register, visit:  
[www.RocklandCCE.org/YouthHike](http://www.RocklandCCE.org/YouthHike)

or contact Jennifer Strianese at  
(845) 429-7085 or [jas946@cornell.edu](mailto:jas946@cornell.edu).

Register by Tuesday, September 24<sup>th</sup>



### What to Wear:

- Long pants and long sleeves
- Tall socks
- Hat and Sunscreen
- Hiking boots or sturdy sneakers with treads
- Insect repellent

### What to Bring:

- Backpack with:
- Water (at least 32 oz.)
  - Appropriate trail snacks

### Optional:

- Camera
- Binoculars
- Sunglasses

Family members are encouraged to explore the park on their own while the youth are involved in the program.

Keep in mind that all parks are take in, take out. All we will leave behind are footprints.

**Cornell Cooperative Extension**  
**Rockland County**

