

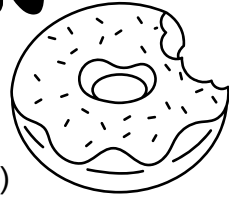
DONUT RUN

Sunday, September 17th

Race begins at 9:00am sharp!

Age 7+

\$6 per person, per run (\$4 members)



Donuts and hot beverages await you at the end of our short (5 miles or less) run through Lake Roland's marked trails. No run times will be recorded, but top finishers will be recognized at the end of the run.

Nature Scouts

Tuesdays, September 12 - October 17

4:30pm - 6:00pm Ages 6 - 12

\$30 for 6 sessions (\$25 members)

Kids will have fun learning important outdoor know-how. A naturalist will guide children in learning about nature, and in developing environmental survival skills!

NATURE QUEST FEST

Sunday, October 22

2pm - 4pm

\$5 per person

Free for Questers with 5 Complete Trails

Nature Quest is Fun for the Entire Family; Explore the Outdoors, Have an Adventure, and Earn Prizes!

- Have an adventure in your own backyard with Baltimore County Nature Quest. Pick up your Nature Quest Passport booklet at participating parks, online at LakeRoland.org/nature-quest, or at your local Wegmans store.
- Complete just 5 trails to earn prizes and come to Nature Quest Fest for free!
- See park website at www.LakeRoland.org or your Nature Quest passport for more information.

Childcare Disclaimer

These programs are designed to provide a healthy and enjoyable leisure experience for your child. However, these are not licensed childcare programs and are not designed to provide childcare. Therefore, parents are encouraged to discuss attendance expectations with their children.



BALTIMORE COUNTY DEPT. OF RECREATION AND PARKS

LAKE ROLAND

1000 Lakeside Drive, Baltimore, MD 21210

FALL 2023 PROGRAMS



Registration is limited and required for all programs. Please email us at LakeRol-RP@BaltimoreCountyMD.gov to register, and include the names and ages of all participants, as well as a contact phone number. Registration is suggested at least one week in advance. Without sufficient pre-registration, there is a chance the program you are interested in may be canceled.

ONGOING PROGRAMS

Weed Warriors 2nd Saturday of the month 9:00am - 11:00am Ages 13+, Free!	Help keep Lake Roland looking beautiful! Volunteer with us to remove invasive plants and clean up the park. Participants under the age of 18 must have a parent or guardian present. Bring gloves, boots, and water. Meet us at the Ranger Station.
Nature Book Club Mondays (Every 5-7 weeks) 6:30pm - 8:00pm Adults Only, Free!	Meet us at the Nature Center to discuss some of the greatest nature book selections. Bring a snack to share. Meetings are on Mondays every few weeks. Please email for details about our upcoming book selections and meeting dates.
Friday Walks Every Friday 9:00am - 10:00am Adults Only, Free!	Join us for some exercise while enjoying the sights and sounds of Lake Roland. The terrain is varied, but mostly flat with some hills. Hiking boots are recommended. Please bring water with you.
Saturday Yoga 1st Saturday of the month 8:30am - 9:30am Ages 10+, \$2 per person	Join us for a gentle, all-levels yoga class with a beautiful view of the Lake Roland dam. A limited amount of mats will be available on a first-come, first-served basis. Based on weather, class will be in the grass across from the Nature Center or underneath Pavilion #2.
Stewardship Hikes 2nd Monday of the month 10:00am - 11:00am Adults Only, Free!	Join a naturalist for a trail walk with a purpose. We'll discuss issues affecting the health of our local ecosystem, collecting litter and identifying and removing invasive species as we walk. Bring your gloves and sturdy shoes!
Stretch & Stride 1st Tuesday of the month through December 10:00am - 11:30am Adults Only, Free!	Join us for a beautiful 3/4 mile leisurely walk on an ADA-accessible boardwalk through the forest to the lake. Meet at the Falls Road Light Rail parking lot at the entrance to the boardwalk. Limited to 10 participants. Adults only. Sign-up is required for this free event.

School's Out Days

Monday, September 4
 Monday, October 9
 Friday, November 10

9:00am - 3:00pm
 \$40 per child, per day
 (\$35 for members)

Explore Lake Roland with a naturalist and experience all that our park has to offer. Enjoy games, crafts, and plenty of outside time. Dress for the weather and bring a snack, lunch, and a refillable water bottle.

Should you require special accommodations (i.e. language interpreter, large print, etc.) please give as much notice as possible by calling the Nature Center office at 410-887-4156 or TTD 711

Nature Quest Canoe Trip Sunday, September 10th 8:00am - 10:00am Ages 12+ with an adult \$12 (\$10 members)	Paddle along on a guided canoe tour for the Nature Quest marker located on Willow Island. While we're searching for the marker, we will encounter the boundless wildlife that call Lake Roland home. Basic paddling instruction will be provided. Arrive 15 minutes prior to the program start time. Boats will depart on time.
PawPaw: The Wild Banana Saturday, September 16th 1:30pm - 2:30pm Ages 5+, \$2 per person	Join us to learn about the largest fruit native to North America. The Pawpaw tree is a member of the custard apple family and produces fruit enjoyed by humans, opossums, and everything in between.
Fall in Autumn Night Hike Saturday, September 23rd 7:00pm - 8:00pm All Ages, Free	The summer birds are migrating south, the woodchuck is preparing for hibernation, the wild harvest is upon us, and the leaves are starting to turn. Join us for a night hike in the park as the world prepares for the changing of the seasons.
Rodent Rampage Sunday, September 24th 2:00pm - 3:30pm All Ages, Free	Did you know that there are over 1500 species of rodent worldwide!? From the littlest field mouse, to the biggest beaver, rodents can come in all shapes and sizes. Join us on a hike as we learn about a few of the rodents that call Lake Roland home.
Plant Invader Hike Saturday, October 7th 9:00am - 11:00am All Ages, Free	Join volunteers for a two hour walk through Lake Roland while we identify some of the most common invasive plants that are negatively impacting our park.
Let's Get Batty! Friday, October 13th 6:30pm - 7:30pm Ages 4+, Free	Bats occupy almost every habitat in the world eating tons of insects nightly, pollinating flowers, and spreading seeds that grow new plants and trees. Join a ranger to search the night sky and learn more about bats in the park.
Now That's a Big Tree! Sunday, October 15th 10:00am - 12:00pm Ages 14+, Free	Some of our trees are so large that they receive state-recognition! Join a representative from the Maryland Big Tree program as they explain what it takes to qualify as an official Big Tree. We'll visit five of the winners, and will give participants a chance to use a tool that answers the question: How big is that tree?
Lore of Archery Friday, October 20th 4:00pm - 6:00pm Ages 7+ with an adult \$6 (\$4 members)	The bow and arrow have been one of humankind's greatest tools for thousands of years. Learn the history behind this ancient skill, proper shooting technique and see if you can hit your mark. Children must be registered with an adult.
Rock Painting Saturday, October 21st 2:00pm - 4:00pm All Ages, \$6 (\$4 members)	Throughout history, people have been painting rocks to tell stories, bring good fortune, and to display artistic abilities. Join us in painting your very own rock right out of the Jones Falls. Rocks and paint supplies will be provided.

Spooky Stories Halloween Campfire Saturday, October 28th 6:00pm - 7:30pm Ages 5+, \$6 (\$4 members)	Join a naturalist for a chilling night around the campfire with scary stories and a warm treat. Costumes are welcome!
Halloween Scavenger Hunt Sunday, October 29th 10:00am - 4:00pm All Ages, \$6 (\$4 members)	Come enjoy our reinvented way of Trick-or-Treating. Begin at the nature center to start the hunt. Find clues, snap a photo and return back to the Nature Center for a sweet surprise. Don't forget your costume!
Monster S'mores Friday, November 3rd 6:30pm - 8:00pm Ages 5+, \$2 per person	Bring your leftover Halloween candy and use it to make monster s'mores creations around the campfire. We will provide all the makings for basic s'mores.
Spotted Lanternfly Sunday, November 5th 9:30am - 11:00am Ages 8+, Free	Go on a hike to learn about the Spotted Lanternfly! We will learn about how to identify them, their host plant the Tree of Heaven, how they were introduced into the US, and how we can do our part in stopping spotted lanternfly from spreading.
Bug Buffet Saturday, November 11th 1:00pm - 2:00pm Ages 5+, \$20 (\$15 members)	Many animals eat insects, but did you know that humans do too? Insects are a sustainable protein source, and are a delicacy in many cultures! The practice of eating insects is called entomophagy. Come learn all about bugs as a nutrition source, their use in various cuisines, and sample a few yourself, including ants and grasshoppers!
Natural History: White-Tailed Deer Sunday, November 12th 1:00pm - 2:00pm All Ages, Free	What is the largest animal in the woods of Lake Roland besides you and me? Learn about the White-tailed deer, then go on a hike with a naturalist to observe their tracks and signs.
Poke Hunt Saturday, November 18th 2:00pm - 4:00pm Ages 6+, \$6 (\$4 members)	Take part in Lake Roland's Pokémon Hunt. There will be a chance to win prizes, add friends, battle at the gyms, and visit our many Poke stops. The Pokémon Go app is not required to participate in the hunt.
Deep Rest Campfire Sunday, November 19th 5:00pm - 6:00pm Ages 5+, \$6 (\$4 members)	As autumn draws to a close, we'll talk about the different ways plants, animals, and people alike prepare to make it through the cold winter ahead while enjoying a warm treat around the fire.
Turkey Time Saturday, November 25th 1:00pm - 2:00pm All Ages, Free	Are there wild turkeys in Baltimore County? Learn about this large and spectacular bird, and how it is much more than just an item on the menu.