



# Active Adults Program at Castellow Hammock (Third Thursdays)

*Join a park naturalist for these easy to moderate hikes! Enjoy healthy exercise and fresh air, while learning about our South Florida environment and meeting new people! Please call for more information.*

*Preregistration is required and can be done by calling the nature center or online. Go to the wordpress site below for links to online registration.*

## Castellow Hammock Nature Center

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website:

castellowhammock.wordpress.com

### **Exploring the Redlands Hiking Tour: Hattie Bauer Hammock Preserve and Camp Owaissa Bauer**

**Thursday, February 19, 2015**

**Time: 10:00 AM - 2:00 pm**

**Fee: \$ 6.00/Person**

**Rated: Easy**

Explore the beautiful hammock that used to house Orchid Jungle. The trail has been restored, and although the orchids were removed, the original greenhouses and other structures are still in place. We will then go to nearby Camp Owaissa Bauer to eat lunch and hike the pineland trail. Those of you that are adventurous enough can also crawl through the limestone caves! Please bring plenty to drink, sun protection, bug spray, lunch with an ice pack, comfortable clothing and closed toed walking shoes. Cameras and binoculars also highly recommended!

### **Black Point Marina Bay Hiking tour**

**Thursday, March 19, 2015**

**Time: 9:30 AM - 11:30 pm**

**Fee: \$ 6.00 per person**

**Rated: Moderate**

Learn about Biscayne Bay and observe some of the many shore birds and specialized plants that grow along the shoreline, as you walk a gravel path that parallels the water. Please bring plenty to drink, sun protection, bug spray, lunch with an ice pack, comfortable clothing and closed toed walking shoes. Cameras and binoculars also highly recommended!

**Meet us at Black Point Marina Canoe Launch on North side of the park.**

### **Larry and Penny Thompson Pineland Hiking tour**

**Date: Thursday, April 16, 2014**

**Time: 9:30 am -11:30 pm**

**Fee: \$ 6.00/Person**

**Rated: Moderate**

Join a naturalist for a fun walking tour of Larry and Penny's Pine Rocklands. Learn about the importance of this endangered habitat and about some of the many native plants and how they were used by both native americans and pioneers of the area. Bring sun protection, water, comfortable clothing, closed toed walking shoes and lunch if you would like to picnic in the park after the program. Cameras and binoculars also highly recommended!

**Meet at Larry and Penny, location to be announced.**

### **Matheson Hammock Hiking Tour**

**Date: Thursday, May 21, 2015**

**Time: 9:30 am -11:30 pm**

**Fee: \$ 6.00/Person**

**Rated: Moderate**

Join a naturalist for a fun walking tour of the western trail of Matheson Hammock. Beautiful, winding trails lead past beautiful native hammock trees and a few deep caverns. Learn about the Tropical Hardwood Hammock habitat and how to recognize some of its many incredible trees and shrubs. Bring sun protection, water, comfortable clothing, closed toed walking shoes and lunch if you would like to picnic in the park after the program. Cameras and binoculars also highly recommended!

**Meet in the Matheson Hammock parking lot on the west side of Old Cutler road.**





