



## Park Programs January - March 2022

1141 Victory Blvd. Portsmouth VA 23702

<http://paradisecreek.elizabethriver.org/> 757-392-7132; 757-399-7487

Open March-October 6:30am-7:30pm and November-February 7am-5:30pm

### Volunteer Service Days

**Dates:** Saturdays, January 8, 15. February 5, 12. March 5, 12.

**Time:** 9 a.m. – 11 a.m.

**Target age:** 16 and above

**Cost:** FREE - Register online at [paradisecreek.elizabethriver.org](http://paradisecreek.elizabethriver.org).

Volunteers will work with our staff on seasonal tasks such as weeding, planting, cleaning, pruning and light maintenance. Dress for working outdoors.

**Bring:** Facemask, work gloves, hat, sunscreen and water bottle.

### Power AM Walks

**Dates:** Saturdays, January 8. February 5. March 5.

**Time:** 8:30 a.m. – 9:30 a.m.

**Target age:** 16 and above

**Cost:** FREE, register online at [paradisecreek.elizabethriver.org](http://paradisecreek.elizabethriver.org).

Join us for a brisk pace nature walk for approximately 1 mile on the natural trails at Paradise Creek. Moderate exercise has great benefits for your physical health. Wear comfortable shoes and dress for the weather. Strollers and dogs welcomed.

**Bring:** Facemask, sunscreen and water bottle.

### Winter Bird Walk

**Date:** January 22, February 19, March 19.

**Time:** 8:30 a.m. – 10 a.m.

**Target age:** 16 and above

**Cost:** \$5 per person, register online at [paradisecreek.elizabethriver.org](http://paradisecreek.elizabethriver.org).

Join our Master Birder and observe some of the many birds that stop at our park. More than 160 species of Birds have been identified at Paradise Creek Nature Park.

**Bring:** Facemask, water bottle and binoculars.

### Critter of the Month

**Dates:** January 15. February 12. March 12.

**Time:** 10 a.m. – 11 a.m.

**Target Age:** all ages, children accompanied by adults

**Cost:** \$5 per child – Register online at [paradisecreek.elizabethriver.org](http://paradisecreek.elizabethriver.org). Discover the wonders of Paradise Creek! Take a walk through the park with Ranger Seana to learn about our birds and look for signs of wildlife. Wear comfortable shoes and dress for the weather.

**Bring:** Facemask, sunscreen and water bottle.

**Paradise Creek Nature Park is a 40-acre waterfront park teaching generations what it takes to bring back the health of an urban river, once presumed dead.** Two miles of trails lead you through an urban forest under revitalization, 11-acres representing the largest restored wetland in the area open for public paddling you will paddle past industries doing their part to restore the Elizabeth. The park is a national model for urban river restoration, showing how industry, nature and art can co-exist in harmony.

**To ensure safety of guest and staff, the following guidelines must be followed:**

- All programs are conducted outdoors, weather permitting
- Pre-registration only, no registrations accepted on day of program
- **Maximum number of guests are 8 per program - no exceptions**
- Participants will follow social distancing guidelines of 6-10 ft. at all times
- Guests will verify they are in good health and not experiencing any COVID-19 symptoms
- Guests will wear appropriate face mask, covering both nose and mouth at all times

