

PROGRAMS AT A GLANCE

Weekly Offerings: July 1–September 4

Paradise Point Nature Center

Mondays: Stories & Discoveries
 Tuesdays: Nature Detectives
 Wednesdays: Guided Canoe/Kayak Tours
 Newfound Explorers/NLRA Eco Tour
 Thursdays: Curious Naturalists
 Fridays: Meet the Locals (ID Walks)
 Fairy & Gnome Home Building
 Campfire Stories, Songs & Lore
 Canoe and Kayak Rentals

Ash Cottage

Tuesdays: Family Friendly Local Hikes
 Studio Workshop
 Red Barn Nature Presentations
 Wednesdays: Evening Yoga
 Thursdays: Open Studio Space
 Sundays: Morning Tai Chi

**To Register, call 603-744-3516 or
 email tdurham@nhaudubon.org.**

CANOE & KAYAK RENTALS

Canoes & 2 person Kayaks	NH Audubon Member	Non-member
Full Day	\$30	\$40
Half Day (3 hours)	\$20	\$30
Kayaks	NH Audubon Member	Non-member
Full Day	\$25	\$30
Half Day (3 hours)	\$15	\$20
Season Pass	NH Audubon Member	Non-member
Monday-Friday	\$200	\$250
Anytime	\$250	\$300

About the Center

Located on the beautiful northern shore of Newfound Lake, the Newfound Audubon Center is comprised of three wildlife sanctuaries, the Paradise Point Nature Center, Ash Cottage at Hebron Marsh Sanctuary and the Bear Mountain Sanctuary. During the summer months, the Nature Center offers many programs for all ages, several interactive exhibits, live animal displays, and canoe and kayak rentals. With sanctuary trails open all year, there is always something to do.

The Paradise Point Nature Center is open daily in July and August from 10 am to 4 pm, and weekends during June and September, and by appointment other times.

Directions

From Concord: Drive north on Route 93 to Exit 23. Follow Route 104W to Bristol. Follow directions below.

From Bristol: Drive north on Route 3A for 9 miles. Turn left onto North Shore Road. After one mile, Paradise Point is on the left. Drive 1 ½ miles past Paradise Point to Hebron Marsh Sanctuary. One quarter mile past Hebron Marsh, turn left after Hebron Village onto West Shore Road. Bear Mountain Sanctuary is 1/4 mile ahead on the right. Note: Parking for hikers is on Cross Road, 1/8 mile from Hebron Village on the left.

From Plymouth: West on Route 25 to West Plymouth rotary. Turn right at rotary sign directing to Newfound Lake and Bristol, Route 3A. Turn right on North Shore Road. After one mile, Paradise Point is on the left. Drive 1 ½ miles past Paradise Point to Hebron Marsh Sanctuary. One quarter mile past Hebron Marsh, turn left after Hebron Village onto West Shore Road. Bear Mountain Sanctuary is 1/4 mile ahead on the right. Note: Parking for hikers is on Cross Road, 1/8 mile from Hebron Village on the left.



Newfound Audubon Center

Summer Program Schedule 2011



Newfound Audubon Center
 North Shore Road, Hebron, NH 03241
 603-744-3516

*Protecting New Hampshire's Natural Environment for
 Wildlife and for People*

www.nhaudubon.org

YOUTH PROGRAMS

10:30–noon at Paradise Point

Cost per participant of all youth programs:

\$8: NH Audubon members (M)

\$10: Non-members (NM)

Mondays

Stories & Discoveries: Ages 3-8

Greet and get to know a different environmental theme each week through well told stories and outdoor activities. Grandparents and parents are welcome to stay as young people awaken to new delights.

Tuesdays

Nature Detectives: Ages 7-11

Consider how natural systems work and how human actions can help them function properly via lively meanderings and measured studying of field, marsh, wood & lakeshore habitats.

Wednesdays

Newfound Explorers: Ages 9-13

Explore & learn about local ecosystems beginning in pristine forests. Bring a lunch to enjoy in the shade of mighty evergreens, then embark on a scientific expedition from 12:30-1:30 PM aboard the Newfound Lake Region Association's Eco-Tour vessel to learn about Newfound Lake's crystal-clear water. \$10/person additional (and good weather) for lake portion.

Thursdays

Curious Naturalists: Ages 4-7

Utilize movement, one's five senses, and different tools of discovery to delve into inspections of the outdoor universe. Adults welcome to accompany children.

Fridays

Fairy & Gnome Home Building: Ages 3 & up

Create homes for small forest-dwelling beings rarely seen by grown-ups using found building materials provided by the natural world, and discuss how wild-life finds shelter without the help of human hands.

FAMILY PROGRAMS

Tuesdays

Family Friendly Local Hikes

10am: Meet at Ash Cottage (Duration will vary.)
Suggested Donation: \$8M/ \$10NM, Family \$16M/ \$20NM
Discover the many charming hikes in and around the Newfound Lake watershed each week, as a NH Audubon naturalist leads a small, intrepid group to summits with spectacular views and along streams with inviting pools. Please bring water, snacks, and a bag lunch. *(In adherence with Leave No Trace practices, hikes will be limited to the first ten registrants.)*

Red Barn Nature Presentations

7:30–8:45PM Park at Ash Cottage. Programs held across the street at Meadow Wind B&B
Suggested Donation: \$ 8M/ \$10NM, Family \$16M/ \$20NM
Catch enthralling programs delivered by enthusiastic experts in their respective fields. Presentations hosted in a beautifully refurbished 200 year old barn on subjects such as: black bears, coyotes, honeybees, moose, peregrine falcons, red-tailed hawks, migrant songbirds, wolves and more.

Wednesdays

Guided Canoe and Kayak Tours

10AM–Noon at Paradise Point Nature Center
Suggested Donation: Adult \$15M/ \$20NM
Youth (5-16 accompanied by adult) \$10M/ \$12NM
Skim the crystal clear surface of Newfound Lake and glide quietly along the edges of Hebron Marsh where an abundance of wildlife congregates. Paddlers will explore the waters of the lake and the Cocker-mouth River during these naturalist led outings. Please bring plenty of water, snacks, and binoculars.

Fridays

Meet the Locals (Identification Walks)

Most 10AM–11:30AM at Paradise Point Nature Center
Some at different times or locations. Call for details
Suggested Donation: \$8M/ \$10NM
Open worlds within worlds each week as resident and guest experts help participants of all ages focus their senses on different fascinating elements of their surroundings such as: birds, trees, mushrooms/fungi, wildflowers, medicinal plants, rocks/minerals, amphibians, animal signs, and others.

Friday Night Campfires: Stories, Songs & Lore

7:30–9PM at Paradise Point Nature Center
Suggested Donation; \$5 each/ \$12 family
Warm your hands and imaginations as gifted weavers of well-told tales charm and delight enraptured listeners circled around the enchanting glow of traditional summer campfires.

ADULT AND TEEN PROGRAMS

Sundays

Morning Tai Chi with Viki Kiman

9–10 AM at the Ash Cottage

\$12M/ \$15NM

Draw health and vigor from the surrounding sanctuary inward while releasing stress and tension. People of all fitness levels will benefit from this guided practice of focused movement and natural breathing.

Tuesdays

July 5, 19 August 2, 16, 30

Summer Writing Workshops with Suzanne Rogier Marshall

1–3 PM at the Ash Cottage

\$12M/ \$15NM

Gather inspiration for short writing pieces from the amazing natural surroundings at the Hebron Marsh Wildlife Sanctuary. Each session will focus on a different aspect of writing. Writers of all levels are welcome to attend either all five sessions or any combination of workshops.

July 12, 26 August 9, 23

Studio Workshops with Local Artists

1–4 PM at the Ash Cottage

Check www.nh Audubon.org or contact Newfound Audubon Center for details. Explore a new medium each class as gifted artists share tips for successful expression in their chosen craft. Verdant landscapes around the Ash Cottage will infuse unique works created by program participants with the vigorous serenity particular to summer in New Hampshire.

Wednesdays

Evening Yoga with Eve Belanger

6–7 PM at the Ash Cottage

\$12M/ \$15NM

Focus and recharge mid week. Yoga students of all levels will breathe deeply and follow Hatha style progressions that gently encourage proper alignment and restoration of balance. *Please wear comfortable clothing. Yoga mats available if needed.*

Thursdays

Open Studio Space

1–4 PM at the Ash Cottage

Suggested Donation; \$5+up

Energize your artistic pursuits with enchanting views of Newfound Lake and support from other artists honing their skills.