



Everyone Outside



for Health & Environmental Stewardship

Come back and visit Mica Ledges!

Everyone Outside has teamed with the **Middlesex Land Trust** to bring you several more nature programs at Mica Ledges. We hope you can join us!

Mica Ledges Events:

Family Hike – Sunday, May 22 at 1 PM

Join us for a fun, easy 2-mile, family hike at this great preserve owned by the Middlesex Land Trust. We will spend some time exploring the area around beautiful Whitney pond and check out the Selectmen's Stones. To register, email Lucy at lucy@EveryoneOutside.org.

Family Hike for Trails Day – Saturday, June 4 at 10 AM, Mica Ledges, Durham

Join us for a fun, 2.5-mile, mildly-strenuous, family hike. We will enjoy these beautiful woods and the view from the mica-studded rock outcroppings. To register, contact Lisa at Lisa@EveryoneOutside.org

Trails Day Hike for Women – Sunday, June 5 at 1 PM, Mica Ledges, Durham

Join Women of the Woods for a hike in this beautiful woodland area in Durham. We will stop to enjoy the view from the rock cliffs, as well as serene Whitney Pond. To register, email Lucy at lucy@EveryoneOutside.org. See below for more information about Women of the Woods hikes.

More about Everyone Outside & other activities:

Everyone Outside is a non-profit organization that offers outside activities and guided hikes; schoolyard enrichment programs, nature field trips for elementary school students and outside after-school programs; and a volunteer program. Join our email list and stay updated on the fun! Registration required for the public programs below.

WoW* Mother/Daughter Hike – Sun. May 15 at 1 PM, Wadsworth Mansion grounds, Middletown

Bring your mother, daughter or mother/daughter-like special friend and explore the beautiful woods and grounds of Wadsworth Mansion. We will walk ~2 miles on trails and look for signs of spring. To register, email Lucy at lucy@everyoneoutside.org.

Frog Fridays! – May 20 at 4 PM, Highlawn Forest, Middlefield at CT Forest & Park Assoc. (CFPA)

Join us for the last of a series of walks to observe the amazing transformations that occur in spring at vernal pools. We will see frogs, tadpoles, salamander eggs and insect larvae, etc. Co-sponsored by CFPA. To register, visit the CFPA website (www.ctwoodlands.org).

***Women of the Woods** (www.WomenoftheWoods.org) is an adult women's hiking group that meets monthly. In addition to walking, we take the time to appreciate the natural beauty around us and enjoy each other's company.

Visit www.EveryoneOutside.org or contact us at Lucy@everyoneoutside.org