

Martinak State Park (MSP) and Tuckahoe State Park (TSP)



Healthy Parks, Healthy People May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Hike Tuckahoe</b> TSP Cemetery Rd. 10:30 AM	2 <b>Morning Stretch</b> MSP 9 AM  <b>Martinak Morning Walk</b> MSP Office 10:30 AM  <b>Evening Cycle</b> MSP 5:30 PM	3 <b>Healing Walk</b> Adkins Arboretum 10 AM	4 <b>First Saturday Walk</b> Adkins Arboretum 10 AM  
			5	6  	7 <b>Martinak Morning Walk</b> MSP Office 10:30 AM	8
12	13 <b>Plant Swap</b> Starbucks Denton 3 PM  <b>Evening Cycle</b> MSP 5:30 PM	14 <b>Morning Stretch</b> MSP 9 AM  <b>Martinak Morning Walk</b> MSP Office 10:30 AM	15	16 <b>Morning Stretch</b> MSP 9 AM  <b>Martinak Morning Walk</b> MSP Office 10:30 AM	17  	18
19 <b>iNaturalist Walk</b> Adkins Arboretum 1:00 PM	20	21 <b>Martinak Morning Walk</b> MSP Office 10:30 AM	22	23 <b>Morning Stretch</b> MSP 9 AM  <b>Martinak Morning Walk</b> MSP Office 10:30 AM  <b>Evening Cycle</b> TSP 5:30 PM	24 <b>Hike Tuckahoe</b> TSP Lake Parking 10:30 AM	25  <p>Scan and scroll to bottom of page for details</p>
26	27 <b>Kayak Meetup</b> MSP 5:30 PM	28 <b>Morning Stretch</b> MSP 9 AM  <b>Martinak Morning Walk</b> MSP Office 10:30 AM	29  	30 <b>Morning Stretch</b> MSP 9 AM  <b>Martinak Morning Walk</b> MSP Office 10:30 AM  <b>Evening Cycle</b> MSP 5:30 PM	31	June 1 <b>Special Event</b>  <b>Baseball Poker Walk</b> MSP 12 PM Prizes!!!

## **Special Events**

**Baseball Poker Walk:** Meet at the Martinak State Park Office at noon on June 1, for a walk to the Wharves of Choptank Visitor Center for a 2+ mile walk. Prizes will be awarded for the best hand. Then, checkout the baseball exhibit at the visitor center sponsored by the Caroline County Historical Society.

**Plant Swap:** On May 13 from 3 - 5 PM join HPHP staff at Starbucks in Denton for a plant swap. Bring a plant and take home another while learning about the benefits of native plants.

## **Nature Walks and Hikes**

**Martinak Morning Walk:** Meet at the Martinak State Park Office at 10:30 AM on Tuesdays and Thursdays for a guided walk on a paved trail. Walks are approximately 1.5 miles in length or about 3,000 steps with plenty of benches available for resting and enjoying nature. Others may choose to walk longer through the camp loops and trails for 3 miles.

**Hike Tuckahoe:** Explore the beautiful trails at Tuckahoe State Park on Wednesday May 1 at 10:30 AM. Meet at Cemetery Road for this 5 mile hike. Meet on May 24 at the Tuckahoe Lake Parking Area for a 3 mile hike. Bring water, hat and bug spray. Email: [karen.gianninoto@maryland.gov](mailto:karen.gianninoto@maryland.gov) to register.

**First Saturday Guided Walk:** Discover native habitats as you walk at Adkins Arboretum on the first Saturday of every month at 10:00 AM. To register use the following link:

<https://adkins.donorshops.com/product/1stSAT-5-4-24/first-saturday-guided-walk-may-4>

**Healing Walk:** A walk on Friday, May 3, at 10:00 AM at Adkins Arboretum is designed for those who are suffering from a loss, traumatic experience, or the demands of caretaking. Nature has the power to soothe and restore. Join naturalist Jenny Houghton each month for a nature support group. We'll take a leisurely stroll along our paths while listening, sharing, or simply soaking in the silence. To participate, contact Jenny at [jhoughton@adkinsarboretum](mailto:jhoughton@adkinsarboretum).

**Rainbow Walk:** On Thursday, May 9, at 5:30 PM, LGBTQ+ adults, parents, teens, and allies are invited for a leisurely group hike along the Arboretum's paths. Come out to enjoy nature, ask questions, share stories, and support one another. A certified family support leader and Arboretum staff member will be on hand to listen and lead the way. Rainbow Walks are offered the second Thursday of the month by Adkins Arboretum in partnership with Delmarva Pride Center, Caroline Pride, and PFLAG Mid-Shore. Registration is appreciated at this link:

<https://adkins.donorshops.com/product/Rainbow-Walk-May9/rainbow-walk-may-9>

**Diversity Around Us:** In partnership with the Maryland Biodiversity Project, Adkins Arboretum will bring experts and citizen scientists together to learn about and observe the natural ecosystems of Maryland's Coastal Plain on Saturday May 11 at 10 AM at Adkins Arboretum Visitor Center. Empowered with identification skills, participants will be encouraged to continue submitting observations, which will be incorporated into the Maryland Biodiversity Project website. A lecture followed by a field walk will help participants learn about basic plant identification, plant ecology, and highlighting 5-10 notable natives and invasives to look for. Registration is appreciated at this link:

<https://adkins.donorshops.com/product/Plants/the-diversity-around-us-plants-may-11>

**iNaturalist Walk:** Meet on Sunday May 19 at 1 PM at Adkins Arboretum Visitor Center to walk and observe nature along the way. Walks will be led by Jim Brighton, along with occasional guest experts. Registration is appreciated at this link: <https://adkins.donorshops.com/product/iNaturalistMay/inaturalist-walk-may-19>

## **Cycling and Kayaking**

**Caroline Cycles:** On Saturday May 11 meet at the Starbucks parking lot at 9 AM to ride 20+ miles on country roads around Denton. Open to those who ride 12 to 16 mph. To register, email: [Karen.gianninoto@maryland.gov](mailto:Karen.gianninoto@maryland.gov). Helmet and water are required. Lights, tubes, and tools are recommended.

**Evening Cycle:** Meet every week at 5:30 PM for a 10 mile bike ride at either Tuckahoe or Martinak State Park. This ride is open to those who ride 10 mph and designed for cyclists new to road riding. A leader stays in front to guide the group and one experienced rider stays behind the last rider. Meet up points are at major intersections and/or the halfway mark. This is a social group of riders, so come have some fun. Helmet and water are required. Rides leave from Martinak State Park Office on May 2, 13, and 30. Rides leave from the Tuckahoe State Park Lake on May 9 and 23. Lights, tubes, and tools are recommended. To register, email:

[Karen.gianninoto@maryland.gov](mailto:Karen.gianninoto@maryland.gov).

**Kayak Meetup:** Bring your kayak for an evening of relaxation. Meet at the Martinak State Park boat ramp on Monday May 27 at 5:30 PM to paddle Watts Creek. Life jacket required. To register, email:

[Karen.gianninoto@maryland.gov](mailto:Karen.gianninoto@maryland.gov).

## **Exercise**

**Morning Stretch:** Meet at Martinak State Park Amphitheatre on Tuesday and Thursday mornings for an all body stretch, and an energetic practice at 9:00 AM. No class on Tuesday May 7 or 21. Both sessions are designed to improve your flexibility, core development, and balance through exercises and yoga. Please bring a yoga mat or towel. During inclement weather meet in the nature center.

*Check our website for more park activities by clicking on the calendar of events*

<https://go.activecalendar.com/doit-md/?&ql=y&search=y> For more information call 410-820-1668 or email [karen.gianninoto@maryland.gov](mailto:karen.gianninoto@maryland.gov).