### Martinak State Park and Tuckahoe State Park

**Healthy Parks, Healthy People**  
**July 1, 2022**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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| **Aviary Tour**  
TSP Office 3 PM | **Explore Your Park**  
TSP Cherry LN Picnic Area 9 AM  
**Fishing Derby**  
TSP Beach 9 AM | **Morning Stretch**  
TSP Amphitheater 8 AM  
**Cardio Fusion**  
TSP Nature Center 9 AM  
**Shore Gourmet Mobile**  
TSP Office 10 AM  
**Senior Walk**  
TSP Office 10:30 AM  
**Easy Breezy Ride**  
TSP Nature Center 11:30 AM  
Park Pals 6 PM and Jr. Rangers 7 PM  
**Steps to Fitness**  
TSP Office 6 PM | **Yarning at the Arboretum**  
Visitor Center 2 PM  
Let's Get Moving  
TSP Office 5:30 PM | **Morning Stretch**  
TSP Amphitheater 8 AM  
**Cardio Fusion**  
TSP Nature Center 9 AM  
**Shore Gourmet Mobile**  
TSP Office 10 AM  
**Senior Walk**  
TSP Office 10:30 AM  
**Easy Breezy Ride**  
TSP Nature Center 11:30 AM | **Roving Ranger**  
TSP Campground 6 PM  
**Roving Ranger**  
TSP Campground 6 PM | **Weekend Nature Programs**  
TSP, MSP, WI 8 AM - 4:00 PM  
**First Saturday Walk**  
Adkins Arboretum 10 AM  
**Aviary Tour**  
TSP Office 3 PM  
**Summer Concert Series**  
**New and Used Bluegrass Band**  
MSP 6 PM |

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| **Sunday Stroll**  
TSP Office 11 AM  
**Aviary Tour**  
TSP Office 3 PM | **Tuckahoe State Park**  
**Adventure Camp Week**  
9 AM | **Shore Gourmet Mobile**  
MSP Office 10 AM  
**Senior Walk**  
MSP Office 10:30 AM  
Park Pals 6 PM and Jr. Rangers 7 PM  
**Steps to Fitness**  
MSP Office 6 PM | **Yarning at the Arboretum**  
Visitor Center 2 PM  
Let's Get Moving  
TSP Office 5:30 PM | **Morning Stretch**  
TSP Amphitheater 8 AM  
**Steps to Fitness**  
TSP Amphitheater 9 AM  
**Shore Gourmet Mobile**  
TSP Office 10 AM  
**Senior Walk**  
TSP Office 10:30 AM  
**Easy Breezy Ride**  
MSP Office 11:30 AM | **Roving Ranger**  
MSP Campground 6 PM  
**Roving Ranger**  
MSP Campground 6 PM | **Aviary Tour**  
TSP Office 3 PM  
**Weekend Nature Programs**  
MSP, MSP, WI 8 AM - 4:00 PM |

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| **Sunday Stroll**  
MSP Office 11 AM  
**Aviary Tour**  
MSP Office 3 PM | **Aviary Tour**  
TSP Office 3 PM  
**Disc Golf 101**  
TSP 4:00 PM | **Shore Gourmet Mobile**  
MSP Office 10 AM  
**Senior Walk**  
MSP Office 10:30 AM  
Park Pals 6 PM and Jr. Rangers 7 PM  
**Steps to Fitness**  
MSP Office 6 PM | **Cardio Fusion**  
MSP Nature Center 5 PM  
**Easy Breezy Ride**  
MSP Nature Center 6 PM  
**Sunset Stretch**  
MSP amphitheater 7 PM  
Let's Get Moving  
TSP Office 5:30 PM | **Morning Stretch**  
TSP Amphitheater 8 AM  
**Steps to Fitness**  
TSP Amphitheater 9 AM  
**Shore Gourmet Mobile**  
MSP Office 10 AM  
**Senior Walk**  
MSP Office 10:30 AM  
**Easy Breezy Ride**  
MSP Office 11:30 AM | **Kayak Meetup**  
TSP Boat Ramp 10 AM  
**Roving Ranger**  
TSP Campground 6 PM  
**Roving Ranger**  
TSP Campground 6 PM | **Caroline Cycles**  
9 AM  
Hammon Community Park  
**Weekend Nature Programs**  
MSP, MSP, WI 8 AM - 4:00 PM  
**Aviary Tour**  
TSP Office 3 PM |

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| **Aviary Tour**  
TSP Office 3 PM  
**Bike Race 101**  
TSP 4:00 PM | **Wye Island Trail**  
NRMA 10 AM | **Morning Stretch**  
TSP Amphitheater 8 AM  
**Cardio Fusion**  
TSP Nature Center MSP 9 AM  
**Sunset Stretch**  
TSP Office 10:30 AM  
**Easy Breezy Ride**  
TSP Nature Center 11:30 AM  
Park Pals 6 PM and Jr. Rangers 7 PM  
**Steps to Fitness**  
MSP Office 6 PM | **Cardio Fusion**  
MSP Nature Center 5 PM  
**Easy Breezy Ride**  
MSP Nature Center 6 PM  
**Sunset Stretch**  
MSP amphitheater 7 PM  
Let's Get Moving  
TSP Office 5:30 PM | **Morning Stretch**  
TSP Amphitheater 8 AM  
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TSP Amphitheater 9 AM  
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**Senior Walk**  
MSP Office 10:30 AM  
**Easy Breezy Ride**  
MSP Office 11:30 AM | **Roving Ranger**  
MSP Campground 6 PM  
**Roving Ranger**  
MSP Campground 6 PM | **Weekend Nature Programs**  
MSP, MSP, WI 8 AM - 4:00 PM  
**Aviary Tour**  
TSP Office 3 PM |
Special Events

Summer Concert Series: New and Used Bluegrass band will perform on Saturday, July 2, at 6:00 PM at the Marriott's State Park Amphitheater. New and Used Bluegrass has at the core, two members who have been friends since high school - Ed Finkner and Toby Price. Along with Alan Breeding, and later Jon Simmons, they have played in various bluegrass groups over the years. So in addition to enjoying each other's bluegrass roots, there are roots of friendship that make the band fun. Ed Finkner, guitar player and lead vocalist lives near Easton. Alan Breeding lives outside of Greensboro, plays banjo. Toby Price lives near Preston and plays mandolin and sings lead and baritone. Jon Simmons lives near Greensboro, plays fiddle and sings lead and tenor. Bryan Irwin is the bass player, lead/harmony vocalist, and sometimes yodeler.

Shore Gourmet Mobile Unit: The Shogo will bring fresh fruits and vegetables for purchase to Marriott's State Park on Thursday mornings from 10:00 to 10:30 AM. The Shogo will be located just past the park office on the left. The purpose of this project is to take fresh fruit and vegetables from local Farms to areas where it is not readily available. Bring a cooler or insulated bag, shop, and walk at the park!

Fishing Derby: Bring the kids for a morning or fishing at the Tuckahoe State Park Beach at 10:00 AM on Monday, July 4. Fishing poles and bait provided!

Camps and Programs

Park Pals and Jr. Rangers: On Tuesdays, from June 21 - July 26, these programs will be offered at both Marriott and Tuckahoe State Parks. Park Pals is for children 4 to 6 years old and will be from 6:00 - 7:00 PM and Jr. Rangers will meet from 7:00 - 8:30 PM. During this 6 week program, Jr. Rangers and Park Pals will explore the park's natural and historical areas, learn stewardship, and explore recreational opportunities. Each week consists of activities surrounding a specific topic, games, snacks, crafts and more. To register and for more information, call 410-820-1668.

Adventure Camp: On the week of July 11 - 15 Adventure Camp for children ages 7 - 14 will be held at Tuckahoe State Park. Activities during the week will include canoeing, archery, orienteering, crafts, games, Scales and Tales, nature hikes, fishing and more. For more information and to register, call 410820-1668.

Weekend Natural Programs: Each weekend through July, family oriented nature programs will be offered at Tuckahoe and Marriott State Parks. Programs change weekly. Call 410-820-1668 for more information.

Plants and Animals

Roving Rangers: On Friday evenings from 6:00 to 8:00 PM, during camping season, at Marriott and Tuckahoe State Parks, rangers will be roving with critics to observe and learn about through small group discussions. If you are not camping, come out to walk the camp loops and join in on learning about these incredible creatures.

Aviary Tours: At Tuckahoe State Park on Saturday and Sunday afternoons, Aviary Tours will be held from 3:00 to 4:30 PM. Learn about birds of prey, why they are at the aviary, and how the rangers care for them. Park at the park office.

Walk, Run, and Hike

Senior Walk: Meet at the Marriott 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 and plenty of benches are available for resting and enjoying nature.

First Saturday Guided Walk: Discover native habitats as you walk at Adkins Arboretum on June 4, at 10:00 AM. Register at https://adkins.dorizonshop.com/product/monthly-guidedwalk-tw Saddlers!

Explore Your Parks: Meet at the Tuckahoe State Park Cherry Lane Parking Area on Monday, July 4 at 9:00 AM, for a guided hike. The hike will be approximately 3 miles. Explore the plant diversity along the way. It's a great way to get exercise and meet new people! The trail will be flat through the woods and the return will be on the road.

Let's Get Moving: Join Lindsay Barton on Wednesday evenings through July 5:30 PM at Tuckahoe State Park Office. Lindsey will motivate both experienced runners and beginner walkers to improve their endurance and stride, while exploring various trails in the park. By the end of July, participants will be able to walk, jog or run a 5k.

Sunday Stroll: Take a walk through the woods with local ecologist enthusiast Jim Bardsley on Sunday July 10 at 11:00 AM. Meet at the Tuckahoe State Park Office and on July 17 at 11:00 AM, meet at the Marriott State Park Office.

Art and Crafts

Yarning at the Arboretum: Bring your yarn projects for an afternoon of camaraderie and encouragement on Wednesday, June 8 at 2:00 PM. Beginners are welcome.

Cyclings, Paddling, and Disc Golf

Cyclings: This route on scenic, low traffic roads of Caroline County will start at the Harmony Community Park MD on Saturday, July 23 at 9:00 AM. Riders must have a helmet. Lights, water, spare tube, and tools are also suggested. For more information and to register, call 410-924-7402.

Easy Breezy Ride: Borrow bikes from the Marriott State Park Nature Center on Wednesdays July 20 and 27 at 9:00 AM. For a guided easy guided ride through the park and nearby low traffic roads.

Pedal Power: Cycle 10 miles on country roads near the parks. Meet at the Marriott State Park Office on Tuesday July 12 and 26, at 6:00 PM and on Tuesday July 5 and 19 the Tuckahoe State Park Lake Parking Lot at 6:00 PM. Helmet required. Lights, water, spare tube, and tools are also suggested. Ride speed is approximately 10 mph, and there will be a leader in the front and a sweeper in the back. This is a good ride for those new to road cycling or those who enjoy a slower paced ride. Text or call 410-924-7402 to register for this free ride.

Wye Island Trail Ride: Meet on Monday July 25 at the Hunter Station in Station on Wye Island Road at 10:00 AM for a 10 mile gravel road ride. Helmet is required. Lights, and water are suggested. Call 410-924-1529 for more information. A hybrid bike or mountain bike is appropriate for the gravel road.

Kayak Meetup: Meet on Friday July 22 at the Tuckahoe State Park Boat ramp to paddle the beautiful Tuckahoe Creek. The paddle will be two hours. Life jackets are required. Bring a snack and water. For more information and to register, call 410-924-1529.

Disc Golf 101: Learn how to play disc golf on Sunday, July 24 at 4:00 PM at the Tuckahoe State Park Course c/o Cherry Lane. Disc will be provided for play.

Check our website for more park activities by clicking on the calendar of events https://go.adkinscalendar.com/doll-md?&gl=y&search=y

For more information call 410-820-1668 or email karen.gianninotto@maryland.gov.