



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



Healthy Parks, Healthy People July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Scan and scroll to bottom of page for details		1 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am 	2 <b>Senior Rangers</b> Turtle Talk TSP 9 am	3 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Evening Cycle</b> MSP 5:30 pm <b>Park Pals</b> 6pm <b>Jr. Rangers</b> 7pm TSP	4	5 <b>Nature Center Fun</b> MSP 9 am - 5 pm <b>Boat House Open</b> TSP 10 am - 6 pm <b>First Saturday Walk</b> Adkins Arboretum 10 am <b>Pride Nature Walk</b> Adkins Arboretum 10 am
6 <b>Boat House Open</b> TSP 10 am - 6 pm	7 	8 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Evening Hike</b> TSP Office 6 pm	9 <b>Senior Rangers</b> Search Dog Demo MSP 9 am	10 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Evening Cycle</b> TSP 5:30 pm <b>Park Pals</b> 6pm <b>Jr. Rangers</b> 7pm TSP	11 	12 <b>Nature Center Fun</b> MSP 9 AM - 5PM <b>Boat House Open</b> TSP 10 am - 6 pm
13 <b>Boat House Open</b> TSP 10 am - 6 pm <b>Biodiversity Walk</b> Adkins Arboretum 1 pm <b>Bluegrass Picking Jam</b> MSP Nature Center 2 pm	14 	15 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Kayak Meetup</b> MSP Boat Ramp 6 pm	16 <b>Senior Rangers</b> Fish Hatchery Tour Millington,MD 9 am	17 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Evening Cycle</b> MSP 5:30 pm <b>Park Pals</b> 6pm <b>Jr. Rangers</b> 7pm TSP <b>Branching Out Walk</b> Adkins Arboretum 6 pm	18 	19 <b>Nature Center Fun</b> MSP 9 AM - 5PM <b>Boat House Open</b> TSP Lake 10 am - 6 pm
20 <b>Boat House Open</b> TSP 10 am - 6 pm	21	22 <b>Martinak Morning Walk</b> MSP Office 10:30 am	23 <b>Senior Rangers</b> Archery TSP 9 am	24 <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Evening Cycle</b> TSP 5:30 pm	25	26 <b>Nature Center Fun</b> MSP 9 am - 5 pm <b>Caroline Cycles</b> Preston Elementary School 9 am <b>Boat House Open</b> TSP 10 am - 6 pm
27 <b>Boat House Open</b> TSP 10 am - 6 pm	28	29 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am	30 <b>Senior Rangers</b> Archeology Sassafras NRMA 9 am	31 <b>Morning Stretch</b> MSP Amphitheater 9 am <b>Martinak Morning Walk</b> MSP Office 10:30 am <b>Evening Cycle</b> MSP 5:30 pm		

### **Cycling**

**Caroline Cycles:** Enjoy the beautiful Caroline County countryside on Saturday July 26, at 9 am by cycling 25 miles. The ride leaves from Preston Elementary School, 225 Main St. Preston, MD 21632. You must be 18 years old and helmets are required. Lights, water, and bright colored clothing is 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. Tubes, lights, and tools are recommended. The rides leave from Martinak State Park Office on Thursday July 3, 17, and 31. Rides leave from Tuckahoe State Park Lake Parking Area on Thursday July 10 and 24.

### **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, at your pace, on a paved trail and walkways. 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.

**Evening Hike:** Join us for a relaxing after-work hike on the Tuckahoe Valley Trail on Tuesday, July 8, at 6:00 pm. Meet at the Tuckahoe State Park Office. Bringing water is advised, and bug spray is recommended.

**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, call 410-634-2847.

**Biodiversity Walk:** Learn about and observe the natural ecosystems of Maryland's Coastal Plain on an expert-led walk, identifying as many species as possible along the way! Join this walk at Adkins Arboretum on Sunday July 13, at 1:00 pm. To register, call 410-634-2847.

**Pride Nature Walk:** Saturday, July 5, 2025 at 10 am, at Adkins Arboretum, LGBTQ+ adults, teens, parents, and allies are invited to participate in a monthly guided walk to explore the Arboretum's rich native plant habitats. A representative from the Delmarva Pride Center will facilitate these supportive group walks. Adkins Arboretum is proud to provide a beautiful, inclusive, and welcoming space. Pride Nature Walks begin at the Visitor's Center and last about an hour. Please dress for the weather. Call 410-634-2847 to register.

### **Kayaking**

**Kayak Meetup:** Bring your kayak and meet others to paddle Watts Creek on Tuesday July 15, at 6 pm, at Martinak State Park boat ramp. Lifejackets are required. Water and bug spray are recommended.

**Boathouse:** The boathouse is open every Saturday and Sunday this summer, from 10 - 6 pm at Tuckahoe State Park Lake. Kayaks and canoes are available to rent for the hour or day.

### **Exercise and Other Nature Activities**

**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 July 22. 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.

**Nature Center Fun:** Saturdays at the Martinak Nature Center offer fun for everyone! Visit between 9 am and 5 pm to discover critters, crafts, displays, and much more!

**Blue Grass Picking Jam:** Join us for a bluegrass jam session at the Martinak State Park Nature Center on Sunday, July 13, at 2:00 pm. All are welcome to listen or participate.

**Senior Rangers:** This program is for senior citizens (+55) with an interest in learning about our parks and nature. Six weekly sessions are led by a variety of instructors including rangers, historians, naturalists, and other experts. To register Contact [cori.dulmage@maryland.gov](mailto:cori.dulmage@maryland.gov). A \$30 fee at registration includes the following sessions:

- **Wednesday, July 2nd 9:00-10:30am:** Meet at Tuckahoe State Park Lake Pavilion (13187 Crouse Mill Rd., Queen Anne MD). We'll begin with a presentation about terrapin turtles from Salisbury University student, Rebecca White on her terrapin research, followed by an optional paddle on Tuckahoe Lake to view turtles in their natural habitat. Canoes or kayaks, paddles, and personal floatation devices will be provided. Wear water shoes.
- **Wednesday, July 9th, 9:00-10:30am:** Meet at the Driftwood Pavilion, Martinak State Park (137 Deep Shore Rd., Denton MD). Diana LeClair, a representative of Mason Dixon Search Dogs, a local organization that trains search & rescue dogs and provides their services to law enforcement and other government agencies will conduct a demonstration. We'll follow up with a discussion of hiking safety and an optional short hike.
- **Wednesday, July 16th, 9:00-10:30am:** Meet at the Unicorn Lake Fish Hatchery (110 Fishing Lake Lane, Millington MD). Unicorn Lake is a Department of Natural Resources hatchery that raises fish for corrective stocking and population restoration work statewide. We'll tour their facilities, followed by the option to fish in their 43-acre recreational fishing lake. Fishing poles, bait, tackle and fishing instruction will be provided.
- **Wednesday, July 23rd, 9:00-10:30am:** Meet at the Tuckahoe State Park Youth Group area (13450 Cherry Lane, Ridgely) to learn the new skill of archery! A ranger will instruct us in the basics of shooting a bow, then we'll all have a chance to test our aim. All equipment provided.
- **Wednesday, July 30th, 9:00-10:30am:** Meet at Sassafras Natural Resources Management Area Pond Pavilion (13506 Turners Creek Rd., Kennedyville, MD). Follow the dirt entry lane to the main parking area. An archaeologist from Maryland's Historical Trust will join us to talk about her work and share some artifacts and activities with us.
- **Wednesday, August 6th, 9:00-10:30am:** Meet at the Martinak State Park Nature Center (137 Deep Shore Rd., Denton, MD). A local bee expert will share his knowledge of all things apian. The presentation will be in the Nature Center pavilion, a shaded area with picnic tables.

*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).