

April – June 2018 Schedule



TRAILHEAD

Everyone Belongs Outdoors!



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Did You Know...

Venture Outdoors is a 501(c)3 charitable nonprofit organization. We believe everyone deserves the chance to experience how incredibly fun the outdoors can be, so we provide the gear, guidance and inspiration to make outdoor recreation part of people's lives.

We believe everyone belongs outdoors!

Support Venture Outdoors and Save with a Yearly Membership

Membership Levels start at \$20/year and include affordable options for students/seniors, individuals, and families to get outside while supporting Venture Outdoors.

Go to ventureoutdoors.org/join-us or call 412.255.0564 x224 to become a New or Renewing Venture Outdoors Member today!



Your Support Helps Venture Outdoors:

- Fund the outings and events that get you and your family outdoors year-round
- Enable underserved children to learn more about nature and the environment while developing outdoor recreation skills
- Turn volunteers into accomplished Trip Leaders while enhancing their leadership skills and safety training

Savings to You Include:

- Discounts on outings, Kayak Pittsburgh rentals and season passes
- Savings at Eddie Bauer, Go Ape and Ascend Pittsburgh
- Free Members Only outings and events
- Free Banff tickets and kayak rental vouchers at the \$250 and higher levels

Memberships are tax-deductible.
Thank you for your continued support!

Venture Outdoors would like to thank the following participants and volunteers who generously provided photographs for this issue of *Trailhead*.

Dani Bartley
Sami Caun
LeeAnne Conway
Nanci Goldberg
Suni Lynn Lee
Mary Lynn Marsico
Joshua Tenenbaum



Levels of Difficulty

This terminology is general. Please refer to program description for specifics. The activity information is accurate at the time of printing. Occasionally, an activity's information is altered before its start date. You will receive the most recent information when you register.

RELAXED

- Short distances at a slow pace
- Generally flat terrain, well defined trails
- No prior activity experience is necessary
- Perfect start for beginners
- Not too physically challenging

EASY

- Short distances at a slow pace
- Relatively flat terrain, well defined trails, may involve some hills
- No prior activity experience is necessary
- Perfect start for beginners
- Not too physically challenging

MODERATE

- Varying distances at a steady pace
- Varying terrain, fairly established trails
- Some prior experience in the activity is required
- Physically challenging, only for those in good physical condition

ADVANCED

- Fast-paced over a short distance or steady-paced over a long distance
- Varying terrain, may include off-trail sections, rough spots, unexpected obstacles
- Prior experience in the activity is required
- Physically challenging, only for those in good physical condition

STRENUOUS

- Fast-paced over a short distance or fast-paced over a long distance
- Difficult terrain, will include off-trail sections, rough spots and unexpected obstacles
- Prior experience in the activity is required
- Only for those in excellent physical condition. Most physically challenging

FAMILY FRIENDLY



- These activities are geared toward the whole family and offer discounts for children under 18; some restrictions apply. A parent or legal guardian must sign an assumption of risk form for a participant under 18 years of age.

DOG FRIENDLY



- Bring your best friend along on the trip. These activities are great for both you and your dog.
- The number of dogs allowed on an activity is limited AND those dogs must be registered with participants. Dogs must have licenses and up-to-date shots.

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How to Sign Up

To register for any outing, please visit the Activities Calendar at ventureoutdoors.org or call 412.255.0564, ext 0.

FREE MEMBERS ONLY OUTING

Registration for this outing opens on the first business day of June.

MODERATE

SKYLINE PADDLE

Join us for a two-hour paddle offering different vantage points of our City's spectacular skyline. We will paddle at a steady-pace and instructors will be on hand to give paddling tips. Previous paddling experience is required for this outing.

Tuesday, June 26 • 6:30 – 8:30 PM



BACKPACKING

EASY

BACKPACKING BASICS WORKSHOP

Venture Outdoors Backpacking Trip Leaders introduce the basics of preparing for a backpacking trip. We'll discuss the gear you'll need, where to go in the region and some fun techniques to use when on the trail. If you are planning on joining us for a backpacking trip this summer, this workshop is strongly recommended.

Wednesday, May 9
6:30 – 8:30 PM
Venture Outdoors
FREE!

BACKPACKING INTRODUCTION

Dust off your backpacking gear as we experience the beauty of Raccoon Creek State Park. We will review the basics and lead us on a backpacking loop hike and tent camping overnight. We'll cover 4-5 miles the first day over moderate terrain with stops at historic landmarks within the park. Later we'll build a campfire, eat dinner, relax, and then let the story-telling begin. On the second day, we will backpack 6-7 miles to the park office, completing the loop. This is a great first-time backpacking trip. Cost covers guides and campsite fee. Bring your own backpacking gear and food. Minimum age is 16.

June 9 and 10
10 AM – 4 PM
Raccoon Creek State Park
Non-member: \$27
Member: \$20

BIKING

Bike rentals are not available for these outings.

EASY

CITIZEN SCIENCE: AIR QUALITY BIKE RIDE WITH GASP

Learn about the air you breathe and discover some unexpected sources of pollution on this easy paced bike ride with the Group Against Smog and Pollution. Using bicycle monitors as well as surveys, we'll collect data from several of Pittsburgh's riverfront trails to inform about the care and needs of each specific site. We'll pedal 12 – 15 miles on this outing.

Saturday, May 19
Three Rivers Heritage Trail
Non-member: \$12
Member: \$8



SUMMER SOLSTICE RIDE

Join us for an evening of exploration on an easy 10 – 15-mile ride around on the Great Allegheny Passage. On the longest day of the year, we will enjoy the tranquility of the trail, while listening for the critters that become active at dusk.

Thursday, June 21
6:30 – 8:30 PM
Non-member: \$18
Member: \$12

MODERATE

BUTLER-FREEPORT COMMUNITY TRAIL RIDE

Southwestern PA has many bike trails to explore. We will pedal 20 to 30 miles out and back along the Butler-Freeport Trail. The crushed limestone trail follows streams, farmland, and woods. We'll stop for lunch in Butler. Lunch not included in the outing fee.

Saturday, April 28
10 AM – 3 PM
Butler-Freeport Community Trail
Non-member: \$18
Member: \$12

FORT PITT BIKE RIDE

Join Venture Outdoors and the Fort Pitt Museum for a moderate 20 to 24 mile bike adventure from Braddock, PA to Point State Park and back to learn about General Edward Braddock and his attempts to conquer the Forks of the Ohio River in 1755 in addition to other 18th century Western Pennsylvania stories. We'll stop at Point State Park, and participants will have a chance to rest and enjoy lunch in Point State Park before going on a guided tour of the Fort Pitt Museum and Point State Park with the park's Environmental Education Specialist. Afterwards, we'll take a leisurely ride back.

Saturday, June 23
9 AM – 3 PM
Braddock, PA
Non-member: \$28
Member: \$22

STAVICH BICYCLE TRAIL RIDE

Join us and explore a new bike trail! We will pedal 15 to 20 miles out and back along the the Stavich Trail, the only bicycle trail in the U.S. that will take you through three different townships, two different counties and two different states.

Saturday, June 30
1 – 4 PM
Stavich Bicycle Trail
Non-member: \$18
Member: \$12

The leader was very supportive and encouraging, and made me feel like I could do this. The outing was also at exactly the right level for me.



FAMILY

EASY

COCOA & COOKIE ADVENTURE

Let's get ready for the start of Spring by taking a relaxing hike along local trails. Search for new wildflowers, cute critters, bugs, and other surprises this beautiful trail has to offer! This hike will be between 1 to 2 miles on fairly level path, great for families with younger children or older adults. Afterwards, we'll stop at a pavilion to enjoy hot cocoa and cookies.



Saturday, April 14

1 - 3 PM

TBD

Non-member: \$8

Member: \$6

Kids: \$5

Member Family: \$15

FAMILY STEWARDSHIP CLEAN UP

Celebrate Earth Day with the family by giving back to the community. Kids will compete against each other in this stewardship clean up hike to help beautify the historic Allegheny Commons, Pittsburgh's oldest city park. We'll provide work gloves, safety vests and trash bags. All you need to bring is a good attitude and desire to help keep our planet clean!



Sunday, April 22

2 - 4 PM

Allegheny Commons

FREE!

Trip Leaders were friendly and helpful, and provided so much fun for the kids - including hot chocolate!



MOTHER'S DAY CRAFT HIKE

What better way to spend Mother's Day together than by taking a nice sunny stroll together along the beautiful trails of North Park? This hike is family friendly and will cover about 2-3 miles on relatively flat trails. After exploring the park, kids will create a suncatcher for Mom to take home!



Sunday, May 13

2 - 4 PM

North Park

Non-member: \$8

Member: \$6

Kids: \$5

Member Family: \$15

Thanks for finding ways to include our kids. It is SO appreciated, maybe more than you know. I want to raise my kid to love the outdoors, and through Venture Outdoors and Kayak Pittsburgh, you are helping me do this.



FAMILY BEGINNER PADDLE AND PANCAKES

Join us for a family friendly introduction to kayaking followed by pancakes! We'll go over the basics, and then get everyone out on the water for a relaxing paddle. By the time it's over, everyone in your family will be paddling like a pro! Participants must be 12 years or older to paddle a solo boat on their own. Kids under 12 can paddle in a tandem with one adult, and very small toddlers can ride in a tandem with two adults.

Sunday, June 10

9 - 11:30 AM

Kayak Pittsburgh - Aspinwall Riverfront Park

Non-member: \$24

Member: \$18

Kids: \$12

Member Family: \$40

A DAY OUTDOORS WITH DAD

Celebrate Father's Day outside on this relaxed family-friendly hike! Explore the trails of Highland Park, smell the flowers of the beautiful entry garden, and learn about the reservoir on this 2-3 mile easy hike. Afterwards, kids will make a terrarium for Dad to show their appreciation!



Sunday, June 17

2 - 4 PM

Highland Park

Non-member: \$8

Member: \$6

Kids: \$5

Member Family: \$15

TYKE HIKES

EASY

10 - 11:30 AM

Kids \$5, Member Family \$12

Come and join us for a Tyke Hike! We welcome parents or caregivers with children, ages newborn to 5 years old. Explore nature, touch the trees and look for little critters on this easy walk in the park. The 1-2 mile hike will be trail-friendly for strollers, slings, child-carriers or on foot. We provide a craft and snacks after the hike! Weather permitting. Pre-registration requested but not required.



Wednesday, June 13
Riverview Park

Thursday, June 21
Dormont Park

Wednesday, June 27
Frick Park



FLY FISHING

Pennsylvania Fishing License requirements apply for individuals ages 16 and up for all outings.

EASY

FLY FISHING: INTRO

Learn the basics of rods, reels, line, tippets, knots and flies, and receive hands-on practice in a variety of casting techniques. Of course, a fly-fishing experience would not be complete without time on the stream, so bring your waders! No equipment is needed. Loaner rods and reels are available.

Saturday, April 7 – Ohiopyle State Park

Saturday, May 5 – North Park

9 AM – 5 PM

Non-member: \$86

Member: \$65

MODERATE

Prior fly fishing experience required for these outings.

SMALLMOUTH SERIES: PRE-SPAWN SMALLMOUTH

This is the first of Venture Outdoors' smallmouth bass outings. On this trip we will choose from Connequenessing Creek or Slippery Rock Creek, depending on water conditions and fish activity. At this time of the year, the bass are quite aggressive as they fatten up for the spawn. As stream temperatures rise, we will be there to target the big ones! This is a daylong trip led by Venture Outdoors' resident smallmouth "fanatic," Ian Brown.

Saturday, April 21

9 AM – 5 PM

Butler, PA

Non-member: \$86

Member: \$65



TRIANGLED LUNCH TIME FISHING

RELAXED



Everyone is welcome to come fishing with this weekly lunchtime fishing group, the TriAnglers. Come help us celebrate Pittsburgh's clean rivers and great fishing opportunities right here in downtown Pittsburgh.

Venture Outdoors Trip Leaders will be on hand to help the novice and expert alike learn more about this great destination and possibly land a trophy catch. Equipment and bait are provided. A limited selection of fishing aids is available. *Pennsylvania Fishing License required for anyone 16 and older.* Registration is

requested but not required. Bait is generously donated by Island Firearms.

Wednesdays

11:30 AM - 1:30 PM

Three Rivers

Heritage Trail

FREE!



MATCH THE HATCH/THE DRY FLY

Blue Winged Olives, Quill Gordons, Hendricksons, Blue Quills and so much more. This is the time all dry fly fishermen live for! All of these bugs hatching but what fly do I use? This class will answer that often-asked question and the "Whats" and "Whens" of the major hatches on the local streams. Of course, a fly-fishing experience wouldn't be complete without time on the water, so bring your waders!

Saturday, April 28

9 AM – 5 PM

Ohiopyle State Park

Non-member: \$86

Member: \$65

FLY FISHING: LAKE ARTHUR STRIPERS

In the dark of night, by the light of the moon, school of striped bass herd bait fish into the shallows. You may not see them feeding, but you'll hear them! On this trip we'll wade the flats of Lake Arthur at night for trophy stripers.

Wednesday, May 2

3 – 9 PM

Moraine State Park

Non-member: \$86

Member: \$65

SMALLMOUTH SERIES: ERIE TRIBS SMALLMOUTH

The creeks flowing into Lake Erie comprise one of the best steelhead fisheries anywhere. These same streams receive equally prolific smallmouth runs in preparation for spawning. In the spring, Elk, Walnut, 16 and 20 Mile Creeks fill with normally lake dwelling bass. We will get there ahead of the spawn on this the second trip in the series. This may be your best chance for a 5 lb. bass! A Lake Erie permit is required for this outing.

Saturday, May 12

9 AM – 5 PM

Erie, PA

Non-member: \$86

Member: \$65

YELLOW CREEK GREEN DRAKES

This Venture Outdoors outing will take you to the Tussey Mountain and Yellow Creek. This spring creek has a prolific green drake hatch. Even the wiliest big brown trout will feed with abandon on these big may flies. We will stay on the water until dark, when the big ones come out to play!

Wednesday, May 16

3 – 9 PM

Bedford, PA

Non-member: \$86

Member: \$65

BIKE FISHING SERIES: FLAUGHERTY RUN

On this the first of the yearlong bike and fish series, we will bike the Great Allegheny Passage Trail along Flaugherty Creek. This native brook trout stream runs next to six miles of the trail from Meyersdale to the trail's highest point on Big Savage Mountain.

Saturday, June 2

9 AM – 5 PM

Somerset, PA

Non-member: \$86

Member: \$65



SUMMER SOLSTICE GETAWAY

It's the longest day of the year so let's get out on the water for some paddling, fishing and fun! We will provide both paddling and fly fishing instruction on this afternoon to evening trip. Fly fishing from watercraft is an enjoyable, relaxing and efficient method of fishing for the inhabitants of Southwestern PA's many lakes. On this day, we will be targeting warm water species, largemouth bass and panfish, with top water flies. We will prepare you to fish from kayaks, canoes, rafts and "belly boats," any of which can get you stealthily up close to the big ones. Watercraft will be provided or you may bring your own and launch from a nearby launch. After the event, we will gather at OTB restaurant to compare notes on the day. Refreshments are not included in the activity fee.

Thursday, June 21

3 – 9 PM

North Park

Non-member: \$86

Member: \$65

CONNOQUENESSING CREEK SMALLMOUTH

Southwestern PA has hundreds of miles of rivers and streams that offer exceptional smallmouth bass fishing. This Venture Outdoors fly fishing trip will be led by Ian Brown and will take you to one of his favorite waters, Connequenessing Creek, the "Connie" for short. The smallmouth bass spawn in May to early June and, after a brief period for recovery, go on a feeding frenzy to rebuild their energy stores. The techniques, tackle and flies needed to pursue this hard fighting fish will be addressed in this class, which will be held entirely on the water. This is a wading fishing trip.

Saturday, June 30

9 AM – 5 PM

Butler, PA

Non-member: \$86

Member: \$65

TENKARA NATIVE BROOKIES

Tsuri o shimashoo (let's go fishing!) Tenkara is most often translated "from heaven." This very old Japanese style of fly fishing is practiced using a rod, line and fly, no reel. There is no better technique for fishing the narrow rhododendron-lined streams that PA's native trout call home. In this getaway, we will hike along the "blue lines" where brook trout live.

Wednesday, June 6

3 – 9 PM

Ohiopyle State Park

Non-member: \$86

Member: \$65

WET FLIES & STREAMERS FOR TROUT

Combining centuries-old traditional tactics with new breakthrough techniques, this class will examine fishing wet flies and streamers for trophy trout. We will teach new ways to fly fish and help you to catch trout even under the toughest conditions. Discover the flies, retrieves, leaders, gear, and tactics that will bring bigger fish to your presentation. After lunch we will fish traditional wet flies, soft hackles, and the new hybrid wet flies. We will also try a variety of streamer tactics in pursuit of trout!

Saturday, June 16

9 AM – 5 PM

Ohiopyle State Park

Non-member: \$86

Member: \$65

“It was an outstanding education experience that got me excited about fly fishing and to adopt it as a lifetime physical activity.”



TROUT EXTRAVAGANZA

The trout waters of central PA are legendary. These are the finest wild trout waters in the East. Join Dale & Cynthia Kotowski for an overnight in the mountains around State College. We will camp at Black Moshannon State Park and a barbecue will be served on Saturday. Please plan to bring your other meals. A Lake Erie permit is required for this outing.

May 19 and 20

9 AM – 5 PM

State College, PA

Non-member: \$172

Member: \$139

HIKING

EASY

TRILLIUM TRAIL WILDFLOWER WALK

Join us for an exploration of wildflowers! Trillium and many other wildflowers are in full swing along the one-mile Trillium Trail in Fox Chapel, and we'll learn tips and techniques for finding these woodland gems.

Sunday, April 15

10 AM – 12:30 PM

Fox Chapel

Non-member: \$12

Member: \$8

HIKE SANDWICHED IN

Join us for a hike and a sandwich sandwiched in the middle of the week! We'll start with some deli sandwiches and cold drinks, followed by a hike through the East End.

Thursday, April 19

6:30 – 8:30 PM

East End

Non-member: \$20

Member: \$27

DUFF PARK WILDFLOWER WALK

Join us as we celebrate spring with a 2-3 mile hike along the scenic trails of the hilly and heavily wooded Duff Park. Duff Park is the gem of Murrysville Parks, a 148-acre park of old growth remnants and spectacular wildflowers. We will walk among the trillium, spring beauty, trout lily and dutchman's breeches on this easy walk through the recently designated PA DCNR wild plant sanctuary.

Saturday, April 21

10 AM – 1 PM

Duff Park

Non-member: \$12

Member: \$8



MILLVALE MURALS HIKE

Explore Millvale's rich history and bright future on this easy walk that highlights the artwork throughout town. We'll wander through Millvale's neighborhood and commercial districts in search of the interesting, the unique, and the offbeat. Following the walk, we'll visit St. Nicholas Croatian Catholic Church for a guided tour of the Maxo Vanka murals painted there.

Sunday, May 6

1 – 4PM

Millvale

Non-member: \$25

Member: \$21

BOOK SWAP HIKE

Calling all bibliophiles! Join us for a hike all about books! We'll hike 2-3 miles over easy terrain and stop along the way to talk about our favorite books! Bring a book to swap with another participant.

Thursday, May 10

6:30 – 8:30 PM

Frick Park

Non-member: \$12

Member: \$8

WALK THROUGH PREHISTORY

Travel through time on a 2-mile walk through the woods and fields surrounding Meadowcroft Rockshelter, the oldest site of human habitation in North America. Along the way, we'll learn about the flora and fauna of the area as it relates to the survival techniques of prehistoric people. We will pass a local beaver dam and briefly visit a re-created 16th century Monongahela Indian village where participants will have the opportunity to try using the ancient atlatl. We will end the hike at the Visitors Center for a 40-minute tour of the famous Rockshelter. Museum admission is included in the cost of the outing.

Saturday, June 9

10 AM – 1 PM

Meadowcroft Rockshelter and Historic Village

Non-member: \$20

Member: \$15

Kids: \$12



“It really could not have been better.”

BANJO NIGHT WALK

Ramble the streets of the North Side and listen to old-time banjo music on this easy walk! We'll learn about the history of the area and visit some neighborhood landmarks before heading to the Elks Lodge to watch the Pittsburgh Banjo Club perform. The minimum age is 21.

Wednesday, June 27

6:30 – 8:30 PM

North Side

Non-member: \$12

Member: \$8

MODERATE

LEWIS AND CLARK HISTORY HIKE

One of the ongoing debates of American history is where exactly did our greatest western expedition begin. From the mind of Jefferson at Monticello to the Falls of the Ohio near Louisville, Kentucky to St. Louis, Missouri, many communities have laid claim to this honor, but none has such a clear, logical case to make than Pittsburgh. Join national reenactor and living historian, John McNulty, as we explore the many connections our region has to this famous expedition including the back story of how the two captains became friends in the years before the adventure began. We will cover some of Pittsburgh's most diverse, rugged and beautiful terrain stopping from time to time to learn about the past, discuss efforts to extend the national historic trail to Pittsburgh and share information about a wildlife conservation project on nearby Brunot's Island.

Saturday, April 7

10 AM – 4:30 PM

West End

Non-member: \$12

Member: \$8

ALLEGHENY CEMETERY WALK

Allegheny Cemetery is the oldest institution of its kind west of the Allegheny Mountains, and one of the oldest incorporated cemeteries in the United States. As we stroll through these peaceful grounds, we will hear the history of the cemetery and will learn about a few of the famous people who have been laid to rest there. The route covers about 3.5 miles and includes paved walkways and lawn crossings.

Sunday, April 22

1 – 4 PM

Allegheny Cemetery

Non-member: \$15

Member: \$12

INTERNATIONAL OAKLAND WALK

Join us for a 2 to 3 mile walk in Oakland! Known for its academic institutions, the community features a diverse student population, impressive architecture, and beautiful green spaces, we'll explore the area and learn some history along the way. After the walk, we'll take a guided tour of the International Rooms at the University Pittsburgh to learn about their history and the many cultures they represent.

Saturday, April 28

9:30 AM – 12:30 PM

Oakland

Non-member: \$16

Member: \$12

SPRING WILDFLOWER WALK

Join other wildlife enthusiasts for a tour of one of the most vibrant local spring wildflower patches in Southwestern PA. We will take in the fleeting beauty of this annual natural wildflower display and discuss the ecology of wildflowers and their role in the ecosystem.

Sunday, April 29

10 AM – 12:30 PM

Raccoon Creek State Park

Non-member: \$12

Member: \$8





ADVENTUROUS HIKE



Break away from the trail to explore past history of Raccoon Creek State Park. We will hike the 4-mile Forest-Lake Trail loop, which crosses four streams and has an elevation change of 300 feet. From time to time, we will stop to explore historic remnants, including an old CCC incinerator, cistern, stone quarries, small red brick building, foundations of an old barn and homesteads, and a two-story springhouse dating to 1846. This hike is dog-friendly!

Saturday, April 14

10 AM – 3 PM

Raccoon Creek State Park

Non-member: \$12

Member: \$8

STAR PARTY HIKE



Join us for an evening hike at Deer Lakes Park followed by stargazing with the Amateur Astronomers Association of Pittsburgh (AAAP) in a large open meadow with excellent views to all horizons. During the Star Party, members of AAAP will share their expertise and information on their telescope equipment. The hike will cover 3-4 miles with some hills.

Friday, April 20

7 – 10 PM

Deer Lakes Park

Non-member: \$12

Member: \$8

Kids: \$6

“*Booking was easy, all the information I needed came in a timely fashion.*”

HABITAT HIKE: EXPLORE, DISCOVER, PROTECT

Did you know that the Big Sewickley Creek runs through one of the most bio-diverse regions in Allegheny County? In Linbrook Woodlands, a newly protected Allegheny Land Trust conservation area, you can explore the narrow, wet trails with cattails and tadpoles, the old, clear logging paths and power line routes with amazing views all in one short hike! Girl Scout Nadine Oury will lead a hike through this new habitat loop trail as part of her Gold Award Project, so join us in getting outside and exploring the many habitats created by both natural features and human activity.

Saturday, April 21

10:30 AM – 1:30 PM

Linbrook Woodlands

FREE!

SCHENLEY PARK SUNSET HIKE

Hike into the sunset with us as we explore Schenley Park on this moderately-paced hike. We'll explore the park and take in great views of the sunset along the way.

Friday, May 25

7 – 9 PM

Schenley Park

Non-member: \$12

Member: \$8

DOGGIE DAY TREK



Bring your canine companion for a social hike through Roaring Run Natural Area in Forbes State Forest. We'll start out by letting the dogs get to know each other, and then we'll cover 5-7 miles of moderate hiking trails. Off-leash time is included in the outing.

Sunday, May 27

10 AM – 1 PM

Roaring Run

Non-member: \$18

Member: \$12

Neighborhood Hikes



MODERATE

6:30 – 8:30 PM

Member \$8, Non-Member \$12

What better way to see the area and stay fit than an evening hike exploring Pittsburgh and the surrounding suburbs? We'll follow the sidewalks, staircases, and side trails as we wind 4-6 miles through various neighborhoods on this moderately-paced hike.

Thursday, April 5 – Greenfield

Tuesday, April 24 – Bloomfield

Tuesday, May 8 – Mt. Lebanon

Monday, May 21 – Wilkinsburg

Tuesday, June 5 – Homestead

Tuesday, June 26 – Strip District

NATIONAL TRAILS DAY HIKE



Hike in celebration of National Trails Day! We'll join thousands of people from across the country participating in this national celebration of trails! We'll hike 4-6 miles on this moderate hike.

Saturday, June 2

9 AM – 12:30 PM

Harrison Hill Park

FREE!

ADVANCED

HIGH-ENERGY HIKE

Join us for a brisk morning hike! We'll follow the winding paths of the beautiful Highland Park. On this advanced hike, we'll cover 4-6 miles with some hills and steps.

Sunday, April 8

8 – 11 AM

Highland Park

Non-member: \$12

Member: \$8

Venture Outdoors Again Outings



These outings are part of the Venture Outdoors Again Initiative. Participants ages 50 and up can attend for free thanks to generous support from the Jewish Healthcare Foundation. To receive a promotion code to access these outings and other outings in the initiative for free, visit ventureoutdoors.org or call 412-255-0564, ext. 0.

BUDDING NATURALIST WALK

Learn the signs of the seasons as we explore the beautiful park grounds. We'll join a Venture Outdoors trip leader for an easy-paced walk that focuses on the plant and animal life that abound in the park. At each stop along the trail, our trip leader will share more information about the topic.

Sunday, May 13

10 AM - 12 PM

North Park

Non-member: \$12

Member: \$8

INTRODUCTION TO BIKING

Let Venture Outdoors Trip Leaders introduce you to the basics of preparing for biking. We'll discuss the gear you'll need, where to go in the region, and other information you need to have a successful ride.

Thursday, May 17

1 - 3 PM

South Park

Non-member: \$8

Member: \$6

BEGINNER BIKE RIDE

Join us for a beginner bike ride! We'll spend the first half hour of the outing covering tips and warming up for a successful bike trip. Then we'll ride as a group along South Park's paved paths, with stops along the way. Participants are encouraged to attend the Introduction to Biking before attending this outing.

Thursday, June 14

1 - 3 PM

South Park

Non-member: \$15

Member: \$10

FISHING AT NORTH PARK LAKE

Join on North Park Lake for an afternoon of fishing! We provide all the poles, tackle and bait, as well as a guide to provide instruction and information. No previous fishing experience is necessary.

Thursday, June 7

1 - 3 PM

North Park

Non-member: \$12

Member: \$8



FIT WITH A PHYSICIAN

Get healthy while being healthy! We'll join a local medical professional for an easy-paced walk that gets our bodies moving and stimulates our minds. The medical professional will introduce his or her field of study and answer individual questions as we walk. At each stop along the trail, our expert will share tips for staying healthy.

Wednesday, April 4

1 - 3 PM

Frick Park

Saturday, May 19

10 AM - 12 PM

North Park

Tuesday, April 24

6 - 8 PM

South Park

Wednesday, June 13

1 - 3 PM

Frick Park

Wednesday, May 9

1 - 3 PM

Schenley Park

Tuesday, June 26

4 - 6 PM

South Park

Non-member: \$12

Member: \$8

QIGONG WALK

Join Gurney Bolster in an experience that combines a love of nature with the gentle yet invigorating practice of Tai Chi Qigong. This ancient Chinese tradition, often called "meditation in motion," is rooted in the principle of living in harmony with nature. Flow with your breath, feel the earth under your feet, and move with the rhythms of the wind, trees and birds. Enjoy basic sets of movement interspersed with a short walk through the park.

Monday, May 14

Saturday, June 2

8:30 - 10 AM

South Park

Non-member: \$12

Member: \$8



INTRODUCTION TO KAYAKING

Let Venture Outdoors Trip Leaders introduce you to the basics of preparing for kayaking. We'll discuss the gear you'll need, where to go in the region, and other information you need to have a successful paddle.

Thursday, June 14

10 AM - 12 PM

North Park

Non-member: \$8

Member: \$6

MORNING BEGINNER PADDLE

We'll start with instruction on equipment and techniques and then head onto North Park Lake for practice. With experienced guides to lead the way, you'll see just how easy it is to paddle. We'll take in the beautiful scenery of North Park as we kayak along the shoreline. Equipment, guides, and instruction are provided. Solo kayaks are highly recommended for this outing. Participants are encouraged to attend the Introduction to Kayaking before attending this outing.

Thursday, June 21

10 AM - 12 PM

Kayak Pittsburgh - North Park

Non-member: \$29

Member: \$22

CELL PHONE PHOTOGRAPHY

The outdoors is a wonderful setting to inspire creativity. Join a local art enthusiast for a short walk through the park. We'll go to a nearby shelter and learn tips for using your cell phone to take pictures, and then we'll take the time to be creative ourselves.

Sunday, June 10

9:30 - 11:30 AM

North Park

Non-member: \$12

Member: \$8

LONG DISTANCE HIKE

Spend a day on the trail as you explore some of Moraine State Park's longer trails. This hike is designed for advanced hikers that are in shape and want to test their endurance. The pace will be steady and quick covering 10+ miles over some rocky terrain, stream crossings, mud, and include elevation changes.

Sunday, May 20

9 AM – 3 PM

Moraine State Park

Non-member: \$12

Member: \$8

LAUREL HILL STATE PARK HIKE

Spend a day in the woods of Laurel Hill State Park. We'll explore this picturesque 4,072-acre park in the Laurel Highlands. We'll cover 8-9 miles of moderate to difficult terrain, while showcasing some of the best hiking in Western Pennsylvania.

Saturday, June 30

9 AM – 3 PM

Laurel Hill State Park

Non-member: \$12

Member: \$8

WEST END OVERLOOK HIKE

Just minutes from downtown is a bucolic and scenic valley that was once the original site of industry in our region. Today's West End Village is surrounded by regrowth forest that contain old city staircases that reach to the spectacular views of the West End Overlook. Join local historian John McNulty on a 2-3 mile hike that will explore the area of the little known West End Park and take in the views of the overlook by using as many of these staircases as possible while learning more of the fascinating history of this often overlooked part of town.

Saturday, May 5

11 AM – 3 PM

West End

Non-member: \$12

Member: \$8

WATERFALL HIKE

Hike 6-7 miles beside some of the most spectacular waterfalls and whitewater rapids that Pennsylvania has to offer! We'll cover trails that will range from easy to difficult, talking about the history of the area along the way.

Sunday, May 6

10 AM – 4 PM

McConnells Mill State Park

Non-member: \$12

Member: \$8



LEADERSHIP

EASY

OUTDOOR LEADERSHIP TRAINING

This day-long, classroom-based training is designed to improve your leadership skills. The eight-hour course is a fast-paced mix of skill training, awareness development and fun. No previous leadership experience is necessary. During the course, we'll learn to be an excellent leader. Topics include assessing the group, setting expectations, and managing risk. This course is required for anyone interested in becoming a volunteer trip leader for Venture Outdoors.

Saturday, April 14

9 AM – 5 PM

Venture Outdoors Office

Non-member: \$80

Member: \$60

VOLUNTEER ORIENTATION

Do you love the outdoors? Share your passion with others by becoming a volunteer with Venture Outdoors! From trip leading to helping with events, we've got a place for you in our community. Learn more about the organization and the opportunities to give back.

Wednesday, April 18

Wednesday, May 23

Wednesday, June 20

6 – 7 PM

Venture Outdoors Office

FREE!

ROCK CLIMBING

EASY

ROCK CLIMBING

Imagine the feeling of using your own two hands and feet to pull yourself up the side of a cliff. Rock climbing is a popular outdoor sport great for strength and confidence building. We will hike a short distance over easy terrain to reach our climbing areas. Experienced guides will teach you about equipment, safety, tying knots, how to belay and some climbing techniques. After the introduction, we'll do a few different climbs. This class is perfect for beginners. All gear is included in the fee. The minimum age is 13.

Sunday, April 22

Sunday, May 20

Saturday, June 23

9 AM – 4 PM

Laurel Highlands

Non-member: \$67

Member: \$50

Kids: \$40



I thought the all-day training was great. I work during the week, and this one day training highlighted all the requirements, and the office is always available if we think of any future questions. Thank you!

SPECIALTY HIKING

EASY

BRADDOCK BREW TASTING HIKE

Join us for an exploration of Braddock followed by some brews! We'll start with an easy 2-3 mile walk around Braddock, while learning about its industrial past, developing present, and hopeful future. We'll then check out The Brew Gentlemen Beer Co. for a tasting and a pint! Minimum age is 21.

Saturday, May 5
10 AM – 1 PM
Braddock
Non-member: \$40
Member: \$30

CHEESE TASTING HIKE

Join us for an afternoon of trails and cheese! We'll hike 2 – 3 miles through Riverview Park at an easy pace and take in the sights and sounds of Spring. Following the hike, we'll sample a variety of gourmet cheeses from around the world, selected by cheese enthusiast, David Bennett. David will teach the basics on how to create an amazing cheese plate, and will share his insights about some of his most favorite cheeses.

Saturday, May 19
1 – 3:30 PM
Riverview Park
Non-member: \$29
Member: \$22



CARNEGIE WAKE UP WALK

Wake up with a moderate hike! We will explore Carnegie and one the neighborhood's coffeehouses, Carnegie Coffee and their favorite bean. A cup of coffee is included in the fee to send you on your way.

Saturday, May 26
8:30 – 10:30 AM
Carnegie
Non-member: \$16
Member: \$10

PITTSBURGH GLASS WALK

Explore the Pittsburgh neighborhood of Garfield and its art and garden scene on a 2-mile walk. Afterward, we'll visit the Pittsburgh Glass Center for a hot glass demonstration and guided tour of their contemporary glass gallery.

Saturday, May 19
1 – 4 PM
Garfield
Non-member: \$24
Member: \$20

WHISKEY TASTING WALK

Join us for a brisk walk through the Strip District and surrounding areas. We'll discuss the history of the area while connecting its riverfront trails, side streets and main corridors. After the walk, we'll take a tour of Wigle Whiskey, a craft whiskey distillery in the Strip District. We'll start with a cocktail; and then go through the whiskey making process; including how whiskey production has affected Western PA's history. The tour will end with a tasting lesson of samples of Wigle Whiskey accompanied with meats and cheeses. The minimum age is 21.

Saturday, April 7
1 – 4 PM
Strip District
Non-member: \$40
Member: \$30

“*(What did you like most?)
The number of participants,
the care of the volunteers,
and the soup!*”

SOUP OF THE MONTH WALK

Join us for an invigorating 3-4 mile walk that explores Highland Park. After the walk, we will gather and be treated to a hot bowl of tasty soup. Two homemade soups will be served (one vegetarian) as well as bread, hot chocolate, and tea. Soups are provided by Soup Segal of the Bulgarian Macedonian National Educational and Cultural Center.

Sunday, April 15
10 AM – 1 PM
Highland Park
Non-member: \$20
Member: \$15



CULTURAL DISTRICT GEOCACHING

Join Venture Outdoor Trip Leaders for a fun intro to the world of geocaching in the Cultural District. We will learn the basics of using a GPS (Global Positioning System) device to navigate between waypoints throughout downtown. As the GPS unit communicates with satellites, it will guide us to various waypoints where we'll learn the history of the area. We will provide GPS units to share and teach you how to use.

Thursday, April 26
6:30 – 8:30 PM
Downtown Pittsburgh
Non-member: \$12
Member: \$8

MODERATE

FELICITY FARM BRUNCH HIKE

A brisk three-mile hike along the hilly trails of Bradys Run County Park is a good way to work up an appetite before enjoying brunch at a nearby farm. Felicity Farm proprietor, Anne Mayerich will serve brunch as we learn about this historic bed & breakfast. Registration for this outing closes at 4 PM the Wednesday before the program.

Sunday, April 29
10 AM – 1 PM
Brady's Run Park
Non-member: \$27
Member: \$20

PADDLE SPORTS

RELAXED

LOCKING THROUGH AND LOW HEAD DAMS

Have you heard the term "lock" or "low head dam" and wonder exactly they are and how they work? Ever wonder what it is like to go through a lock? This seminar presented by the U.S. Coast Guard Auxiliary will help answer those questions and explain the roles of the locks and low head dams on Pittsburgh rivers and important safety tips.

Saturday, April 12
10 – 11:30 AM
Venture Outdoors
FREE!



Stand Up Paddle Boarding

The minimum age is 13 for all SUP outings.

EASY

BEGINNER STAND-UP PADDLEBOARDING

What's SUP? Stand Up Paddle Boarding (SUP) is one of the fastest growing water sports in the world. We'll begin with a short land-based instruction, and then have you gliding on the water in no time! This great full-body workout is perfect for all ages and levels of ability. Minimal physical conditioning is necessary and participants should be comfortable in and on the water.



Thursday, May 17
Tuesday, May 22
Thursday, May 24 – Women's Only Outing
Tuesday, May 29
Thursday, June 7
Thursday, June 14 – Women's Only Outing
Tuesday, June 19

7 – 8:30 PM
Kayak Pittsburgh – North Park
Non-member: \$25
Member: \$20
Kids: \$18

MODERATE

Previous SUP experience is required for these outings.

SUNSET SUP

Take in the sunset from the water! We'll take a relaxing paddle around North Park Lake and head back just in time to see the sunset over the Boathouse.

Friday, May 25
8 – 9:30 PM
Kayak Pittsburgh – North Park
Non-member: \$25
Member: \$20

STARGAZING SUP

A great way to view the stars while at North Park Lake is on a SUP board on the lake. The sun will go down and we'll be able to enjoy the celestial bodies above the beautiful park skyline in the background.

Wednesday, June 13
8 – 10 PM
Kayak Pittsburgh – North Park
Non-member: \$25
Member: \$20

BEGINNER PADDLES

EASY

We'll start with instruction on equipment, safety and techniques and then head onto water for practice. With experienced guides to lead the way, you'll see how easy it is to paddle. We'll take in the scenery as we kayak along the shoreline and practice our strokes. Equipment, guides, and instruction are provided. Solo kayaks are highly recommended for this outing. The minimum age is 12.

Check out ventureoutdoors.org for dates, locations and times.

Non-member: \$29
Member: \$22

Kayaking

The minimum age is 12 for all kayaking outings unless otherwise noted.

EASY

WOMEN ON THE WATER (WOW) PADDLE

Ladies take the helm! Enjoy a Sunday morning paddle along the waterways of Pittsburgh. Female guides will offer one-on-one instruction for improving your paddling technique. Every paddle will be geared for beginner to intermediate paddlers who have been through a Beginner Paddle class. Join other "women on the water" for a fun morning of exercise.

Sunday, May 20
Sunday, June 17
9 – 11:30 AM
Kayak Pittsburgh – North Shore
Non-member: \$27
Member: \$20

KAYAK & CROISSANTS: WOMEN ONLY PADDLE

Start your day with some exercise! Join us as we paddle around one of Western PA's scenic waterways. Afterward, we'll have a breakfast of croissants and coffee from Jean Marc Chatellier's French Bakery on the shoreline. Bring along your mother, daughter, sister or best friend for this enjoyable morning paddle. Beginner paddle instruction included.

Sunday, June 3
9 – 11:30 AM
Kayak Pittsburgh – North Shore
Non-member: \$33
Member: \$25

The ladies were amazing – they made me want to sign up for more WOW or even the WIN activities in the future. They were just fun to be around and super enthusiastic about the program and being on the water.



I learned so much about Pittsburgh and the surrounding area. To combine it with a beautiful day on the Allegheny River was such a bonus. From a personal perspective, this trip helped both my wife and me to overcome our fears of kayaking on such a large river with so much large boat traffic. We'll be back to the 3 rivers for sure!

BURGER PADDLE

There is nothing like an morning paddle followed by a big, juicy, burger, and we have both planned for this amazing trip. We will meet in North Park and start off with a paddle around the shoreline of North Park Lake, keeping an eye out for wildlife. After the paddle, we'll take our appetites back to a shelter for a picnic-style burger feast.



FIREWORKS PADDLE

We will take a leisurely paddle up the Allegheny River and float back down towards PNC Park in time for the fireworks show. Once the ball game is over, it is time to sit back, relax and marvel at the fireworks. Feel all the BOOMS and POPS vibrating the water from your front row seat. End time may run later if the baseball game goes into extra innings.

Sunday, June 17

10 AM – 1 PM

Kayak Pittsburgh – North Park

Non-member: \$42

Member: \$36

Kids: \$25

Friday, June 22

7:30 – 10 PM

Kayak Pittsburgh – North Shore

Non-member: \$55

Member: \$40

MODERATE

Previous paddling experience is required for these outings. Tandem and solo boats are available unless otherwise noted.

NORTH PARK CLEAN-UP PADDLE

Venture Outdoors will be joining the Friends of North Park for a clean up! Trip Leaders will kick us off with a safety talk, and then we'll divide into teams to clean up the lake from the water. Bring your own boat or use one of ours-a limited supply of boats are available. Both tandem and solo boats are available. After disposing of the trash appropriately, we'll get cleaned up and enjoy lunch together

Saturday, May 12

9:30 AM – 1 PM

North Park

Non-member Boat Fee: \$16

Member Boat Fee: \$11

KAYAK AND COFFEE MORNING PADDLE

Kick start your day with a morning paddle! We'll take a moderately paced paddle on a local waterway, followed by a cup of coffee and some light refreshments. Only solo boats are available for this outing.

Saturday, June 16

9:30 – 11:30 AM

Moraine State Park

Non-member: \$29

Member: \$22

BERRY PIE PADDLE

The summer fruit season is upon us! Enjoy blueberries, black raspberries and other locally-grown fruits in a variety of pies. We'll go for an moderate paddle leaving from Aspinwall Riverfront Park and afterward sample on these tasty fruits wrapped in a sweet, flaky crust.

Tuesday, June 19

6:30 – 8:30 PM

Kayak Pittsburgh – Aspinwall Riverfront Park

Non-member: \$33

Member: \$25

PERK UP PADDLE

Looking for a short, early morning workout similar to the Wednesday Wake Up Paddle but on the weekend? Join us for a Perk Up Paddle! We'll get you energized for the weekend on this hour-long, moderately-paced paddle as the sun rises over the downtown skyline.

Saturday, June 23

7:15 – 8:30 AM

Kayak Pittsburgh – North Shore

Non-member: \$19

Member: \$14





WEDNESDAY WAKE UP PADDLES

Wake up with a Wednesday Wake Up Paddle! This moderate paddle provides views of the city and sun rise, while paddling at a steady pace. The route and length vary weekly due to weather and river conditions. Previous paddling experience is required. Tandem kayaks are not available for these outings.

MODERATE

Wednesdays starting May 16

6:15 - 7:30 AM

Kayak Pittsburgh - North Shore

Non-member: \$19

Member: \$14

May – June Non-member series: \$133

May – June Member series: \$90

ALLEGHENY ISLANDS PADDLE

We'll paddle around Fourteen Mile Island, part of Allegheny Islands State Park, and then travel down the Allegheny River from Harmar to Venture Outdoors' newest Kayak Pittsburgh location – Aspinwall Riverfront Park. Bring your own lunch, we will stop at Sycamore Island along the way for lunch and a short hike. Tandem kayaks are not available for this program.

Sunday, June 24

10 AM – 3 PM

Allegheny River

Non-member: \$65

Member: \$45

“What a great experience!! If you want to enjoy and learn about Pittsburgh, this is a unique and fun way to do it”



STRAWBERRY MOON FLOAT

The Algonquin tribe referred to the June full moon as a Strawberry Moon because the sweet, red berries are harvested during the month. Join us for a relaxing float on North Park Lake under the light of a full moon followed by some sweet treats!

Thursday, June 28

8:30 – 10:30 PM

Kayak Pittsburgh – North Park

Non-member: \$35

Member: \$25

SUNSET PADDLE

Take in the sunset from the water! We'll take a relaxing paddle in a local waterway and enjoy the sights and sound as the sun sets. Previous paddling experience required.

Friday, June 29

7 – 9 PM

Kayak Pittsburgh – Aspinwall Riverfront Park

Non-member: \$27

Member: \$20

PADDLE WITHOUT POLLUTION CLEAN UP PADDLE

Venture Outdoors will be headed out onto the Allegheny River at Aspinwall Riverfront Park for a clean up! Trip Leaders will kick us off with a safety talk, then we'll divide into teams to clean up the river from the water. Bring your own boat or use one of ours. A limited supply of boats are available.

Saturday, June 30

9 AM – 12 PM

Kayak Pittsburgh – Aspinwall Riverfront Park

Non-member Boat Fee: \$16

Member Boat Fee: \$11

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BANFF CENTRE

Byham Theater

**MOUNTAIN
FILM FESTIVAL
WORLD TOUR**

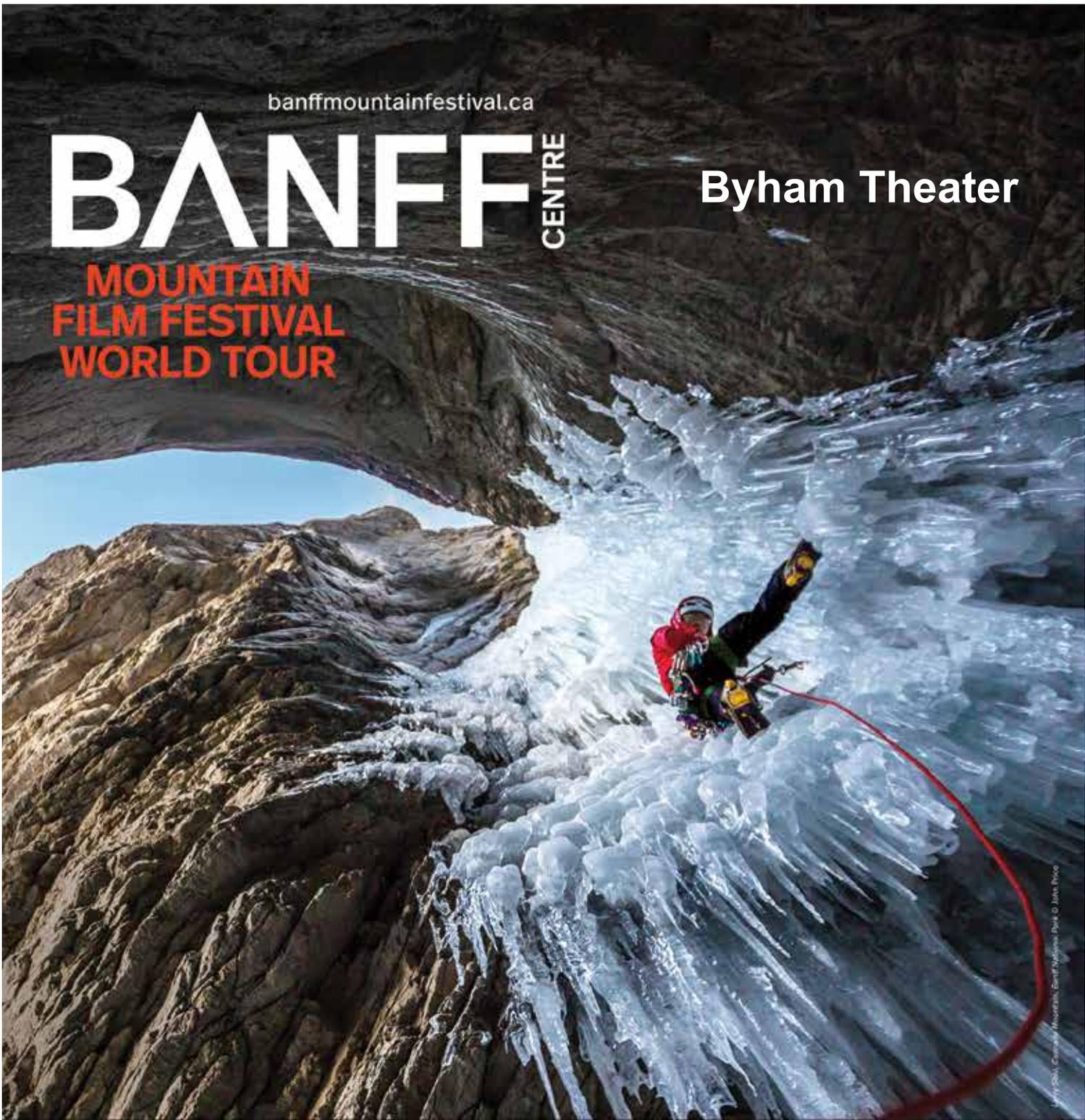


Photo: Chris McCann, Mountain Banff National Park © John Piroo



APRIL 7 – 8, 2018

Go to ventureoutdoors.org for information and tickets.

APRIL 2018



indicates multi-day outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
			Fit with a Physician	Neighborhood Hike		Whiskey Tasting Walk Lewis and Clark History Hike Fly Fishing: Intro Banff Mountain Film Festival
8	9	10	11	12	13	14
High-Energy Hike Banff Mountain Film Festival						Cocoa & Cookie Adventure Adventurous Hike Outdoor Leadership Training
15	16	17	18	19	20	21
Soup of the Month Walk Trillium Trail Wildflower Walk			Volunteer Orientation	Hike Sandwiched In	Star Party Hike	Locking Through and Low Head Dams Duff Park Wildflower Walk Habitat Hike: Explore, Discover, Protect Smallmouth Series: Pre-Spawn Smallmouth
22	23	24	25	26	27	28
Allegheny Cemetery Walk Family Stewardship Clean Up Rock Climbing		Fit with a Physician Neighborhood Hike		Cultural District Geocaching		Butler-Freeport Community Trail Ride Match the Hatch/The Dry Fly International Rooms Walk
29	30					
Felicity Farm Brunch Hike Spring Wildflower Walk						

MAY 2018



indicates multi-day outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 TriAnglers Lunchtime Fishing	3 Fly Fishing: Lake Arthur Stripers TriAnglers Lunchtime Fishing	4	5 West End Overlook Hike Fly Fishing: Intro Braddock Brew Tasting Hike
6 Millvale Murals Hike Waterfall Hike	7	8 Neighborhood Hike	9 Fit with a Physician Backpacking Basics Workshop TriAnglers Lunchtime Fishing	10 Book Swap Hike	11	12 Smallmouth Series: Erie Tribes Smallmouth North Park Clean-Up Paddle
13 Budding Naturalist Hike Mother's Day Craft Hike	14 Qigong Walk	15	16 Fly Fishing: Yellow Creek Green Drakes Wednesday Wake Up Paddle TriAnglers Lunchtime Fishing	17 Introduction to Biking Beginner Stand-Up Paddleboarding	18	19 Cheese Tasting Hike Pittsburgh Glass Walk Fit with a Physician Citizen Science: Air Quality Bike Ride with GASP Trout Extravaganza
20 Women on the Water (WOW) Paddle Long Distance Hike Rock Climbing Trout Extravaganza	21 Neighborhood Hike	22 Beginner Stand-Up Paddleboarding Women's Only Beginner Stand-Up Paddleboarding	23 Wednesday Wake Up Paddle TriAnglers Lunchtime Fishing Volunteer Orientation	24	25 Schenley Park Sunset Hike Sunset SUP	26 Carnegie Wake-Up Walk
27 Doggie Day Trek	28	29 Beginner Stand-Up Paddleboarding	30 Wednesday Wake Up Paddle TriAnglers Lunchtime Fishing	31		

JUNE 2018



indicates multi-day outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						Qigong Walk National Trails Day Hike Bike Fishing Series: Flaugherly Run
3	4	5	6	7	8	9
Kayak & Croissants: Women Only Paddle	Lunch Bunch Walk	Neighborhood Hike	Fly Fishing: Tenkara Native Brookies TriAnglers Lunchtime Fishing Wednesday Wake Up Paddle	Fishing at North Park Lake Beginner Stand-Up Paddleboarding		Walk Through Prehistory Backpacking Introduction
10	11	12	13	14	15	16
Family Beginner Paddle and Pancakes Cell Phone Photography Backpacking Introduction			Fit with a Physician Tyke Hike Stargazing SUP TriAnglers Lunchtime Fishing Wednesday Wake Up Paddle	Introduction to Kayaking Beginner Bike Ride Women's Only Beginner Stand-Up Paddleboarding		Wet Flies & Streamers for Trout Kayak and Coffee Morning Paddle
17	18	19	20	21	22	23
Burger Paddle A Day Outdoors with Dad Women on the Water (WOW) Paddle		Berry Pie Paddle Beginner Stand-Up Paddleboarding	Volunteer Orientation TriAnglers Lunchtime Fishing Wednesday Wake Up Paddle	Morning Beginner Paddle Tyke Hike Fly Fishing: Summer Solstice Getaway Summer Solstice Ride	Fireworks Paddle	Perk Up Paddle Fort Pitt Bike Ride Rock Climbing
24	25	26	27	28	29	30
Allegheny Islands Paddle Rise, Shine and SUP!		Fit with a Physician Neighborhood Hike	Tyke Hike Banjo Night Walk TriAnglers Lunchtime Fishing Wednesday Wake Up Paddle	Strawberry Moon Float	Sunset Paddle	Stavich Bicycle Trail Ride Paddle Without Pollution Clean Up Paddle Laurel Hill State Park Hike Fly Fishing: Connoquenessing Creek Smallmouth



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