



# NEWS RELEASE

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## Soak Up Summer Fun at Wake County Parks

August may signify the end of summer, but the fun is just getting started with [Wake County Parks, Recreation and Open Space](#). Join us in August to explore nature, learn about frogs, look for nocturnal animals and more. Here's a sample of the programs available:

### **Cache In Trash Out Event**

**Saturday, Aug. 11, 9 a.m. - noon**

[Lake Crabtree County Park](#)

Join us to remove litter and invasive plants around Lake Crabtree while having fun. A Cache In Trash Out event involves finding geocaches and then picking up trash nearby. This program for ages 10 and older and is free, but [pre-registration is required](#). Gloves and bags will be provided. Lake Crabtree County Park is located at 1400 Aviation Parkway, Morrisville.

### **Natural Explorations: Forest Bathing**

**Monday, Aug. 13, 8:30 - 10 a.m.**

[Historic Yates Mill County Park](#)

"Shinrin-yoku," a Japanese healing technique which means "taking in the forest atmosphere," was developed in the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine. Join us for a relaxing walk to receive calming, rejuvenating and restorative benefits. This free program is for ages

10 and older, and [pre-registration is required](#). Historic Yates Mill County Park is located at 4620 Lake Wheeler Road, Raleigh.

### **Nature Watchers: Froggie Babies**

**Wednesday, Aug. 15, 11 a.m. - noon**

[Crowder District Park](#)

Hop or leap on down to discover the park's frogs and toads. Read "Froggie Babies" by Suzanne Farrior, and make a frog craft. Practice your jumping skills, learn to "ribbit" like your favorite amphibian and examine the differences between frogs and toads. This program is for ages 3 - 5, and the program fee is \$4 per child. [Pre-registration is required](#). Meet at the Upper Pavilion. Crowder District Park is located at 4709 Ten Ten Road, Apex.

### **Family Wildlife Series: Blue Jay Garden Sampler**

**Saturday, Aug. 25, 2 - 3 p.m.**

[Blue Jay Point County Park](#)

Join Blue Jay staff for a visit to the Blue Jay Gardens. Take a peek at a mini pond, composting area, pollinator garden and children's garden, and enjoy activities that will make you eager to use some of these ideas in your own backyard. The program fee is \$1 per person, and [pre-registration is required](#). Blue Jay Point County Park is located at 3200 Pleasant Union Church Road, Raleigh.

### **Moonlight Hike on the ATT**

**Friday, Aug. 24, 7:30 - 9 p.m.**

[American Tobacco Trail](#)

Take a moonlit stroll down the trail to the Beaver Creek Bridge and back, listening and looking for nocturnal animals. Linger on the bridge to enjoy the wonderful sounds of nature and play some fun nighttime activities. Wear good walking shoes, and bring a water bottle. This fee for this program, which is for all ages, is \$1 per person. [Pre-registration is required](#). Meet at the New Hill parking area at 1309 New Hill-Olive Chapel Road, Apex.

### **History Hike**

**Saturday, Aug. 25, 10 - 11 a.m.**

[Historic Oak View County Park](#)

Join Oak View Staff for a guided History Hike property tour. The tour, which lasts approximately one hour, will cover all of the buildings and features of Historic Oak View, including hands-on interactive activities for kids. The tour is free, but [pre-registration is required](#) for each attendee. Historic Oak View County Park is located at 4028 Carya Drive, Raleigh.

### **Dazzling Dragonflies**

**Sunday, Aug. 26, 1:30 - 3 p.m.**

[Harris Lake County Park](#)

Spend the afternoon learning about dragonflies, our colorful and skillful hunters of the skies. Dip into the pond or lake to see how they begin their lives, try your hand at catching some adults and learn quick tips for identifying common species. This program is for all ages, and the fee is \$1 per person. [Pre-registration is required](#). Meet at the Cypress Shelter. Harris Lake County Park is located at 2112 County Park Drive, New Hill.

### **Reminder**

The new [Park Locator](#) makes it easy to explore all the parks and preserves in Wake County! Filter results by activity or location, and get customized directions.

To learn more about [Wake County Parks, Recreation and Open Space](#), follow us on [Twitter](#) and [Instagram](#) at [@WakeGovParks](#). You can also check out each of our parks on [Facebook](#).

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