



# LYNCHBURG PARKS & REC

## NATURE & OUTDOOR CUSTOM PROGRAMS

Our trained naturalists offer environmental education and outdoor adventure programs for groups of all ages. Programs are designed for everyone and every occasion.

We are happy to customize any program to meet your group's needs.

### Fees:

\$60/hour at your city location or city parks

\$50/hour at the Nature Zone

\$85/hour outside city limits

**To request a program with the Nature Zone  
contact us at the email or phone number below.**

### Contact the Nature Zone:

Phone: (434) 455-5828

Email: [NatureOutdoors@lynchburgva.gov](mailto:NatureOutdoors@lynchburgva.gov)

Address: 301 Grove St, Lynchburg, VA, 24501

## Live Animal / Nature Programs

- **Naturalist Presentation**

- Length: 1 hour
- When: Year-round
- Max. Participants: 20
- All ages
- Naturalist staff will customize a presentation on any environmental and outdoor recreation topic of your choice. Past presentation topics have included eagles, climate change, trees, pollinators and survival skills. Please contact a Naturalist staff member to customize your group's presentation.

- **DIY Bird Feeders**

- Length: 1.5 hours
- When: Year-round
- Max. Participants: 10
- Ages 5+
- Is this feeder right for your birds? We will discuss the different bird feeders you can create on your own for your backyard or apartment. Then participants will build a basic bird feeder to attract our feathered friends. All materials provided.

- **Composting**

- Length: 1 hour
- When: Year-round
- Max. Participants: 20
- Find out how to create and maintain a healthy compost pile from a naturalist. Learn about the items you can include in your pile and how to use it to better your soil.

- **Holiday Wreath Crafting**

- Length: 2 hour
- When: November - January
- Max. Participants: 15
- Ages 16+
- Nothing smells more like the holidays than fresh clippings from evergreens. Learn how to make a holiday wreath that will make your house smell wonderful. We will discuss what makes a longer lasting wreath and learn the basics of wreath making. Each participant will have the opportunity to create a wreath to take home. All materials provided.

- **Animal Adaptations**

- Length: 1 hour
- When: Year-round
- Max. Participants: 20
- All ages
- Toads and turtles and snakes, oh my! We have a variety of educational animals that reside at the Nature Zone that students can get hands on experience with. Choose from a range of discussion topics such as Virginia wildlife, reptiles & amphibians, or our general animal programs. We'll take each animal out and talk about their habitats, diets, life cycles and adaptations.

- **Incredible Insects**

- Length: 1 hour
- When: April-September
- Max. Participants: 25
- Ages 5+
- There are more insects in the world than any other animals! Find out what characteristics make an insect, why they are so important, learn about their life cycles, and take a look at some of our pinned insects in our collection. We'll also take a closer look at our amazing Nature Zone Madagascar Hissing Cockroaches!

- **Tree ID**

- Length: 1 Hour
- When: April-September
- Max. Participants: 20
- Ages 8+
- Join us on a nature walk or in the classroom to learn how to identify trees in our area. Participants will learn tree identification, leaf parts, deciduous vs coniferous, and much more about trees in Central Virginia. This program pairs well with "Incredible Insects" or "Animal Adaptations"

- **The Living Tree**

- Length: 1 hour
- When: Year round
- Max. Participants: 20
- Ages 3+
- Trees provide food, a home and much more for so many living and non-living things. Participants will grow their knowledge of the wildlife and plants that depend on trees and how to identify trees in their region. Participants will practice their observations skills by exploring trees outside and create leaf rubbings to bring home.

- **Food Web & Food Chain**

- Length: 1 hours
- When: Year-round
- Max. Participants: 20
- Ages 8+
- Who eats who in the animal world? Students will learn about producers, consumers and decomposers and learn various examples of food chains in our area. Plus students will interact with our live animal ambassadors to see the food chain in real life. Student will then work together to create their very own food web.

- **Hibernate, Migrate, Adapt**

- Length: 1 hour
- When: October-February
- Max. Participants : 20
- Ages 3+
- As colder months are approaching let's talk about how we prepare for winter and what our local wildlife is also doing to get ready for winter. We'll discuss how different animals adapt to the colder months by hibernating, migrating, and building up their food supplies or fat reserves. You'll even get an up close look at a few of our live animals to see how they would survive in the wild.

- **Where the Wild Things Are**

- When: Year round
- Length: 1 hour
- Max. Participants: 20
- Ages 2+
- Wildlife isn't just the lions and elephants of the safari. Participants will dig deep into what defines wildlife and where to find it. By observing habitats inside and outside and collecting data participants will become sleuths in the hunt for Virginia wildlife. We'll take a closer look at a live Nature Zone animal.

- **Animal CSI**

- When: Year round
- Length: 1 hour
- Max participants: 20
- Ages 8+
- Solve the mystery of who lives in your neighborhood. Students will learn what Virginia animals live in the region by reviewing rubber molds of tracks and scat of and then venture outside to observe what lives around their own school yard.

- **Water Works**

- When: Year round
- Length: 1 hour
- Max participants: 25
- Ages 8+
- Water makes the world go round. From the water cycle to erosion students will explore how water affects our environment experimenting with an EnviroScape. Students will discover the important role water plays in our daily lives, life on earth, earth systems and how it is all connected.

- **Backyard Bass**

- When: Year round
- Length: 1 hour
- Max participants: 15
- Ages 8+
- Get hooked on fishing with Backyard Bass. This safe and easy fishing activity ditches messy hooks for plastic fish. Participants will go fishing for answers about what lies within the Virginia watersheds and gain skills in a lifetime sport. Participants will learn the basics of how to cast, fish identification and have fun. This program can be adjusted to meet the needs of any location indoors or outdoors.

- **Skulls & Furs**

- Length: 1 hour
- When: Year-round
- Max. Participants: 20
- Ages 2+
- Who is this and what did they eat? Learn how various skull features can tell us about our local wildlife and their adaptations. Students will learn key characteristics of skull identification and be able to touch skulls & furs from Virginia wildlife.

- **Bird Beak Adaptations**

- Length: 1 hour
- When: Year-round
- Max. Participants: 20
- Ages 5+
- Drilling, sipping, cracking, and tearing, bird beaks can do it all on the hunt for food. Join us for our "Bird Beak Buffet" where students will travel station to station testing out the right tool for the job!

- **Owls**

- Length: 1 hour
- When: Year-round
- Max. Participants: 20
- Ages 8+
- Students will get hands on experience dissecting owl pellets and discovering what exactly the owls are eating. Students will also learn about our Virginia owls, physical adaptations of owls, and how to identify owls by sight and sound.

## Adventure Programs

(Unless otherwise noted, these programs can be offered at any location.)

- **Gone Fishing**

- Length: 1 hour
- When: April – October
- Max. Participants: 15
- Ages 8+
- Grab a rod and let's go fishing! Join our naturalist at Ivy Creek Park, Hollins Mill Park, Peaks View Park for a day in the sun fishing. Participants will learn how to tie fishing knots, gear and tackle, fish species, and how to catch fish. Participants will also build patience, imagination and develop a skills in a lifelong outdoor sport. Participants will also learn where and why to buy a fishing license. All equipment provided.

- **Forest Succession**

- When: Sept-Oct, April-May
- Length: 1 hour
- Max. Participants: 25
- Ages 10+
- It's a race to the top! Will it be maple, oak or sycamore? Find out who will win in forest succession. This program introduces participants to biotic and abiotic factors as they walk the trails discovering changes that occur in a forest over time.

- **It's a Walk in the Park**

- When: Year round
- Length: 1 hour
- Max. Participants: 25
- All ages
- Hike through the seasons and find out what makes each one unique. A naturalist will point out natural features and participants will learn ecological concepts through hands-on exploration.

- **Creek Critters**

- Length: 1 hour
- When: April-September
- Max. Participants: 20
- Ages 2+
- Join our Naturalist at Peaks View Park to get hands on experience with the creek critters living in Cheese Creek. We will collect and study macroinvertebrates and run several water quality tests. We'll also discover what can help and hurt our local watersheds.

- **Archery**

- Length: 1 hour
- When: Year-round
- Max. Participants: 12
- Ages 8+
- Participants will learn about recurve and compound bows, proper handling and shooting techniques, range safety, as well as plenty of practice time. Location: Armstrong Gym basketball gym, Fairview Center, Ivy Creek Park. All equipment provided.

- **Canoe Adventures**

- When: May-September
- Length: 1-2 hour
- Max. Participants: 16
- Ages 8+
- Explore watershed ecosystems up close and personal. Participants will learn proper canoe strokes and maneuvers as well as what biotic and abiotic factors in a water system. All equipment provided. Location: Ivy Creek Park, Hollins Mill Park, James River.

- **Birding 101**

- When: April - June
- Length: 1 hour
- Max. Participants: 15
- Ages 8+
- Build a better understanding of birds and migration. Search the sky and trees for birds while hiking the trails with a naturalist. Participants will learn about bird identification, bird habits and how to use binoculars. Materials will be provided.



- **Importance of Pollinators**

- Length: 1 hour
- When: April-October
- Max. Participants: 20
- Ages 5+
- Pollinators come in all shapes, sizes, and colors! Join our Naturalist at one of Lynchburg's parks to set out on a pollinator walk. We'll visit a few of Lynchburg's pollinator gardens and discover the importance of pollinator insects, how to identify them, and what makes them so great!

- **Maple Sugaring**

- Length: 1.5 hours
- When: January-February
- Max. Participants: 40
- All ages
- Come out to Miller Park to discover this winter tradition. We'll identify which trees should be tapped, demonstrate how to tap a tree, and participants will learn the history and process of maple sugaring. Contact our staff about how to customize this program to your location.

- **Survival Guide**

- When: April-September
- Length: 1 hour
- Max. Participants: 20
- Ages 8+
- Could you survive the night in the wilderness? Learn the basics survival skills needed to make it out alive. Participants will get hands on experiences building primitive shelters, fire building (without a fire) and basic leave no trace concepts.

- **Orienteering**

- When: Year round
- Length: 1 hour
- Max participants: 25
- Ages 10+
- Navigate the basics of orienteering in this beginner's course. Students will learn how to use a magnetic compass and topographical maps and then set out on a beginner orienteering course.