

Don't Let the Sun Go Down On Me (Leading an Interpretive Night Hike)

**Jeff Weinstein
Certified Interpretive Guide**

**April 7, 2016
California Trails & Greenways Conference
Riverside, California**

Types of Night Hikes

Twilight Hikes



THE CITY OF GLENDALE
Community Services & Parks Department

Don't Let the Sun Go Down on Me (Twilight Hike)

◆ **WHEN:**

Sat, October 4, 2014
5:30 p.m. - 7:30 p.m.

◆ **WHERE:**

Deukmejian Wilderness
Park
3429 Markridge Rd
Glendale, Ca 91214

◆ **WHAT:**

Space is limited
Call (818) 548-3795 to
reserve your spot

Drinks and snacks will
be provided

Wear sturdy shoes.
Please bring layers of
clothes due to the
temperature change

◆ Have you ever been at the Wilderness Park as the sun starts to set?



◆ Do you know which animals come out to feed and which settle down for the night?

◆ Can you recognize the sounds that are all around?

◆ Join us for a slow paced, moderately difficult hike on the new Vineyard Trail and the Mummy Rock Trail as we learn all about the Wilderness Park when the sun goes down.

◆ Bring your flashlights (we will have red covers).

◆ Sunset is projected for 6:34 p.m., so we will have one hour before and one hour after the sunset to experience the changes.



Հայերեն տեղեկությունների համար զանգահարել

հետևյալ հեռախոսահամարով (818) 548-2000

Para información en español, llame a (818) 548-2000

Sponsored By:



REASONABLE ACCOMMODATIONS WILL BE MADE UPON REQUEST.
PLEASE NOTIFY US WITHIN 72 HRS PRIOR TO EVENT DATE.



THE CITY OF GLENDALE
Community Services & Parks Department

FRIDAY THE 13TH

Twilight Hike

What is all the fuss about Friday the 13th?
Why does our culture fear this day?
What irrational fears do you have?
What rational fears do you have?



Join our Twilight Hike as we explore all things Friday the 13th. This is a family friendly event for ages 6 and older on moderately steep trails.

We will hike the Vineyard Trail and the Mummy Rock Trail at a slow pace, stop for some activities, discuss the nocturnal animals in the park, play some nature games, and eat some scary snacks.

◆ **WHEN:**

Friday, May 13, 2016
6:30 p.m. - 8:30 p.m.

◆ **WHERE:**

Deukmejian Wilderness
Park
3429 Markridge Rd
Glendale, Ca 91214

◆ **WHAT:**

Snacks and drinks will
be provided
Wear sturdy shoes, and
protective clothing
Bring your flashlights

◆ **R.S.V.P.**

You must call us at
(818) 548-3795 to save
your place (if you dare)!

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Full Moon Hikes, Themed Hikes, Astronomy Hikes



THE CITY OF GLENDALE
Community Services & Parks Department

Do You Hear What I Hear? (Night Hike and Program)

◆ **WHEN:**

Sat., Dec. 14, 2013
7:00 p.m. - 9:00 p.m.

◆ **WHERE:**

Glendale Sports
Complex
2200 Fern Lane
Glendale, Ca 91208

Space is limited for
this program

You must call us at
(818) 548-3795
to reserve your spot

Wear sturdy shoes,
bring water, hat, warm
clothing, and a
flashlight (we will
provide red covers)

Leave the hustle and bustle behind and spend a part of this holiday season with us on a "Night Hike".

This easy 2.5 mile trek will put you in the holiday mood as we get out on a cold (almost winter) night and explore the two new trails at the Sports Complex (the .5 mile long Mountain Do Trail and the 2 mile long Catalina Verdugo Trail).

The first part of the hike will be on the completely accessible Mountain Do Trail. This path is designed for people of all ages and abilities.

Join us after the hike for some cookies and hot chocolate. We might even sing a song or two. This event is destined to become a new holiday tradition for your family and friends.

**We cannot guarantee that you will see these animals or this scenery on our hike or at any time during the program



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**GLENDALE PARKS &
OPEN SPACE**
FOUNDATION

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Night Hike Basics

Greetings and Introductions
Making everyone feel welcome
Calming their fears

Setting the trail rules
“Sandwich line” hiking
Flashlight etiquette
Shoe laces tight

Hit the Trail!



Stop #1

Discussion of Nocturnal Animals
Reviewing Our Five Senses

Hearing Activities

- How Animals Use Their Ears
- Responding to Parent's Voice (call)
- Finding Others Just Like You (egg shaking)

Stop #2

Smell Activities

- How Animals Use Their Noses**
- Recognizing scents (smell jars)**

Stop #3

Vision Activities

- How Animals See
- Rods and Cones
- Color Blindness
- Testing Your Night Vision (color squares)
- Pirate's Eye Patch

Stop #4

Astronomy Activities

- Star Gazing
- Native American Legends
- Bioluminescence (wintergreen mints)

Program Wrap Up

**Thank Everyone for Coming
Thank Those That Helped Out**

**Have Them Share: What did you learn?
What was your favorite part of the hike?**

**Let Them Know About Future Programs
And How They Can Get Involved**

Questions?



The End