

Pittsburgh Parks Conservancy Earth Day 2017 at Frick Environmental Center

Walks & Hikes

A Day in the Life of a Turtle

Have you ever wondered what it would be like to be a turtle for a day? We will learn about the lives of one of the cold-blooded residents of Frick Park (the box turtle) while playfully acting out some of their daily activities like basking in the sun and foraging for food. (Pittsburgh Parks Conservancy: www.pittsburghparks.org). *All ages. 1:30, 3:00

Adventures in Time

This hike will take place primarily on multi-use singletrack trails, covering changes in recreational usage throughout recent history with an emphasis on sustainability and access. Sturdy hiking boots and drinking water are strongly recommended. (Apothecary Muse: <http://www.apothecarymuse.com>). *Adults only. 3:00

Animal Signs of Spring

Join us as we search for animal signs such as prints, twig munching, birds singing nest building, and other signs we can find that animals are out and about. Spring is a very busy time, as animals shake off the winter chill and ready themselves for the year. (Carnegie Museum of Natural History: www.carnegiemnh.org) *All ages. 12:00 & 3:00

Bird Walk

Identify the birds of Frick Park by sight and by sound with local bird enthusiasts. Beginners welcome! Bring binoculars and field guides. (Three Rivers Birding Club: www.3RBC.org). *All ages. 1:30

Bugs! Bugs! Bugs!

Grab a net and hit the trails as we catch and examine the bugs that call Frick Park home. You'll learn tips to identify the bugs in your backyard and observe the many ways that bugs are adapted to move, eat and survive in their habitat. We'll enter the exciting world of butterflies, beetles, ants and aphids so that everyone leaves as a true bug geek. (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *All ages. 1:30 & 3:00

Critters in the Litter

Join Scientist Tim Pearce for a look at the creatures living in the leaf litter. Learn about the vital roles these creatures play in the ecosystem. In addition to snails and slugs (Tim's specialty), we expect to see earthworms, millipedes, spiders, and many, many more. (Carnegie Museum of Natural History, Section of Mollusks: www.carnegiemnh.org/mollusks) *All ages. 12:00, 1:30, 3:00

Fitness Walk

Healthy parks for healthy people! Join us for a brisk walk on the trails starting at the Frick Environmental Center. (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *All ages. 12:00, 1:30



Group Dog Walk

Join a professional dog walker in a group/pack walk along the Clayton loop trails (12:00) or a longer group/pack walk along Riverview and Lower Riverview trails (3:00). Bring your dog, leash, and supplies! (Dog Gone Walking: www.doggonewalkingpgh.com) *All Ages. 12:00, 3:00

Journaling in Nature

Journaling can help us experience nature in a deeper and more meaningful way. When we sketch or record the things that we see, it requires us to slow down and look closely, helping us to feel connected to nature and allowing us to better remember our observations in the future. If you enjoy keeping a nature journal of your own, or would like ideas on how to start one, join us for a hike through Frick Park accompanied by some journaling activities! (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *All ages. 12:00

Medicinal Plants of Frick Park

Join Alison of Native Apothecary in exploring the medicinal plants of Frick Park. You will learn how to confidently identify many medicinal plants that enjoy living in a rich, woodland landscape and information about how to use these plants to enhance the health of your body, mind, and spirit. (Native Apothecary: www.nativeapothecary.net) *All Ages. 12:00, 3:00

Mushrooms and other Fungi of Frick Park

Early spring is an excellent time to explore the woods in search of mushrooms and other fungi. During this easy-paced walk, we will look around and scan the leaf litter, trees, and fallen logs in search of fungi that inhabit Frick Park. Will we find choice edible mushrooms like Morels? There's only one way to find out... (Adam Haritan, *Learn your Land*: www.learnyourland.com) *All Ages. 12:00

Mushroom Foray

We will walk, pick mushrooms that we find for identification and make a list of what we find, talk about some of the mushrooms that you can find in the park and their relationship with the trees that are found in the park. Participants are encouraged to bring a basket, a camera, an empty egg carton for the collection of small species, small paper bags and a pen knife. Questions about mushrooms are encouraged and will do our best to answer them. (Western Pennsylvania Mushroom Club: www.wpamushroomclub.org) *All ages. 1:30, 3:00

Spider Tracks

“Spider Tracks” is the perfect walk if you’re a little unsure about spiders or if you LOVE them! This walk will begin with a quick visual overview of what spiders we might find on the trail. You’ll learn where to look and how to look for spiders. You will then be equipped with a bug container and the quest begins! Magnifying glasses and field guides will be provided. (Amy Bianco, *Independent Programmer*) * Any/All ages. 12:00, 1:30

Spring Wildflowers

Join us for a family-friendly walk to seek out Frick Park’s colorful spring wildflowers and learn about identification, habitat and the resources they need to survive. (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *All ages. 12:00 (Repeats at 1:30 in Spanish)

Un paseo de flores silvestres – Spanish Language Hike

Únase a un paseo para familias! Vamos a buscar la muestra primaveral de flores silvestres en el bosque de Frick Park. Con guías bilingües, exploraremos su hábitat y los recursos naturales requeridos para sobrevivir. (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *All ages. 1:30



Green Building Tours (3)

Net-Zero Energy Walk: Highlights features of the FEC site that contribute to net-zero Energy, covering both energy efficient design features (massing, orientation, insulation), energy reduction strategies (energy recovery, geothermal heat pump, lighting, fountain retrofit), and alternative energy production (solar PV, human power). (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *Adults only. 12:00

Living Building Challenge Petal Walk: Highlights features of the FEC that meet the lesser-known Living Building Challenge petals, like Health, Beauty, Equity and Site. Discuss material selection in the project and the strict requirements for certification. (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *Adults only. 1:30

Net-Zero Water Walk: Highlight features of the FEC site that contribute to net-zero Water, covering water capture infrastructure (PV, barn, storage tanks, treatment process), water efficient design (low-flow fixtures, native landscape, fountain retrofit), wastewater treatment (treatment train and drip field), and preservation of site hydrology (water retention basins, permeable pavement, constructed biofilters). (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *Adults only. 3:00

Trees for Grownups

On this hike we'll go in depth into tree ID, including Latin names. We'll discuss how to identify trees based on leaves and bark, and discuss ecology, and habitat of various trees that we see. (Pittsburgh Parks Conservancy: www.pittsburghparks.org) *Adults only. 1:30

Who's in the Water?

In the spring, aquatic ecosystems in Frick Park are teeming with life to discover! On this hike we will be using nets and turning over rocks to learn about the various organisms that depend on healthy stream and wetland habitats. Toads, salamanders, and crayfish are just a few of the incredible organisms we will find living amongst the rocks, leaves and mud. We will provide rubber boots, however, you may get wet on this stream adventure! (Pittsburgh Parks Conservancy: www.pittsburghparks.org) * All ages. 12:00, 3:00

Wild Edibles Walk

Join us as we identify and discuss wild edible and medicinal plants and mushrooms. We'll take an easy stroll around Frick Park and discuss how to identify, sustainably harvest, prepare, and enjoy many wild plants and mushrooms. (Food Under Foot: <http://FoodUnderFoot.com>) * All ages. 1:30, 3:00



Walk Schedule

Walks begin at 12:00, 1:30, & 3:00 and last 1 hour. Day-of sign-ups required. Space is limited.

12:00

- Animal Signs
- Critters in the Litter
- Fitness Walk
- Green Building Tour: Net-Zero Energy
- Medicinal Plants
- Mushrooms and other Fungi of Frick Park
- Nature Journaling
- Spider Tracks
- Spring Wildflowers
- Who's in the Water

3:00

- A Day in the Life of a Turtle
- Animal Signs
- Bugs! Bugs! Bugs!
- Critters in the Litter
- Green Building Tour: Net-Zero Water
- Medicinal Plants
- Mushroom Foray
- Who's in the Water?
- Wild Edibles Walk

1:30

- A Day in the Life of a Turtle
- Bird Walk
- Bugs! Bugs! Bugs!
- Critters in the Litter
- Fitness Walk
- Green Building Tour: LBC Petals
- Mushroom Foray
- Spider Tracks
- Trees for Grownups
- Un paseo de flores silvestres
- Wild Edibles Walk

Onstage:

12:30-1:00 Level Up Pittsburgh
2:00-2:20 The Tao Applied Tai Chi
3:30-4:00 Level Up Pittsburgh
4:30-7:00 Solar Concert with Matthew Tembo,
Colter Harper, Jeff Berman and The Red
Western

