



# COUNTY OF ANOKA

## OFFICE OF PUBLIC INFORMATION

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**FOR IMMEDIATE RELEASE**

**Anoka County Parks Announces Fall Programs!**

Fall is such an amazing time to be outdoors! Experience the beauty of nature in autumn by attending one (or several!) programs offered by Anoka County Parks and Recreation. For more information or to register, call 651-429-8007 or go to [www.anokacountyparks.com](http://www.anokacountyparks.com).

**Voyageur Canoe**

Here is your chance to paddle a 30-foot Thompson-style Voyageur canoe. A parks naturalist will be your guide as we head out on the Mississippi River. The boat is a replica birch bark canoe used by fur traders 200 years ago. The Voyageur canoe is a large volume, extremely stable canoe that requires very little water to navigate yet is very easy to paddle and maneuver. Participants will have the unique opportunity to paddle this big boat with up to 15 other paddlers. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$7/person (plus tax)

Saturday, October 8, 12-2 p.m.

Coon Rapids Dam Regional Park, Coon Rapids

**-more-**

## **Anoka County Parks Announces Fall Programs! – Add 1**

### **Fall Colors Canoeing Trip**

Join us for our 11<sup>th</sup> annual fall trip down the Mississippi River. This is a fun and exciting way to enjoy the beautiful fall colors along the Mississippi River. We will be paddling from Mississippi West Regional Park in Ramsey down to the Coon Rapids Dam Regional Park. A limited number of canoes are available for rent. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$10/adults, \$7/youth, canoe rental \$20/boat (plus tax)

Saturday, October 15, 11 a.m.-3:00 p.m.

Coon Rapids Dam Regional Park, Coon Rapids

### **Whooo Goes There?**

Nature's nightlife is mysterious and unique. Join us as we discover whooo might be out there through outdoor activities, a craft, and a story. This program is geared for preschool children, ages 4 and 5 years old. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$4/child (plus tax)

Wednesday, October 19, 10-11:30 a.m. (or) 1-2.30 p.m.

Wargo Nature Center, Lino Lakes

### **Forest Friends**

Come investigate the creatures of the forest through fun outdoor activities. This program is geared for 2-5 year olds who are accompanied by an adult. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$3/child and \$3/adult (plus tax)

Friday, October 14, 10-11:15 a.m. (or) 12:30-1:45 p.m.

Wargo Nature Center, Lino Lakes

**-more-**

## **Anoka County Parks Announces Fall Programs! – Add 2**

### **Meditation**

Bring calm and focus into your life with meditation. We will discuss different meditation techniques and have a small practice session at the end. Learn how this ancient practice can work for you! Age 15 and up. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$3/person (plus tax)

Wednesday, October 26, 6-8 p.m.

Wargo Nature Center, Lino Lakes

### **Wilderness Survival – Women’s Outdoor Adventure Series**

When faced with a survival situation, the first reflex is to panic. Come learn some basic survival tips and practice the tricks that will help you stay calm in an outdoor emergency situation. We will also cover some steps to take to be prepared for trouble. Classes are appropriate for women age 15 years and older. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$15/person (plus tax)

Sunday, October 16, 2-4 p.m.

Wargo Nature Center, Lino Lakes

### **Bird Walk Series**

Join an experienced birder as he guides you through Coon Rapids Dam Regional Park. Enjoy seeing and/or hearing 20-60 species of birds on each walk. A checklist of Minnesota birds and a map of each area will be provided. All ages and birding abilities are welcome. Pre-registration is required. Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

**-more-**

## **Anoka County Parks Announces Fall Programs! – Add 3**

Fee: \$5/person (plus tax)

Saturday, October 8, 8-10 a.m.

Coon Rapids Dam Regional Park, Coon Rapids

### **Birding AHATS (Arden Hills Army Training Site)**

The AHATS area is a unique site seldom open to the public. This field trip will provide an opportunity to view the area's permanent residents and migrating species. Maximum of 12 participants age 10 and up. Minimal walking will be required. Pre-registration is required.

Register online at [www.anokacountyparks.com](http://www.anokacountyparks.com) or for more information call 651-429-8007.

Fee: \$5/person (plus tax)

Thursday, October 6, 8-10:15 a.m.

Meet at AHATS (take Hwy. 96 to Hamline Ave. and go north a couple hundred yards to a gate on the right.)

### **Apple Cider Festival**

Come and experience the joys of a beloved fall fruit—APPLES! All beverages pale in comparison to fresh apple cider. Feel free to bring an apple or two to add to the brew as variety is what makes cider the best ever! We will learn about this versatile fruit, take a fall hike, and then crank the cider press to make the most delicious beverage you have ever tasted! FREE!

Sunday, October 16, 1:30-3:30 p.m.

Wargo Nature Center, Lino Lakes