

Join the WFTW 2024 5 K Challenge Friends of Parker River NWR Team!

October 13, 10:00am: Parker River NWR (Guided)

Free

- 1. Participants to meet at the entrance to the Stage Island Trail (1.7 miles RT) and to hike the entire trail with an Event Guide Volunteer (EGV), who will point out the location of areas where people lived and worked during the long history of this area and provide interesting historical details. The EGV will use a binder/folder with photographs of past life on Stage Island.
- 2. Participants are to meet at the Lot 1 parking lot and ride as a group on the paved Refuge Road to Sandy Point and back. An EGV will lead the group on the ride.

October 13-19, 10:00am -3:00 pm: Parker River NWR (Self-Guided)

Free

- 1. Dike Hike and Scavenger Hunt (3 miles). Participants will meet at the start table near the Hellcat Trail Tower at the south end of the Refuge Dike and hike the dike to the Sub HQ and return. Young and old will have the option of completing a Nature Bingo Card scavenger hunt for prizes and stop for birding as well.
- 2. Hellcat Trail Nature Hike (1.5 miles). Participants will sign in at the Friends Table at the Hellcat Trail Tower and receive a check list of potential birds, wildlife and plants they may expect see on Hellcat Trail. Upon completion of their hike, and the return of the completed checklist (as best as possible) to the table, they will receive a prize.

October 13-19, During Refuge Hours: Parker River NWR (Self-Guided)

Free

- 1. Dike Hike (5K, 3 miles). Participants hike the dike independently while it is open this week. Maps and directions to be provided.
- 2. Stage Island Hike (1.7 miles). Participants hike the dike independently while it is open this week. Maps and directions to be provided.
- 3. Hellcat Trail Hike (1.5 miles). Participants hike the dike independently while it is open this week. Maps and directions to be provided.
- 4. Stackyard Road to Nelson Island (Parker River NWR) lot and Patmos Road to Sawyer Island Gravel Bike Ride (3 miles). Participants will ride these roads independently during WFTW 2024 Week. Maps and directions to be provided.
- 5. Refuge to Plumb Island Light Bike ride (4 miles). Participants will ride independently from Lot 1 on the Refuge north to the Plumb Island Lighthouse and back during WFTW 2024, Maps and directions to be provided.

