

# Nature & Trails



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Nature & Trails Department  
Fanno Creek Service Center  
6220 SW 112th Avenue  
Beaverton, OR 97008  
503-629-6350**

Bruce Barbarasch  
Nature & Trails Manager

THPRD offers more than 162 natural areas. The Nature & Trails Department, with the support of the community, serves as the steward of these areas by managing wildlife habitat, native plant communities and the trails that guide you through these natural areas. These sites are important reminders of our natural heritage and provide a variety of benefits, including diverse habitats, wildlife corridors and opportunities to connect with nature.



## THPRD's Public Art Collection

Did you know that THPRD has nearly a dozen public art installations?

All of our public art projects can be found on a new map and webpage at [www.thprd.org/art](http://www.thprd.org/art).



THPRDNature



THPRDNature



## Visit Cooper Mountain Nature Park

18892 SW Kemmer Rd., Beaverton, OR 97007

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park is located on the edge of Beaverton. This 230-acre park offers visitors 3½ miles of trails traversing the park and passing through each of its distinct habitats, from conifer forest to prairies and oak woodlands. Visitors are rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. The park also features a nature play area for children. Metro and THPRD work in partnership to manage Cooper Mountain Nature Park. Together the two agencies continue habitat restoration and wildlife monitoring, maintain hiking trails and the Nature House and provide environmental education programs to visitors of all ages.

## Visit Tualatin Hills Nature Park

15655 SW Millikan Way, Beaverton, OR 97003

The Tualatin Hills Nature Park provides a unique habitat for many plants and animals. Come explore the park's ponds, creeks, marshes and forests on 1½ miles of paved trails, four miles of secondary trails and 222 acres of ecologically diverse habitats.

*Both nature parks are open dawn to dusk. For the protection of wildlife, pets, including dogs, are not allowed at either park. Patrons must remain on trails to avoid poison oak and protect wildlife.*

# Nature Programs



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**Tualatin Hills Nature Center**  
**15655 SW Millikan Way**  
**Beaverton, 97003 • 503-629-6350**

TriMet Route #57, #62, #67  
Westside Light Rail (MAX) Blue Line - Merlo/158th

**Interpretive Programs Supervisor:** Kristin Smith

**Fall Term:** Aug. 27-Dec. 31, 2018

**Park Hours:** Dawn until dusk, unless otherwise posted.

**Nature Center Hours:**

Monday - Friday: 8:30 am-5 pm

Saturday - Sunday: 9 am-5 pm\*

\*The Nature Center closes at 4 pm on Saturday and Sunday, November through January

**Holiday Closures:** Call the Nature Center for hours and information.

**Nature Center offers:**

- Nature Studies - Preschool, Youth & Family
- Nature Camps
- Events
- Group Programs
- Adult Fitness
- Outdoor Recreation

## Volunteer with Nature & Trails

The best way to help protect the natural resources in our community is to get involved. The Nature & Trails Department provides a variety of volunteer opportunities in stewardship and education programs that support local natural areas. If you are interested in volunteering, contact Melissa Marcum at 503-619-3941 or [mmarcum@thprd.org](mailto:mmarcum@thprd.org).

## Upcoming Wildlife Habitat Restoration Projects

Help out with trail work or our ongoing habitat restoration efforts at a number of parks throughout the district. Check out available projects and sign up at <http://www.thprd.org/activities/nature/volunteer/park-improvement>.

**Cooper Mountain Nature Park**  
**18892 SW Kemmer Road**  
**Beaverton, 97007 • 503-629-6350**

## Registration for programs at Cooper Mountain Nature Park

Out-of-district patrons are able to register for programs at Cooper Mountain Nature Park at the in-district fee rate. You will need to acquire a THPRD residency card, at no extra charge, before registration begins. Cooper Mountain program registration for both in-district and out-of-district patrons will begin Saturday, August 18 for fall term. Please see page 5 for more information. **This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.**

## Nature Store

The Nature Store is located in the lobby of the Tualatin Hills Nature Center and offers a wide range of nature-related books and gifts for all ages. All profits from store sales go back to the Tualatin Hills Park Foundation to provide scholarships for school field trips and transportation to the Tualatin Hills Nature Park.



## Facility Rentals

The Tualatin Hills Nature Center and Cooper Mountain Nature House have rental spaces for your next event. Rentals are available when programs are not scheduled. Please call for rates and availability.



THPRDNature



THPRDNature

## Group Nature Programs: All Ages

Perfect for preschools, scout troops, youth groups, homeschool groups, afterschool clubs and businesses. Led by environmental education staff, these outdoor, hands-on, minds-on programs can be scheduled at the Tualatin Hills Nature Park, Cooper Mountain Nature Park, and other THPRD natural areas or at your private facility.

Call today for details and to schedule a guided hike or hands-on adventure for your group.

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park and natural areas throughout Beaverton.



## School Nature Programs: K-12

Our experienced environmental educators lead these engaging, hands-on programs at nature parks and natural areas that are within walking distance of schools. Activities incorporate a variety of core concepts from the Next Generation Science Standards, while fostering memorable outdoor learning experiences that cannot be duplicated in a classroom. Visit [www.thprd.org](http://www.thprd.org) to learn more about which programs help reinforce the scientific practices and crosscutting concepts that your class is working on this year. Contact us today to set up a program for your class, or fill out our new online request form [www.thprd.org/activities/nature/group-nature-program-request/](http://www.thprd.org/activities/nature/group-nature-program-request/)

**Locations:** Cooper Mountain Nature Park, Tualatin Hills Nature Park, natural areas throughout Beaverton, and at your school.

## Scouts in Nature

### Girl Scouts

#### Daisies, Brownies and Juniors

A visit to a park is a great activity for your troop to do as part of a regular meeting or as an extra activity. Whether self-guided or led by one of our naturalists, girls can work towards earning their petals, badges or journeys through nature exploration. Our experienced staff will focus guided hikes and hands-on activities to meet your troop's needs.

#### Brownies & Juniors

##### Outdoor Art Creator and Explorer Badge

Get outside and be inspired by the beauty of nature! Join our naturalists for a day of art in the park that includes hikes and hands-on activities where you can complete the steps to earning your outdoor art creator and explorer badge! Join as a troop or individually. Badge is not included with registration.

11/17	S	10 am-Noon	7-11 yrs	NP25170
Tualatin Hills Nature Center		ID/AP: \$14	OD: \$17.50	

**NOTE:** If your troop can't make this date, give us a call and we can set up a group Outdoor Art Creator and Explorer Badge program that works with your schedule.

### Boy Scouts

#### Badge Programs

Schedule a time for your pack to work on just a few requirements or complete an entire badge. A naturalist will guide you through hands-on activities to complete the badge components of your choice. What can be better than learning to identify native trees in your neighborhood park, talking with a park ranger about their job duties, or learning why those slimy banana slugs are so perfectly adapted to the Pacific Northwest?

## Nature Birthday Parties: Ages 3-12 yrs

Whether your child loves bugs, knows all about birds or just likes being outside, we can provide a memorable experience for the birthday boy or girl and their friends. Our packages include a one-hour nature program of your choice, a party room with tables and chairs, and easy access to the adjacent park. Programs options include: Bug Safari, Nature's Superheroes, Flying Feathered Friends, Forest Fairies & Gnomes, Mammal Mania, and Stories in the Forest. Call today for details and to reserve a spot.

**Locations:** Cooper Mountain Nature House, Tualatin Hills Nature Center, and your neighborhood THPRD park.

Special Events

Fall Native Plant Sale

Saturday, October 6  
10 am - 2 pm

Fall is the perfect time to plant native plants in your garden! Once established, native plants need little care and water. Select from a wide variety of trees, shrubs and flowering plants for every spot in your garden. Knowledgeable staff and volunteers are on hand to answer your questions. The Friends of the Tualatin Hills Nature Park sponsor this event, with proceeds going toward future park improvements and environmental education programs.



**Location:** Tualatin Hills Nature Center  
**Admission:** Free

Newt Day

Saturday, November 3  
Noon - 4 pm

Explore the habitats of the rough-skinned newt as you learn about what newts and their fellow forest inhabitants need to survive. From streams and ponds to terrestrial forests, we will look at the habitat needs of a variety of aquatic invertebrates, amphibians, reptiles and mammals through indoor exhibits. Venture out into the park to find evidence of these plants and animals on a self-guided adventure. This is a family-friendly event that provides activities designed to inspire exploration of nature during the season when it is tempting to stay inside.

**Location:** Tualatin Hills Nature Center  
**Admission:** \$3 per person, children 2 years and under are free



Nature Days  
in the Parks

Explore your neighborhood park and discover the ways that habitats and trails are connected to the community. These events are opportunities to talk to Nature & Trails staff, participate in interactive activities and explore the nature in your neighborhood.

**BE GREEN:** Walk or bike to the event nearest you!

**All events: 11 am - 3 pm**

Saturday, Sept. 22

Cooper Mountain Nature Park

Overlooking the Tualatin River Valley, Cooper Mountain Nature Park offers visitors 3½ miles of trails that traverse the park and pass through each of its distinct habitats - from conifer forest to prairie to oak woodlands. Visitors will be rewarded with grand views of the Chehalem Mountains, close-up looks at Oregon white oaks and a small prairie that has sat relatively undisturbed for hundreds of years. Join us to learn more about your wild neighbors at Cooper Mountain Nature Park!

Saturday, Oct. 20

Camille Park

Camille Park is a delightful blend of wetland and Oregon white oak habitats, with a pedestrian bridge crossing over a small creek. A nature play area includes several nature-themed structures – a boulder, a hollowed-out log, and a stacked log structure to test children’s climbing and balancing skills. Swings, a slide for younger children, and a sand pit are also at the site.

Sunday, Nov. 11

Cedar Mill Creek  
Greenway

This greenway with an ADA-accessible multi-use trail provides a wonderful amenity for residents and guests alike. Several features are located along the paved trail, including an overlook, picnic gazebo, and Cedar Mill Creek Overlook Park.



## Nature Kids Preschool at the Tualatin Hills Nature Center

Look for open house/registration information for the 2019-20 school year in Winter/Spring Activities Guide!

### Nature Kids Program

This September-through-May, nature-based program offers a friendly setting for preschool children to develop social, communication and motor skills. Children will form friendships, learn respect and have the opportunity to grow with the help of caring teachers in a safe, yet active, natural environment. Nature Kids Preschool is held at the Tualatin Hills Nature Center and Cooper Mountain Nature Park.

#### Tualatin Hills Nature Center

Ages 3-4 meet on T/Th from 9-11:30 am

Ages 4-5 meet on M/W/F from 9 am-noon or 1-4 pm

#### Cooper Mountain Nature Park

Ages 3-4 meet on T/Th from 9-11:30 am

Ages 4-5 meet on M/W/F from 9 am-noon



## Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Knee-high Naturalists

Get outside, meet other families, and explore the wildlife in our local parks on these nature adventures. Each program meets at a different location. Price is per family. Parent participation required.

9/20 Lowami Hart Woods	Th	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP25101
10/4 Tualatin Hills Nature Park	Th	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP25102
10/11 Greenway Park	Th	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP25103
10/20 Tualatin Hills Nature Park	S	10-11 am	2-5 yrs ID/AP: \$8 OD: \$10	NP25104

### Wonder Walks at Cooper Mountain

Meet a naturalist, explore Cooper Mountain, and let wonder guide our way on these nature adventures. Price is per family. Parent participation required.

9/19 Cooper Mountain Nature Park	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM25110
9/26 Cooper Mountain Nature Park	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM25111
10/3 Cooper Mountain Nature Park	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM25112
10/17 Cooper Mountain Nature Park	W	10-11 am	2-5 yrs ID/AP/OD: \$8	CM25113

### Creature Features

Discover the different animals that make Tualatin Hills Nature Park home. Meet other families, hear animal stories, and keep an eye out for these creatures on a hike into the forest. Each class includes a simple craft or coloring project. Parent participation required.

#### Halloween Critters

10/25 Tualatin Hills Nature Center	Th	10-11 am	3-5 yrs ID/AP: \$8 OD: \$10	NP25105
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#### Autumn Leaves

11/8 Tualatin Hills Nature Center	Th	10-11 am	3-5 yrs ID/AP: \$8 OD: \$10	NP25106
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#### Bear Hugs

12/6 Tualatin Hills Nature Center	Th	10-11 am	3-5 yrs ID/AP: \$8 OD: \$10	NP25107
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## Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
<b>Nature Kids Preschool Explorers</b> Join us for an adventure in nature preschool and exercise your natural curiosity. Come together with friends for hands-on games, songs, stories, crafts and outside play. Dress for the weather. Take all of the classes or whichever ones fit your schedule.				
<b>Nuts About Squirrels</b> 9/18 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25121
<b>Discovering Autumn</b> 9/25 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25122
<b>Rainbows and Raindrops</b> 10/2 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25123
<b>Douglas the Squirrel</b> 10/9 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25124
<b>Fall Leaves</b> 10/16 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25125
<b>Silky Spiders</b> 10/23 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25126
<b>Batty Over Bats</b> 10/30 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25127
<b>Creatures of the Night</b> 11/6 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25128
<b>Nifty Newts</b> 11/13 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25129
<b>Terrific Turkeys</b> 11/20 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25130
<b>Musical Mice</b> 11/27 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25131
<b>Stories in the Forest</b> 12/4 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25132
<b>Animal Homes</b> 12/11 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25133
<b>Mitten Magic</b> 12/18 Tualatin Hills Nature Center	T	9:30-11:30 am	3-5 yrs ID/AP: \$16 OD: \$20	NP25134

## Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
<b>The Gift of Nature</b> Get inspiration from our nature walk, and then make a nature gift to give or keep for yourself as a reminder of the wonderful world right outside our door. Supplies included.				
12/8 Tualatin Hills Nature Center	S	10 am-noon	5-10 yrs ID/AP: \$16 OD: \$20	NP25200
<b>Kid's Nature Night Out</b> No parents allowed. Experience the Nature Park in a way few others ever do. Gather inside, have dinner (pizza and veggies), then head out to explore the park after dark.				
<b>Rocking Out</b>				
9/28 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31 OD: \$38.75	NP25201
<b>Care of Magical Creatures</b>				
10/19 Cooper Mountain Nature Park	F	6-9 pm	6-12 yrs ID/AP/OD: \$31	CM25202
<b>Hoot: An Owl Outing</b>				
12/7 Tualatin Hills Nature Center	F	6-9 pm	6-12 yrs ID/AP: \$31 OD: \$38.75	NP25203
<b>Day-off Nature Camps</b>				
Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
<b>Camp Wild Things • 4-6 yrs</b> Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers need to dress for the weather and bring lunch, two snacks, bottle of water and a small backpack each day.				
<b>Amazing Amphibians</b> Head into the park to search under logs and rocks for our salamander and newt friends.				
11/12 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58 OD: \$72.50	NP27101
<b>Happy Harvest</b> Celebrate November at the nature park. Watch squirrels gather acorns, listen to harvest stories, taste warm cider and feel the changing seasons.				
11/21 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58 OD: \$72.50	NP27102

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## Day-off Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Nature Explorers Camp • 7-10 yrs

A great camp for making new friends and having fun while discovering nature. Expand your knowledge of science, learn about plants and animals, hike two to five miles daily and explore nature sites around our region. Bring a lunch, two snacks, and a bottle of water each day. Dress for the weather.

### Newts about the Nature Park

Rough-skinned newts are the most poisonous creatures in all of Oregon! Investigate where these animals live, their life cycle, and if we're lucky, get to see one up close.

10/18 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27201A
10/25 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27201B

### Sherlock Bones

Sharpen your animal-sleuthing skills as we learn to decipher the clues animals leave behind. Learn identification techniques used by biologists and take a closer look at animal bones, skulls, and other animal evidence in the classroom and on the trail.

10/19 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27202A
10/26 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27202B

### Autumn Snapshots

Red, orange, and yellow leaves are ablaze this time of year. Join us in the park to practice our nature photography skills. We'll make a frame for each camper's best picture of the day!

11/9 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27203
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### Super Salmon Migration

Take a field trip to the Bonneville Dam and Fish Hatchery to see salmon migration up close! We'll explore the salmon life cycle, see the underground fish ladders and lamprey, visit "Herman the Sturgeon", and even get to feed some rainbow trout. **Field trip:** Bonneville Dam

11/12 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-10 yrs ID/AP: \$70 OD: \$87.50	NP27204
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### Hogwarts, Potions, and Magical Creatures

Get ready for your first day at Hogwarts Nature School! Your professors will help you find the right trees to harvest wands, teach you how to care for the magical creatures in the nature park, and how to brew potions from plants!

11/21 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27205
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## Day-off Nature Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Camp Green • 10-13 yrs

Campers will explore local natural areas while making friends, expanding their science knowledge, hiking 3-5 miles each day and developing leadership skills. Bring a lunch, two snacks, a bottle of water each day and a backpack each day.

### Nature Photography

Head out into the park and use your artistic eye to get a great shot. We will explore the world of nature photography and upload our pictures online to share with friends and family.

11/9 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	10-13 yrs ID/AP: \$58 OD: \$72.50	NP27301
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### Super Salmon Migration

Take a field trip to the Bonneville Dam and Fish Hatchery to see salmon migration up close! We'll explore the salmon life cycle, see the underground fish ladders and lamprey, visit "Herman the Sturgeon", and even get to feed some rainbow trout. **Field trip:** Bonneville Dam

11/12 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	10-13 yrs ID/AP: \$70 OD: \$87.50	NP27302
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### Herbology

The magical properties of local plants will come to life as campers learn to identify native plants, delve into botanical uses of plants, and explore the ecology of the forest.

11/21 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	10-13 yrs ID/AP: \$58 OD: \$72.50	NP27303
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## Winter Break Half-day Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Camp Wild Things • 4-6 yrs

Build your child's sense of wonder about nature and invite them to explore wildlife and the world around them. Games, songs, new friends, crafts, and adventure make this a good camp for young children. Campers need to dress for the weather, bring a snack, bottle of water and small backpack each day.

### Furry Animals

Discover the different furry animals that call the nature park home. Follow tracks, listen to stories and sing songs as we explore creatures with the warmest winter coats.

12/26-28 Tualatin Hills Nature Center	W-F	9 am-noon	4-6 yrs ID/AP: \$66 OD: \$82.50	NP27106
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## Winter Break Half-day Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Mini Nature Camp • 6-9 yrs

Mini Nature camps are half-day camps for young elementary age children filled with fun and adventure. Create crafts, play games, make new friends and explore the trails and habitats of the park. Campers need to dress for the weather, bring a snack, bottle of water and small backpack each day.

#### Nature's Mysteries

How do leaves change color? What makes a spider's web so strong? Bring your curiosity and discover the answers to nature's mysteries.

12/26-12/28 Tualatin Hills Nature Center	W-F	1-4 pm	6-9 yrs ID/AP: \$66 OD: \$82.50	NP27200
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## Winter Break Full-day Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Winter Wonderland

Discover the beauty of the winter season at the nature park. Circle up around the "campfire" to hear winter's best nature stories, search for cozy animal homes and other natural wonders along the trail.

1/2 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58 OD: \$72.50	NP27103
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### Little Nature Detectives

1, 2, 3...what will we see? Follow the clues to discover what animals are in the park and how they spend their days.

1/3 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58 OD: \$72.50	NP27104
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### Amazing Animals

How are animals like people? How are they different? Search the forest for signs of animals and create a critter of your own to take home.

1/4 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	4-6 yrs ID/AP: \$58 OD: \$72.50	NP27105
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## Winter Break Full-day Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Nature Explorers Camp • 7-10 yrs

#### Water World

Learn about the water cycle and how nature recycles water over and over again. Then round and round we will go on the water slides as we pretend to be a water droplet traveling through a watershed.

**Field Trip:** Big Surf Clackamas Aquatic Park

12/26 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-10 yrs ID/AP: \$70 OD: \$87.50	NP27206
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#### Dirt Made My Lunch

You eat food every day, but do you know where it comes from? It comes from the dirt! Discover what happens on that journey from the ground to your stomach. Look for food in the forest, plant seeds, and do some cooking of our own.

12/27 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27207
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#### Snow Adventures

Head up to the mountain for a day in the snow. Learn about snow, how it is formed, and experience it firsthand while we play in this amazing substance. **Field Trip:** Mt. Hood

12/28 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$70 OD: \$87.50	NP27208
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#### Birds of a Feather

Join our flock of bird lovers and look for birds from tiny hummingbirds to giant herons, barred owls, and maybe even an eagle. Our search for birds will have us exploring the nature park and doing some scientific bird counts.

1/2 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27209
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#### Rockin' Volcanoes

From mountaintops to caves below, rocks shape our world. We will explore the rock cycle, build our own volcanoes and eat our way through an edible geology lesson.

1/3 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27210
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#### Eco-Engineers

Humans aren't the only ones to build their own homes. Campers will explore the amazing feats of construction our animal neighbors accomplish using sticks, stones, mud, plants and other materials. We'll make a few engineering projects of our own!

1/4 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27211
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## Winter Break Full-day Camps

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Camp Green • 10-13 yrs

#### Water World

Learn about the water cycle and how nature recycles water over and over again. Then round and round we will go on the water slides as we pretend to be a water droplet traveling through a watershed.

**Field Trip:** Big Surf Clackamas Aquatic Park

12/26 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-10 yrs ID/AP: \$70 OD: \$87.50	NP27304
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#### Soil Science

We are going to get our hands dirty by digging into soils. Learn how soil is made, what lives in it and how it grows our food. Come to camp ready to get the dirt on dirt!

12/27 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27305
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#### Snow Adventures

Head up to the mountain for a day in the snow. Learn about snow, how it is formed, and experience it firsthand while we play in this amazing substance. **Field Trip:** Mt. Hood

12/28 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$70 OD: \$87.50	NP27306
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#### Bird Count

We are going to look to the sky and into the trees to see what birds we can find. We will gather our counts and upload them into an online citizen science database to make our findings count!

1/2 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27307
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#### Winter Survival

Can you survive the wild in winter? How do animals live in cold temps? Explore hibernation and other ways animals survive the harsh, winter conditions. Our tracking skills will be tested as we search for the winter homes of local animals.

1/3 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27308
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#### Extreme Animal Engineers

Think you have what it takes to match up to nature's best builders? Learn the tools and tricks of engineering from animals like beavers and birds. Put those skills to test to build your own shelter.

1/4 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-10 yrs ID/AP: \$58 OD: \$72.50	NP27309
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## Nature Studies - Family

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Family Nature Club

Join our Family Nature Club and jump into the curious and wonderful world of nature. Price includes one child and up to two other family members (child or adult). Parent participation required.

#### Build a Birdfeeder

Attract birds to your backyard! Learn some basic bird identification techniques and build a wooden birdfeeder. Fee includes one adult and up to two additional family members (child or adult) and supplies for a backyard birdfeeder. Parent participation required.

10/20 Tualatin Hills Nature Center	S	1-2:30pm	6 yrs-Adult ID/AP: \$25 OD: \$29.75	NP25501
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#### Nature's Detectives: Owl Pellets

Dissect a pellet to reconstruct the bones and piece together what the owl has been eating. Fee includes one adult and up to two additional family members (child or adult). Parent participation required.

11/9 Tualatin Hills Nature Center	F	6-8 pm	6 yrs-Adult ID/AP: \$25 OD: \$29.75	NP25502
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### Park After Dark

Journey into the forest and enjoy the sights and sounds of nature at night. Spend the first part of the program indoors learning about the featured nocturnal residents, and then head out for a guided night hike. Price is per person. Parent participation required. (Elaine)

#### Coyotes

9/21 Tualatin Hills Nature Center	F	6:30-8:30 pm	6 yrs-Adult ID/AP: \$10	NP25503 OD: \$12.50
10/12 Cooper Mountain Nature House	F	6:30-8:30 pm	6 yrs-Adult ID/AP/OD: \$10	CM25503

#### Owl Prowl

11/30 Tualatin Hills Nature Center	F	7-9 pm	6 yrs-Adult ID/AP: \$10	NP25504 OD: \$12.50
12/15 Cooper Mountain Nature House	S	7-9 pm	6 yrs-Adult ID/AP/OD: \$10	CM25504



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## Nature Studies - Family

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Metro Programs

#### Introduction to the Language of Birds

As they feed, nest and raise their young, birds relay messages about when it's safe and where predators are prowling. Explore Cooper Mountain Nature Park with naturalist Ashley Conley to learn how to interpret what the birds are saying. This site is great for wildlife tracking, and we will look for signs of predators that hunt there. Parent participation required.

9/30	Su	9 am-Noon	8 yrs-Adult	NP25551
Cooper Mountain Nature House ID/AP/OD: \$10				

#### Winter Solstice Sunset Walk

Winter solstice is near, marking the shortest day of the year. Take an afternoon walk through the majestic oak woodlands atop Cooper Mountain and learn how the winter solstice ushers in the return of the light and longer days. Meet at the Nature House.

12/15	S	2-4 pm	All ages	NP25551
Cooper Mountain Nature House ID/AP/OD: \$10				

Please register for Metro programs at: [www.w.oregonmetro.gov/calendar](http://www.w.oregonmetro.gov/calendar)

## Community Programs

### Naturescaping Workshop

Sunday, Sept. 23 • 1-3:30 pm

Learn about naturescaping, including basic site-planning principles, native plants, and how to reduce chemical use to create a thriving landscape for native birds, butterflies and other pollinators. Co-hosted by Tualatin Soil and Water Conservation District, Rock Creek Watershed Partners, and THPRD, this workshop will introduce naturescaping basics through a presentation and walk outside to look at native plants.

Ages 16+ Tualatin Hills Nature Center Free

Please visit [www.swcd.net](http://www.swcd.net) to register

## Nature Studies - Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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#### Coffee with the Birds

Get ready to brighten up your fall by learning about our feathered friends. Start off with a cup of coffee or tea in the classroom to discuss field guides, optical equipment and identification tips for beginning and intermediate birders. Head out into the park to observe our local residents and discuss local birding spots to further your birding adventures. (Elaine)

9/22	S	8:30-10:30 am	16+	NP25551
Tualatin Hills Nature Center ID/AP: \$16 OD: \$20				

## Nature Studies - Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Coming Home through Stories – An Introduction to Telling your Stories

The stories we tell let us examine our lives, our sense of place, our roots, and our identity with new eyes. In this workshop, Barbara Fankhauser, past-President of the Portland Storyteller's Guild, will give you tools to both find your stories and shape them into compelling narratives just in time for the long winter nights ahead.

10/13	S	2-4 pm	16+	NP25552
Tualatin Hills Nature Center ID/AP: \$16 OD: \$20				

### Beginner Mushroom Identification

Join mushroom enthusiast Leah Bendlin to learn the basic skills of mushroom identification, with an emphasis on key physical features and ecology. We will begin the presentation indoors, followed by a walk in the nature park to discuss the species we encounter and practice ID skills in the field.

11/11	Su	10 am-1 pm	16+	NP25553
Tualatin Hills Nature Center ID/AP: \$24 OD: \$30				

### Night Owls: Hoots and Hops

This is the perfect time of year to step into the forest to listen for sounds of courting owls. Join other owl enthusiasts for a beer, enjoy a talk and presentation about our local owls, and head out into the park to listen and look for our resident owls. (Elaine)

12/8	S	7-9 pm	21+	NP25554
Tualatin Hills Nature Center ID/AP: \$22 OD: \$27.50				

## Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Yoga, Beginning/Intermediate

Learn how to stretch deeply and completely with simple movements combined with conscious breathing. Increase your strength and flexibility and bring about a more relaxed state of being. Each instructor brings their own individual focus to their class. Please see class descriptions on [www.thprd.org](http://www.thprd.org) for more details. No class 9/3, 11/21, 11/22.

9/10-12/17 (15)	M	5:30-6:45 pm	16 yrs-Adult	NP22501
Tualatin Hills Nature Center (Tristiane) ID/AP: \$120 OD: \$150				
9/10-12/17 (15)	M	7:15-8:30 pm	16 yrs-Adult	NP22502
Tualatin Hills Nature Center (Tristiane) ID/AP: \$120 OD: \$150				
9/4-12/18 (16)	T	5:30-6:45 pm	16 yrs-Adult	NP22503
Tualatin Hills Nature Center (Jean) ID/AP: \$128 OD: \$160				
9/4-12/18 (16)	T	7:15-8:30 pm	16 yrs-Adult	NP22504
Tualatin Hills Nature Center (Jean) ID/AP: \$128 OD: \$160				
9/5-12/19 (15)	W	9-10:15 am	16 yrs-Adult	NP22505
Tualatin Hills Nature Center (Jean) ID/AP: \$120 OD: \$150				
9/6-12/20 (15)	Th	6:15-7:30 pm	16 yrs-Adult	NP22506
Tualatin Hills Nature Center (Tristiane) ID/AP: \$120 OD: \$150				

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## Drop-in Fitness/Yoga

Deluxe Passes and drop-ins are allowed for yoga classes that are not full. See page 6 for more information on passes. Register to confirm your spot for yoga classes.

Tai Chi and QiGong: Drop-ins allowed with prior instructor approval.

## Fitness - Teen/Adult

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Yoga at Cooper Mountain

Practice vinyasa yoga in a beautiful glass door room overlooking Cooper Mountain Nature Park. This class is a 75-minute vinyasa flow for all levels. Modifications will be made for beginners as well as challenges for the advanced. There will be pranayama breath work with meditation, stretching, balancing and vinyasa flow postures for a full body workout.

9/8-12/15 (15) Cooper Mountain Nature House	S	9-10:15 am	16 yrs-Adult ID/AP/OD: \$120	CM22500
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### Introduction Tai Chi

This class is a gentle exercise program designed to bring mind and body into harmony. Using fluid, slow movements, students will learn to breathe more deeply, move with more awareness and develop a keener sense of balance. Based on centuries of practices in traditional Chinese medicine, this form is easy to memorize, requires relatively little space to practice, and is easy to adapt into a daily regimen for better physical, emotional, and mental health. (Jim)

9/12-12/19 (14) Tualatin Hills Nature Center	W	6-7:15 pm	16 yrs-Adult ID/AP: \$112 OD: \$140	NP22507
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### QiGong: Mindful Movement and Meditation

Basic mindfulness practice based on Insight Meditation techniques provides methods for reducing stress, deepening compassion and building a more stable peace of mind. Each class includes tips for adapting mindfulness awareness in everyday living. Appropriate for beginning and returning students. (Jim)

9/12-12/19 (14) Tualatin Hills Nature Center	W	7:45-9 pm	16 yrs-Adult ID/AP: \$112 OD: \$140	NP22508
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### Exploring Healing QiGong and Meditation Workshops

Mindfulness practice establishes a new relationship between the body and the mind; a relationship of trust and cooperation, working together for common goals. Think of QiGong as mindful movement designed to calm the emotions, wake up the body and train the mind to be content with the way things are. Each workshop will include different QiGong forms and contemplative poetry selected from different traditions. The four hour workshop will have a 15 minute intermission at the midpoint. (Jim)

9/8 Tualatin Hills Nature Center	S	10:30 am-2:30 pm	16 yrs-Adult ID/AP: \$26 OD: \$32.50	NP12510
10/13 Tualatin Hills Nature Center	S	10:30 am-12:30 pm	16 yrs-Adult ID/AP: \$13 OD: \$16.25	NP22509
11/10 Tualatin Hills Nature Center	S	10:30 am-12:30 pm	16 yrs-Adult ID/AP: \$13 OD: \$16.25	NP22510
12/8 Tualatin Hills Nature Center	S	10:30 am-2:30 pm	16 yrs-Adult ID/AP: \$26 OD: \$32.50	NP22511

## Outdoor Recreation Guidelines

**Weather Policy:** All outdoor programs go "rain or shine."

**Age Requirements:** Children may attend activities where appropriate ages are stated. All participants under 18 years old must be registered and accompanied by a registered adult.

**Transportation:** Unless otherwise stated, individuals will provide their own transportation to the meeting site.

**Refund Policy:** Request to drop or change one-day programs/classes/trips must be made at least four working days prior to the date of the program. No credit will be applied if less advance notice is given.



## Outdoor Recreation

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Deschutes River Rafting

This adventure includes 15 miles of stunning desert scenery, warm water, many fun and playful rapids, and body slides. The Deschutes River is perfect for the whole family! Equipment, guide and scrumptious hot lunch provided. (River Drifters)

9/1 NP16510	S	9:45 am-4:00 pm	4 yrs-Adult	
Meet at the Deschutes River, Maupin, OR ID/AP: \$100 OD: \$106.25				
9/8 NP16511	S	9:45 am-4:00 pm	4 yrs-Adult	
Meet at the Deschutes River, Maupin, OR ID/AP: \$100 OD: \$106.25				
9/15 NP16512	S	9:45 am-4:00 pm	4 yrs-Adult	
Meet at the Deschutes River, Maupin, OR ID/AP: \$100 OD: \$106.25				

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