

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 160 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.

There are trails to suit every need spread throughout the park district, ranging from paved regional trails that connect to other cities and shopping areas to earthen trails that will help you explore neighborhood natural areas. Trail descriptions and downloadable maps are on our website: <http://www.thprd.org/parks-and-trails/trails/>. Printed maps that cover the entire park district are available for free at all THPRD facilities and select community destinations like libraries.



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

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

Interpretive Programs Supervisor: Kristin Smith

Fall Term: Aug. 26 - Dec. 31, 2019

Park Hours: Dawn until dusk, unless otherwise posted.

Nature Center Hours:

Monday - Friday: 8:30 am-5 pm

Saturday - Sunday: 9 am-5 pm*

*Nature Center will close at 4pm on Saturdays and Sundays, November-January

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

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 17. **This special out-of-district fee exemption is only valid for programs at Cooper Mountain Nature Park.**

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.

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/habitat-trails-gardening-projects>.

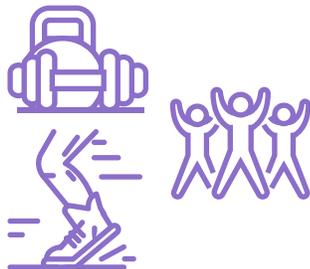
Facility Rentals

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.

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.

Fitness Challenge



It's never too soon to start thinking about THPRD's next Fitness Challenge!

Look for details at each center in December to learn more.

Friday, November 29



Burn the Bird Workout
Cedar Hills Recreation Center
9:30-11 am
\$10 ID/AP, \$12.50 OD H22567

Burn the Bird Zumba
Conestoga Recreation Center
10-11:30 am
\$10 ID/AP, \$12.50 OD CO22521

Children 6 years of age or older.
*Cost includes one adult and one child.
\$4.00 for each additional child.



THPRDNature

Special Events

Fall Native Plant Sale

Saturday, October 5 | 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 towards future park improvements and environmental education programs.

Location: Tualatin Hills Nature Center

Admission: FREE

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, engaging programs can be scheduled year-round. Call today to schedule a guided hike for your group.

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

School Nature Programs: K-12th grade

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 to learn more about which programs help reinforce the scientific practices and crosscutting concepts that your class is working on this year.

Request a program online: <http://www.thprd.org/activities/nature/group-nature-program-request/>

Location: Cooper Mountain Nature Park, Tualatin Hills Nature Park, Beaverton natural areas, and your school.



Newt Day

Saturday, November 2 | Noon – 4 pm

Follow nature's cycle of life into fall as you learn how some cycles follow the seasons and some are the transition between generations. From rough-skinned newts and trees to garter snakes and woolly bear caterpillars, learn about the cycles that these forest inhabitants go through at 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: \$4 (children 2 and under are free.)

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 and badges through nature exploration. We can also customize a group program for your troops needs to earn your Hiker, Bug, Eco Learner, Animal Habitats, Flowers, Art Creator and Explorer or Citizen Science badges.

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.

11/16 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, Citizen Science Journey Workshop, or another 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?

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Nature Kids Program

This September through May, nature-based program offers a friendly setting for preschool children to develop social, communication and motor skills. Developmentally appropriate activities are introduced throughout the year in a curriculum structure that focuses on experiential learning through exposure to nature and the changing seasons. 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. All classes run September through May.

Nature Kids, Ages 3-4

\$180 per month (2019-20 school year)

Chipmunks Tualatin Hills Nature Center
T/Th 9-11:30 am

Hummingbirds Jenkins Estate
T/Th 9-11:30 am

Nature Kids, Ages 4-5

\$272 per month (2019-20 school year)

Ladybugs Tualatin Hills Nature Center
M/W/F 9 am-noon

Owls Tualatin Hills Nature Center
M/W/F 1-4 pm

Dragonflies Jenkins Estate
M/W/F 9 am-noon

Nature Birthday Parties: Ages 3-12 yrs

Make your child's next birthday memorable by having it in nature! 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. Choose from the following programs: Bug Safari, Forest Fairies & Gnomes, Nature's Superheroes, and Stories in the Forest. Request a party online: www.thprd.org/activities/nature/birthday-party-rental-request/

Locations: Cooper Mountain Nature House, Tualatin Hills Nature Center, and neighborhood natural areas throughout Beaverton.



Nature Studies - Preschool

Dates (Weeks)	Day	Time	Class Code
Location			OD

Knee-high Naturalists

Get outside, meet other families, and explore the wildlife in the nature park on these nature adventures. Price includes one child and two additional family members. **Parent participation required.** (Elaine)

9/7	S	10-11 am	2-5 yrs	NP25101
		Tualatin Hills Nature Park	ID/AP:\$8 OD:\$10	
9/10	T	10-11 am	2-5 yrs	CM25102
		Cooper Mountain Nature Park	ID/AP/OD:\$8	
9/19	Th	10-11 am	2-5 yrs	NP25103
		Tualatin Hills Nature Park	ID/AP:\$8 OD:\$10	
9/24	T	10-11 am	2-5 yrs	CM25104
		Cooper Mountain Nature Park	ID/AP/OD:\$8	
10/3	Th	10-11 am	2-5 yrs	NP25105
		Tualatin Hills Nature Park	ID/AP:\$8 OD:\$10	
10/8	T	10-11 am	2-5 yrs	CM25106
		Cooper Mountain Nature Park	ID/AP/OD:\$8	
10/19	S	10-11 am	2-5 yrs	NP25107
		Tualatin Hills Nature Park	ID/AP:\$8 OD:\$10	

Pequeños Naturalistas

Salga, conozca a otras familias y explore la vida silvestre en nuestro parque natural en estas aventuras de la naturaleza, dirigidas por nuestro guía que habla español. El precio es por un niño y dos miembros adicionales de la familia. **Se requiere la participación de los padres.**

Get outside, meet other families, and explore the wildlife in the nature park on these nature adventures, led by our Spanish speaking nature guide. Price includes one child and two additional family members. **Parent participation required.**

9/14	S	10-11 am	2-5 yrs	NP25108
		Tualatin Hills Nature Park	ID/AP:\$8 OD:\$10	
10/12	S	10-11 am	2-5 yrs	CM25109
		Cooper Mountain Nature Park	ID/AP/OD:\$8	
11/9	S	10-11 am	2-5 yrs	NP25110
		Tualatin Hills Nature Park	ID/AP:\$8 OD:\$10	

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.** (Elaine)

Halloween Critters

10/31	Th	10-11 am	3-5 yrs	NP25111
		Tualatin Hills Nature Center	ID/AP: \$8 OD: \$10	

Autumn Leaves

11/7	Th	10-11 am	3-5 yrs	NP25112
		Tualatin Hills Nature Center	ID/AP: \$8 OD: \$10	

Busy Beavers

11/21	Th	10-11 am	3-5 yrs	NP25113
		Tualatin Hills Nature Center	ID/AP: \$8 OD: \$10	

Animals in Winter

12/12	Th	10-11 am	3-5 yrs	NP25114
		Tualatin Hills Nature Center	ID/AP: \$8 OD: \$10	

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Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Class Code OD
Nature Kids Preschool Explorers			
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. Themes are set weekly, but individual classes are unique. No class 11/12, 11/28.			
Fabulous Fall			
9/17	T	9:30-11:30 am	3-5 yrs NP25121 ID/AP:\$16 OD:\$20
Tualatin Hills Nature Center			
Discovering Autumn			
9/19	Th	9:30-11:30 am	3-5 yrs CM25121 ID/OD/AP:\$16
Cooper Mountain Nature House			
Stories in the Forest			
9/24	T	9:30-11:30 am	3-5 yrs NP25122 ID/AP: \$16 OD:\$20
Tualatin Hills Nature Center			
Autumn Tales			
9/26	Th	9:30-11:30 am	3-5 yrs CM25122 ID/OD/AP:\$16
Cooper Mountain Nature House			
Animal Homes			
10/1	T	9:30-11:30 am	3-5 yrs NP25123 ID/AP: \$16 OD:\$20
Tualatin Hills Nature Center			
H is for Habitat			
10/3	Th	9:30-11:30 am	3-5 yrs CM25123 ID/OD/AP:\$16
Cooper Mountain Nature House			
Fungi and Friends			
10/8	T	9:30-11:30 am	3-5 yrs NP25124 ID/AP: \$16 OD:\$20
Tualatin Hills Nature Center			
Marveling at Mushrooms			
10/10	Th	9:30-11:30 am	3-5 yrs CM25124 ID/OD/AP:\$16
Cooper Mountain Nature House			
Squirrely Squirrels			
10/15	T	9:30-11:30 am	3-5 yrs NP25125 ID/AP: \$16 OD:\$20
Tualatin Hills Nature Center			
Douglas the Squirrel			
10/17	Th	9:30-11:30 am	3-5 yrs CM25125 ID/OD/AP:\$16
Cooper Mountain Nature House			
Spinning Spiders			
10/22	T	9:30-11:30 am	3-5 yrs NP25126 ID/AP: \$16 OD: \$20
Tualatin Hills Nature Center			
A is for Arachnid			
10/24	Th	9:30-11:30 am	3-5 yrs CM25126 ID/OD/AP: \$16
Cooper Mountain Nature House			
Upside Down Bats			
10/29	T	9:30-11:30 am	3-5 yrs NP25127 ID/AP: \$16 OD:\$20
Tualatin Hills Nature Center			
Bats and Bugs			
10/31	Th	9:30-11:30 am	3-5 yrs CM25127 ID/OD/AP:\$16
Cooper Mountain Nature House			
Whooo's in the Tree			
11/5	T	9:30-11:30 am	3-5 yrs NP25128 ID/AP: \$16 OD:\$20
Tualatin Hills Nature Center			

Nature Studies - Preschool

Dates (Weeks) Location	Day	Time	Class Code OD
Nature Kids Preschool Explorers (continued)			
Owl Eyes			
11/7	Th	9:30-11:30 am	3-5 yrs CM25128 ID/OD/AP:\$16
Cooper Mountain Nature House			
Silly Salamanders			
11/14	Th	9:30-11:30 am	3-5 yrs CM25129 ID/OD/AP:\$16
Cooper Mountain Nature House			
Migration Sensation			
11/19	T	9:30-11:30 am	3-5 yrs NP25130 ID/AP:\$16 OD:\$20
Tualatin Hills Nature Center			
Wild Geese			
11/21	Th	9:30-11:30 am	3-5 yrs CM25130 ID/OD/AP:\$16
Cooper Mountain Nature House			
Turkey Tracks			
11/26	T	9:30-11:30 am	3-5 yrs NP25131 ID/AP:\$16 OD:\$20
Tualatin Hills Nature Center			
Cones and Firs			
12/3	T	9:30-11:30 am	3-5 yrs NP25132 ID/AP:\$16 OD:\$20
Tualatin Hills Nature Center			
Winter Homes			
12/10	T	9:30-11:30 am	3-5 yrs NP25133 ID/AP:\$16 OD:\$20
Tualatin Hills Nature Center			
Little Forest Helpers			
12/17	T	9:30-11:30 am	3-5 yrs NP25134 ID/AP:\$16 OD:\$20
Tualatin Hills Nature Center			
Nature Studies - Youth			
Dates (Weeks) Location	Day	Time	Class Code OD
Kid's Nature Night Out			
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.			
Nature's Superheroes			
9/20	F	6-9 pm	6-12 yrs NP25201 ID/AP:\$32 OD:\$40
Tualatin Hills Nature Center			
Spooktacular Plants & Potions			
10/25	F	6-9 pm	6-12 yrs CM25202 ID/AP/OD:\$32
Cooper Mountain Nature Park			
Animal Engineers			
11/22	F	6-9 pm	6-12 yrs NP25203 ID/AP:\$32 OD:\$40
Tualatin Hills Nature Center			

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Nature Studies - Youth

Dates (Weeks) Location	Day	Time	Class Code OD
The Gift of Nature 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.			
12/7 Tualatin Hills Nature Center	S	10 am-noon	5-10 yrs NP25200 ID/AP: \$16 OD: \$20

Nature Camps

Dates (Weeks) Location	Day	Time	Class Code OD
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 and bring a lunch, two snacks, bottle of water and a small backpack each day.			

Under the Log

Head into the park to search under logs and rocks for the park's hidden animal friends while discovering one of the liveliest habitats in the forest.

11/11 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	4-6 yrs NP27101 ID/AP: \$59 OD: \$73.75
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Nuts About Nature

Celebrate November at the Nature Park. Watch squirrels gather acorns, listen to harvest stories, taste warm cider and feel the changing seasons.

11/27 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	4-6 yrs NP27102 ID/AP: \$59 OD: \$73.75
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Nature Camps

Dates (Weeks) Location	Day	Time	Class Code OD
Nature Day-off Camps • 7-13 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.			

Bug-e-mon

See how many different species of insects you can catch. Make your own insect trading cards and battle it out to see which species can survive!

10/11 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-13 yrs NP27001 ID/AP: \$60 OD: \$75
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Letterboxing Challenge

Work together to set up a fun letterboxing challenge in the Nature Park. Write clues, hide boxes and explore nature in autumn.

10/24 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-13 yrs NP27202B ID/AP: \$60 OD: \$72.50
11/7 Tualatin Hills Nature Center	Th	7:45 am-5:15 pm	7-13 yrs NP27202A ID/AP: \$60 OD: \$72.50

Tracks and Trails

Follow the tracks of local wildlife to discover their secrets and signs. Traverse the park and pick up clues to solve the mystery of tracks left in the wild.

10/25 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-13 yrs NP27203A ID/AP: \$60 OD: \$72.50
11/8 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-13 yrs NP27203B ID/AP: \$60 OD: \$72.50

Nature Camps

Dates (Weeks) Location	Day	Time	Class Code OD
Nature Day-off Camps • 7-13 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.			

Nature Playgrounds and Parks

Let's visit the area's best nature play areas and parks! At each park, we will build nature structures, get dirty playing outdoors, and search for signs of wildlife.

Field trip: Local area parks.

11/1 Tualatin Hills Nature Center	F	7:45 am-5:15 pm	7-13 yrs NP27204 ID/AP: \$72 OD: \$90
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S'more Camping, Please!

Practice setting up a tent, eat s'mores, tell some campfire stories, and discover which plants will or won't help you have a good camping experience!

11/11 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-13 yrs NP27205 ID/AP: \$60 OD: \$75
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Super Spiders

Are your spidey-senses tingling? Discover the super powers of spiders, weave your way around the nature park to track all the different kinds of super spider species here.

11/27 Tualatin Hills Nature Center	W	7:45 am-5:15 pm	7-13 yrs NP27206 ID/AP: \$60 OD: \$75
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Secrets of the Forest

Discover the secrets and hidden treasures of Oregon forests as we hunt for the oldest and weirdest trees in the Nature Park, hidden animal homes, and ferns that taste like licorice.

12/2 Tualatin Hills Nature Center	M	7:45 am-5:15 pm	7-13 yrs NP27207 ID/AP: \$60 OD: \$75
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Winter Break Half Day Camps

Dates (Weeks) Location	Day	Time	Class Code OD
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.			

Winter Wonderland

Discover the beauty and joy of the winter season in the nature park. Circle up around the "campfire" to listen to stories, hug a tree to keep warm and learn to love winter in the woods.

12/30-31 Tualatin Hills Nature Center	M-T	9 am-noon	4-6 yrs NP27100 ID/AP: \$46 OD: \$57.50
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Jump Start your Fitness!



**3 pack of personal training
for \$125.00 ID**

Limit is one 3 pack per person
New training clients only.

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Winter Break Half Day Camps

Dates (Weeks) Location	Day	Time	Class Code OD
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Mini Nature Camp • 5-8 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.

Junior Rangers

Ring in the New Year by earning your Junior Ranger badge. Follow animal trails and search for footprints, chew marks and clues. Try your hand at wildlife identification, ranger duties and help protect nature.

12/30-31	M-T	1-4 pm	5-8 yrs NP27200 ID/AP: \$46 OD: \$57.50
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Tualatin Hills Nature Center

Winter Break Full-day Camps

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 lunch and two snacks, bottle of water and small backpack each day.

Muddy Puddle Explorers

Do animals live in mud? Can plants grow in it? Explore the puddles and ponds in the park to find out. Be ready to get muddy.

12/23	M	7:45 am-5:15 pm	4-6 yrs NP27103 ID/AP: \$59 OD: \$73.75
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Tualatin Hills Nature Center

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.

12/27	F	7:45 am-5:15 pm	4-6 yrs NP27104 ID/AP: \$59 OD: \$73.75
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Tualatin Hills Nature Center

Wild Wonders

Discover awe-inspiring natural wonders and search for the park's biggest trees, wildest places and coolest animals.

1/2	Th	7:45 am-5:15 pm	4-6 yrs NP27105 ID/AP: \$59 OD: \$73.75
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Tualatin Hills Nature Center

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.

1/3	F	7:45 am-5:15 pm	4-6 yrs NP27106 ID/AP: \$59 OD: \$73.75
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Tualatin Hills Nature Center



Winter Break Full-day Camps

Skywalker Solstice

Join us in celebrating one of the shortest days of the year. Strengthen and train your Jedi force by studying the stars above us. We'll even make our own light sabers! May the forest be with you.

12/23	M	7:45 am-5:15 pm	7-13 yrs NP27208 ID/AP: \$60 OD: \$75
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Tualatin Hills Nature Center

Fantastic Flyers

Look! Up in the sky! Is it a bird? A bat? A bug? Explore the different ways living creatures take to the skies, then have fun designing and building your own flying creature.

12/27	F	7:45 am-5:15 pm	7-13 yrs NP27209 ID/AP: \$60 OD: \$75
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Tualatin Hills Nature Center

Weather Wizards

Ever wonder why the sky is blue or how weather changes from day to day? Put on your wizarding hat to explore the science of weather. We'll make wands, learn atmospheric spell casting, and use a barometer throughout the day to track our own local weather patterns.

12/30	M	7:45 am-5:15 pm	7-13 yrs NP27210 ID/AP: \$60 OD: \$75
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Tualatin Hills Nature Center

Who Gives a Hoooooot!

Dissect owl pellets, check out our owl specimens, learn owl calls, and a take a nature walk to listen to the owls of the forest.

12/31	T	7:45 am-5:15 pm	7-13 yrs NP27211 ID/AP: \$60 OD: \$75
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Tualatin Hills Nature Center

Frosty Forest

A walk in the woods is different when you take it to high elevations. We will head up to Mt. Hood to go snowshoeing through the subalpine forests of the Cascades in winter. (Trip and equipment rentals included.)

1/2	Th	7:45 am-5:15 pm	7-13 yrs NP27212 ID/AP: \$72 OD: \$90
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Field Trip: Trillium Lake, Mt. Hood
Tualatin Hills Nature Center

Disappearing Act

Camouflage can make animals disappear in the forest, the meadow, or the wetlands. Can you imitate nature and create your own camouflage?

1/3	F	7:45 am-5:15 pm	7-13 yrs NP27213 ID/AP: \$60 OD: \$75
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Tualatin Hills Nature Center



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

Nature Studies - Family

Dates (Weeks) Location	Day	Time	Class Code OD
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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.**

10/19 Tualatin Hills Nature Center	S	12-1:30 pm	6 yrs-adult ID/AP: \$22 OD: \$27.50	NP25501
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Owl Pellets

Dissect owl pellets 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.**

11/8 Tualatin Hills Nature Center	F	6:30-8 pm	6 yrs-adult ID/AP: \$22 OD: \$27.50	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 topic, and then head out for a guided night hike. Price is per person. **Parent participation required.** (Elaine).

Coyotes

9/27 Tualatin Hills Nature Center	F	6:30-8:30 pm	6 yrs-adult ID/AP: \$12 OD: \$15	NP25503
10/18 Cooper Mountain Nature House	F	6:30-8:30 pm	6 yrs-adult ID/AP/OD: \$12	CM25504

Owls

11/22 Tualatin Hills Nature Center	F	7-9 pm	6 yrs-adult ID/AP: \$12 OD: \$15	NP25505
12/13 Cooper Mountain Nature House	F	7-9 pm	6 yrs-adult ID/AP/OD: \$12	CM25506

Nature Studies – Adult

Dates (Weeks) Location	Day	Time	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)

10/12 Tualatin Hills Nature Center	S	8:30-10:30 am	16+ ID/AP: \$26 OD: \$32.50	NP25551
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Winter Wreaths and Boughs

Make your own winter wreath or boughs! We will start with a short walk into the nature park to gather inspiration and natural materials. Then warm up inside and choose from the materials we collected in advance or that you just gathered to make your own winter wreath creation. Enjoy a pint of cider or mug of spiced wine as you create your winter masterpiece.

11/23 Tualatin Hills Nature Center	S	4-6 pm	21+ ID/AP: \$16 OD: \$20	NP25552
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Nature Studies – Adult

Dates (Weeks) Location	Day	Time	Class Code OD
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Introduction to 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.

10/17 Tualatin Hills Nature Center	Th	6-8:00 pm	16+ ID/AP: \$22 OD: \$27.50	NP25553
10/24 Cooper Mountain Nature Park	Th	6-8:00 pm	16+ ID/AP/OD: \$22	CM25524

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)

12/6 Tualatin Hills Nature Center	S	7-9 pm	21+ ID/AP: \$22 OD: \$27.50	NP25554
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Metro Programs

Dates (Weeks) Location	Day	Time	Class Code OD
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Bird Language for Beginners

Through vocalizations and movement, song birds broadcast daily stories happening on the land. Learn how to recognize the different voices and patterns and walk the trails in search of their secret stories. Class will be both indoors and outdoors. Meet at the Nature House. To register, visit: oregonmetro.gov/calendar

9/22 Cooper Mountain Nature House	Su	9:30 am-12:30 pm	12 yrs-adult ID/AP/OD: \$10	
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Lichen of the Pacific Northwest

Diminutive but darling, Northwest lichens are renowned for their abundance and diversity. Grab your hand lens and join a naturalist at Cooper Mountain Nature Park to take a closer look into the enchanting world of lichens. Learn about their ecology and how to identify them. Meet at the Nature House. All ages but geared towards adults. To register, visit: oregonmetro.gov/calendar

11/2 Cooper Mountain Nature House	S	11:00 am-1:00 pm	12 yrs-adult ID/AP/OD: \$10	
11/2 Cooper Mountain Nature House	S	2:00-4:00 pm	12 yrs-adult ID/AP/OD: \$10	

Fitness Challenge



It's never too soon to start thinking about THPRD's next Fitness Challenge!

Look for details at each center in December to learn more.

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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.

Yoga, Beginning/Intermediate

Dates (Weeks) Location	Day	Time	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. **No class 9/2, 11/27, 11/28.**

9/9-12/16 (15)	M	5:30-6:45 pm	16-adult NP22501 ID/AP: \$120 OD: \$150
Tualatin Hills Nature Center (Parker)			
9/9-12/16 (15)	M	7:15-8:30 pm	16-adult NP22502 ID/AP: \$120 OD: \$150
Tualatin Hills Nature Center (Parker)			
9/3-12/17 (16)	T	5:30-6:45 pm	16-adult NP22503 ID/AP: \$128 OD: \$160
Tualatin Hills Nature Center (Jean)			
9/3-12/17 (16)	T	7:15-8:30 pm	16-adult NP22504 ID/AP: \$128 OD: \$160
Tualatin Hills Nature Center (Jean)			
9/4-12/18 (15)	W	9-10:15 am	16-adult NP22505 ID/AP: \$120 OD: \$150
Tualatin Hills Nature Center (Jean)			
9/5-12/19 (15)	Th	6:15-7:30 pm	16-adult NP22506 ID/AP: \$120 OD: \$150
Tualatin Hills Nature Center (Tristiane)			

Fitness

Dates (Weeks) Location	Day	Time	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. **No class 11/30.**

9/7-12/14 (14)	S	9-10:15 am	16-adult CM22500 ID/AP/OD: \$112
Cooper Mountain Nature House			

Introduction to 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)

9/4-12/18 (16)	W	5:30-6:45 pm	16-adult NP22507 ID/AP: \$120 OD: \$150
Tualatin Hills Nature Center			

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)

9/4-12/18 (15)	W	7:15-8:30 pm	16-adult NP22508 ID/AP: \$120 OD: \$150
Tualatin Hills Nature Center			

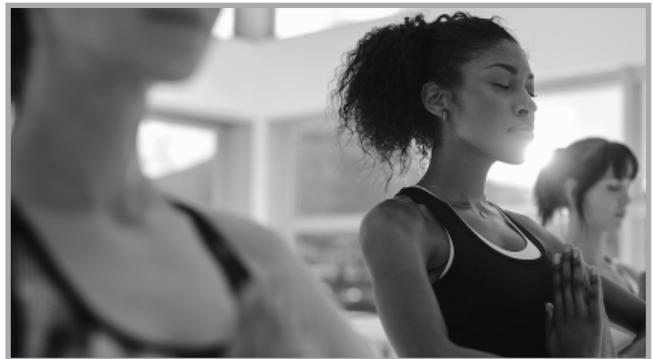
Fitness

Dates (Weeks) Location	Day	Time	Class Code OD
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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. (Jim)

9/14	S	10:30am-12:30 pm	16-adult NP12512 ID/AP: \$13 OD: \$16.25
Tualatin Hills Nature Center			
10/12	S	10:30am-12:30 pm	16-adult NP22509 ID/AP: \$13 OD: \$16.25
Tualatin Hills Nature Center			
11/9	S	10:30am-12:30 pm	16-adult NP22510 ID/AP: \$13 OD: \$16.25
Tualatin Hills Nature Center			
12/14	S	10:30am-12:30 pm	16-adult NP22511 ID/AP: \$13 OD: \$16.25
Tualatin Hills Nature Center			



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	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)

9/7	S	9:45 am-4:00 pm	4-adult NP16509 ID/AP: \$100 OD: \$106.25
Meet at the Deschutes River, Maupin, OR			
9/14	S	9:45 am-4:00 pm	4-adult NP16510 ID/AP: \$100 OD: \$106.25
Meet at the Deschutes River, Maupin, OR			
9/21	S	9:45 am-4:00 pm	4-adult NP16511 ID/AP: \$100 OD: \$106.25
Meet at the Deschutes River, Maupin, OR			

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