

Enjoy the Great Outdoors

Come Enjoy Some Of Our Favorite Outdoor Spaces!

- **Jug Bay Natural Area of Patuxent River Park, MD**

Explore woods and marshes to search out both common and uncommon breeders of this wetland habitat.

(ANS Field Trip on Saturday, June 2 - See "Breeding Bird Walk at Jug Bay Natural Area of Patuxent River Park" at anshome.org/adults under "Nature Classes and Field Trips")

- **Elliott Island, MD**

Extensive wetlands border the Chesapeake Bay on Maryland's Eastern Shore, and the marshes near Vienna, MD are diverse, well-studied, and accessible. Identify marsh plants and search for birds, butterflies, and other wildlife. Continue into the night to listen for rails, frogs, owls, and Chuck-will's-widows.

(ANS Field Trip on Saturday, June 9 - See "Natural Heritage Series: Elliott Island" at anshome.org/adults under "Nature Classes and Field Trips")

- **Violettes Lock, MD**

They're lovely to behold. But their beauty belies the scrappy, survival strategies of our region's short-lived spring wildflowers. Coping with cold temperatures, species such as Trout Lily and Dutchman's Breeches race to complete their flowering and fruiting cycles before the brief window of spring sunlight gets shut out by the unfolding forest canopy.

(ANS Field Trip on Sun, June 10 - See "Becoming a Latin Lover" at anshome.org/adults under "Nature Classes and Field Trips")

- **Rock Creek Park, DC**

Rock Creek Park is truly a gem in our nation's capital. This 1,754 acre park is truly a gem in our nation's capital offering the opportunity to escape the bustle of the city and find a peaceful refuge, recreation, fresh air, majestic trees, wild animals, and thousands of years of human history.

(ANS Field Trip on Sat, June 16 - See "A Year in Rock Creek Park" at anshome.org/adults under "Nature Classes and Field Trips")

- **Blue Mash Nature Trail, MD**

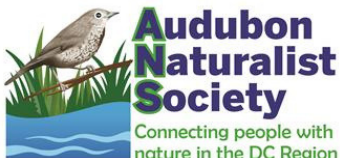
With two ponds, fields, thickets and both young and mature woods, the area is great for sighting butterflies, dragonflies, reptiles, amphibians, plant life and, of course, birds. More than 200 species of birds have been seen here. The five-mile loop trail located near Gaithersburg, Maryland is good for all skill levels.

(ANS Field Trip on Sun, June 24 - See "Summer Walks on the Wild Side" at anshome.org/adults under "Nature Classes and Field Trips")

Instagram



Take part in our Instagram photo contest! To win a prize, you must have a public Instagram page, follow us @ansnature and tag a photo of yourself in nature using #ANSoutside. Winners will each receive a \$25 gift card to redeem at the Audubon Naturalist Shop, along with a cool, cottony-soft ANS tee in either indigo blue or nature green! Each time you post, you receive another chance to win. A new monthly winner will be chosen through December. Good luck and enjoy exploring the great outdoors!



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- **Black Hill Regional Park, MD**

Featuring 2,000 acres of land for outdoor recreation and family gatherings, this park provides spectacular views of Little Seneca Lake from its trails. You can also canoe, kayak, or rowboat from Black Hill Boats and explore the natural beauty of the lake by following the Black Hill Water Trail.

(ANS Field Trip on Sat, June 30 - See "B is for Butterfly" at anshome.org/adults under "Nature Classes and Field Trips")

- **Kenilworth Park and Aquatic Gardens**

Kenilworth Park & Aquatic Gardens is a National Park Service site located in the northeastern corner of Washington, D.C., and the Maryland state border. The park and gardens preserve a wide variety of rare waterlilies and lotuses, along with the Kenilworth Marsh, the only remaining tidal marsh in Washington, D.C.

(ANS Field Trip on Wed, July 4 - See "Summer Walks on the Wild Side" at anshome.org/adults under "Nature Classes and Field Trips")

- **Theodore Roosevelt Island, DC**

Theodore Roosevelt Island is a showcase of geology, befitting the energetic environmentalist whom it honors. Ancient Piedmont bedrock exposures occur at the northern end, while modern Coastal Plain deposits form the eastern and southern portions. Surrounded by the Potomac River, the island features natural levees and backswamps (like the Mississippi), a tidal inlet and marsh (like Chincoteague), and garnet-bearing rocks (like the Blue Ridge). All within walking distance of the Metro!

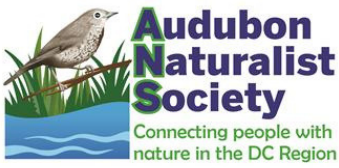
(ANS Field Trip on Wed, July 18 - See "A Year at Theodore Roosevelt Island" at anshome.org/adults under "Nature Classes and Field Trips")

- **Suitland Bog, MD**

Suitland Bog is a tiny Coastal Plain "magnolia bog," the best preserved of over 30 bogs that once occurred in the Beltsville-Suitland (MD) area. Happily, it was preserved from development in the 1970's after much of the surrounding area was mined for sand and gravel. Technically not a bog but a fen, this unique gem provides a home to the carnivorous pitcher-plant as well as other unusual plants in a 60-acre protected area inside the Beltway.

(ANS Field Trip on Saturday, July 21 - Check anshome.org/adults under "Nature Classes and Field Trips")

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- **U.S. Arboretum, DC**

Ramble through the Fern Valley native plant garden in the US National Arboretum to learn more about these ancient and beautiful plants.

(ANS Field Trip on Sunday, July 22 - See "Fern Basics" at anshome.org/adults under "Nature Classes and Field Trips")

- **Little Bennett Park, MD**

Little Bennett Regional Park near Clarksburg, MD, is a park where you can still get lost. Its richness in plant diversity is due to its many habitats, including mature forest, shrub thicket, meadow, wetland and floodplain forest.

(ANS Field Trip on Sat, July 28 - See "Summer Butterfly Stroll" at anshome.org/adults under "Nature Classes and Field Trips")

- **Black Hill Hiker/Biker Trail, MD**

The early bird may get the worm, but late afternoon can be a rewarding time to birdwatch as well.

- **Great Falls, MD**

Search for spring wildflowers, blooming trees, and early spring wildlife activity, including birds, butterflies, and amphibians. The natural surface river trail is mostly level but could be muddy.

- **Patuxent River, MD**

Enjoy river tours from the Riverkeeper's headquarters at 17412 Nottingham Road; Upper Marlboro, MD 20772. The Patuxent is a fantastic paddling environment. Learn more at www.patuxentriverkeeper.com

- **Rust Nature Sanctuary, VA**

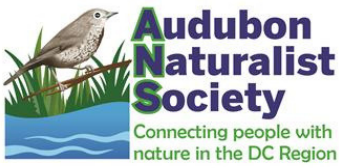
Enjoy an equal mix of pristine nature and local history at Rust Sanctuary in Leesburg, Virginia. Walk 68 acres of wooded trails through unspoiled meadows and forests in the nature sanctuary.

- **Monocacy Aqueduct, MD**

A stroll through an early spring woods can be magical, with both the colors and forms of unfolding leaves and stems catching the eye. In bottomland woods, there's the added delight of spring wildflowers underfoot.

- **Carderock, MD**

This 100-acre park, part of the Chesapeake and Ohio Canal National Historical Park, is well known for outdoor activities like rock climbing, hiking and biking. During spring, the wildflowers are dazzling including Virginia bluebells, Dutchman's breeches, twinleaf, toad trillium, and many other species.



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- **Swain's Lock, MD**

Spring has sprung and the towpath along the Potomac River is one of the finest places in the DC-metro area to experience the season's richness. Look for spring wildflowers, butterflies and other insects, and reptiles and amphibians, all the while keeping an eye and ear open for spring migrants and other breeding bird activity.

- **Patuxent Research Area/North Tract, MD**

Look for dragonfly and damselfly species.

- **Scott's Run, VA**

Scotts Run Nature preserve is a 336-acre tract of Virginia woods, ravines, and palisades just upstream from the American Legion Bridge. The landscape varies from rolling upland and a narrow stream valley to rocky cliffs and riverine floodplain. The bedrock was formed in an ocean that was extinguished during the assembly of the super-continent Pangea.

- **Sugarloaf Mountain, MD**

Enjoy the botany, wildlife, geology, and history of our local monadnock in the rural Piedmont northwest of Washington, D.C. The 1.5-mile hike is timed to coincide with High Spring's greening of the Sugarloaf Mountain woodlands and many plants, including mountain laurel and fringe-tree. Bring binoculars to look for Wood Thrushes, Warblers, Ravens, and other bird species.

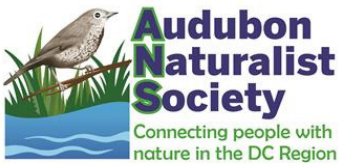
- **Finzel Swamp, MD**

Finzel Swamp is a boreal relict that straddles Allegany and Garrett counties just west of Frostburg in western Maryland. Retreating glaciers 15,000 years ago left behind a flora and fauna preserved in a "frost pocket" – a special arrangement of soil, water, and topography that preserves the cool conditions of the late Ice Age. Several early summer butterfly specialties of Finzel are hard to find anywhere else in Maryland and are more reminiscent of habitats hundreds of miles to the north. These include Harris's Checkerspot and Silver-bordered Fritillary. Long Dash and Essex (European) skippers are also possible finds at this season, as well as Baltimore Checkerspots and Gray Comma. In addition to butterflies, the area is also known for its unique botanic and birdlife diversity.

- **Woodend Sanctuary, MD**

Sticky summer has arrived and the songs of insects such as cicadas, crickets, and katydids begin to swell into a noisy and riotous chorus. Come visit our 40-acre nature sanctuary and headquarters in Chevy Chase, MD. Check anshome.org for activities and events.

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- **Pennyfield Lock, MD**

More than 30 species of warblers pass through the mid-Atlantic during spring migration—but finding and properly identifying these active songbirds can be a real challenge.

- **Riverbend Park, VA**

The display of spring wildflowers is remarkably rich in the varied habitats along the Potomac River close-in to our metro-area. From moist bottomlands to rocky, forested uplands, the woods in May beckon with blooms underfoot and spring-green leaves overhead.

- **McKee-Beshers Wildlife Management Area, MD**

Aim for hearing six or seven different frog species.

- **Widewater, MD**

Observe birds, wildflowers, butterflies, snakes, turtles, and whatever else!

- **Billy Goat Trail, MD**

The Billy Goat Trail, along the Potomac River in Maryland below Great Falls, is popular for both outdoor exercise and natural history. Landslides under an ancient sea, an ocean floor caught between colliding continents, floodplains from previous versions of the Potomac—all are visible in the rock exposures and sediment near Carderock Recreation Area, just outside the Beltway.

- **Huntley Meadows, VA**

Immerse yourself in the phenomenon of spring migration with this series of short bird walks at nearby parks.

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