



Yoga

The benefits of yoga are many - increased flexibility, improved energy and stress reduction - just to name a few. Raven

Run is now offering a free yoga program. Whether you are new to yoga or have been practicing it for years, this program has something for everyone. The park can provide mats and blankets for up to 10 participants. When the weather is warm we will conduct the session outside with nature. For dates and times of the yoga sessions or to register call the park (859) 272-6105.

Volunteer Saturday

Raven Run is looking for a few good volunteers on the **1st Saturday** of most months! Individuals are needed to help with invasive plant removal, trail maintenance and more. Please dress for the weather and wear sturdy shoes and work gloves. Volunteers should come to the Nature Center at 10 am and stay as long as your schedule permits. For additional information, call the park (859) 272-6105.



Raven Run is a 734-acre nature sanctuary dedicated to preserving the natural beauty of the Kentucky River Palisades and early Kentucky history. Over 10 miles of hiking trails provide access to streams, meadows and woodlands characteristic of the Bluegrass. Numerous 19th century remnants of early settlers, as well as over 600 species of plants and 200 species of birds, allow visitors to become acquainted with and appreciate the natural world.

The Trails....

Red –is the four mile long mail loop trail. “*moderately difficult*”

Blue –trails connect one trail to another. “*relatively easy*”

Yellow –allows viewing of the beautiful *Flower Bowl* preserve. “*difficult*”

Green –trails traverse the meadows. “*easy*”

White –are short trails that connect the Red trail to points of interest. (Overlook, Evans Mill, Lime Kiln, etc.)

Orange –is a one mile trail in a high meadow that provides views of the surrounding landscape. “*easy*”

Freedom trail –is a paved, barrier-free trail located adjacent to the parking lot. “*easy*”

Park Hours
9am – 5pm Daily
Trails Close at
4:30pm

We hope that you enjoy your visit to Raven Run. For your safety and enjoyment these rules have been established:

- Please register at the Nature Center
- No hiking off trails
- No pets
- No alcohol
- No bicycles
- No camping
- No fires
- No collection, defacement, or destruction of anything living or non-living in the sanctuary
- No wading or hiking in the creeks

You must be off the trails 30 minutes before the sanctuary closes. Being in the sanctuary after hours will result in a citation for trespassing.

Many programs are weather dependent so it is a good idea to call the park prior to coming to a program.



2016

Program Calendar

3885 Raven Run Way
Lexington, KY 40515
(859) 272-6105

www.lexingtonky.gov

PARKS
& RECREATION
LEXINGTON, KY

January 2016

1st – First Hike of the New Year – 1pm

23rd – Owl Prowl – 6pm

Join us as we listen and look for owls.

February

13th – Salamander Search – 1pm

Search for salamanders in Raven Run Creek.

20th – Salamander Search – 1pm

Search for salamanders in Raven Run Creek.

March

4th – Woodcock Watch – 7pm

Join us as we search for the elusive woodcock.

5th – Stargazing – 7:30pm

View the night sky with the Bluegrass Amateur Astronomy Club.

19th – Earth Hour Woodcock Watch 7:30pm

Join us in celebrating Earth Hour while we search for the elusive woodcock.

28th – Spring Break – 10am – 12pm

“Wonderful Wildlife” – Youth K-5th grade can join us to learn about Kentucky wildlife.

30th – Spring Break – 10am – 12pm

“Birds, Birds, Birds” – Youth K-5th grade can join us to learn all about birds.

April

1st – Spring Break – 10am – 12pm

“Creek Creatures” – Youth K-5th grade can join us to learn about the critters in our creeks.

9th – Stargazing – 8:30pm

16th & 24th – Spring Wildflowers – 1pm

Come see the breathtaking display of our spring wildflowers.

May

7th – Stargazing – 9pm

14th – Birds of the Bluegrass – 8am

Join us for a morning bird walk to look for the many migratory birds of spring.

28th – Little Explorers – 10am

“All About Birds” – Youth K-5th can join us to learn about our fine feathered friends.

June

4th – Stargazing – 9pm

17th – Creatures of the Night – 8:30pm

Come learn about the habits and folklore of wildlife active at night.

25th – Little Explorers – 10am

“Wildlife Hike” – Youth K-5th can join us to learn about the wildlife of Kentucky.

July

2nd – Stargazing – 9:30pm

15th – Creatures of the Night – 9pm

Come learn about the habits and folklore of wildlife active at night.

23rd – Little Explorers – 10am

“Insect Search” – Youth K-5th grade can join us to search for and learn about insects.

August

5th – Perseids Meteor Shower Watch – 9pm

Come catch a glimpse of the Perseids meteor shower.

6th – Stargazing – 9pm

12th – Perseids Meteor Shower Watch – 9pm

Come catch a glimpse of the Perseids meteor shower.

27th – Little Explorers – 10am

“Butterflies” – Youth K-5th can learn about and observe native butterflies at the park.

September

3rd – Stargazing – 8:30pm

11th – Butterflies of Raven Run – 1pm

Learn about the life cycle of butterflies as well as “on the wing” identification of common butterflies at Raven Run.

24th – Little Explorers – 10am

“Colorful Leaves” – Youth K-5th grade can join us to learn about trees and fall leaf color.

October

1st – Stargazing – 7pm

2nd – The Raven 10K- Trail Run – 10am

Check our websites for more information regarding this race event.

www.ravenrun.org

2nd – Language of Fall Wildflowers – 1pm

Come see the beautiful fall color of Raven Run’s meadows. Learn about plant and insect interactions as well as natural history folklore.

22nd – Little Explorers – 10am

“Fossils” – Youth K-5th grade can join us to learn about local Kentucky fossils.

29th – Stargazing – 7pm

November

13th – Bluegrass History – 1pm

Learn about the cultural and natural history of the Bluegrass area.

24th – Closed – Thanksgiving

December

3rd – Winter Birding – 10am

Come learn about and identify “on the wing” many of our winter and year-round bird residents.

10th – Little Explores – 10am

“Winter Wildlife Treats” – Youth K-5th grade can join us in taking a winter hike then making treats for our winter wildlife.

24th, 25th & 26th – Closed for Holidays

**Please call Park to register for a program or for more information.
(859) 272-6105**

Be sure to check our websites and Facebook for program additions!

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