

Open Daily
8am - 7pm



Vol 1 Issue 10

August 2021 *Programs and Events*

ADVENTURE SERIES

*For information & pre-registration, visit: gardenofgods.com

Guided Nature Walk \$5*
Daily 10:30am-11:30am

History of the Garden Hike \$5*
Fri. August 7th 8:00am-9:00am

Introduction to the Park FREE
Every Tuesday 2:00pm-3:00pm

Nature Journaling Hike \$5*
Sat. August 14th 12:00pm-1:30pm

Bat Program & Walk \$5*
Tuesdays 6:30pm-9:00pm

Hike with a Naturalist \$5
Fri. August 20th 2:30pm-4:30pm

Chuckwagon Chats FREE
Every Thursday 1:30pm-2:00pm

Gateway to Geology \$5
Wed. August 18th 1:00pm-2:00pm

RED ROCKS ROOM INTERPRETIVE TALKS

MONDAYS

Bighorn Sheep FREE
9:30am-10:15am

The Noisy Magpie FREE
11:00am-11:45am

WEDNESDAYS

Bear Essentials FREE
12:00pm-12:45pm

Rattlesnakes FREE
3:00pm-3:45pm



YOUNG EXPLORERS

READING ROCKS



Every Tuesday 10:30am-11:30am
FREE, Pre-Registration Required

Learn and play with us as we share a nature or science themed story, followed by an engaging craft or activity!

Sponsored By:  **ANB Bank**

TYKE HIKE



Tuesday August 12th and 26th
10:00am-12:00pm
Free, Pre-Registration Required

Take a STEAM (science, technology, engineering, art, math) focused look at the natural life along some of our favorite trails in the park.

Sponsored By:  **ANB Bank**

Jr. Ranger Walk & Talk

August 9th & 23rd 1:00pm-2:00pm
\$5, Pre-Registration Required

Family friendly walk, ages 5+!
Family and Stroller friendly!

Option to purchase Junior Ranger booklets for \$2.00 in gift shop to accompany walk.

GUIDED BIRD WALK

August 6th and 27th
7:30-9:30am



Join Aiken Adobon Society for a hike along the Cabin Canyon Trail to get familiar with the breeding and migrant birds of Garden of the Gods. Bring binoculars, water, sturdy shoes, and sun protection.

\$5, Pre-Register at gardenofgods.com

SURVIVAL PLANTS OF COLORADO

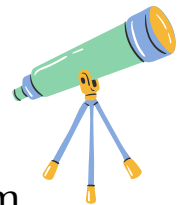
Saturday August 21st
9am-12pm and 1pm-4pm

\$20, Pre-Registration
Required at
gardenofgods.com



Led by author and survival skills expert Robert Seebeck "Cattail Bob". Learn how to identify edible, medicinal, poisonous & tool-craft plants of Pikes Peak region.

SUN-DAY IN THE PARK



Sunday August 29th, 9am-2pm
FREE, All Day Event

Join Colorado Springs Astronomical Society at the Visitor Center for a telescope viewing of the sun, daytime observations of the Moon, and other surprise viewings. Learn how a telescope works and enjoy solar activities!

MINDFUL MONDAYS



THE WATTS TEAM
REAL ESTATE SERVICES

A walking group to slow down and immerse in the sensory invitations of nature.

A Garden of Gratitude

Monday August 2nd, 9th, & 30th

9:00am-11:00am

FREE, Pre-Registration Required

"Forest Bathing" (Shinrin-Yoku) Walk

Monday August 23rd

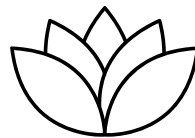
9:00am-11:30pm

Cost: \$5, Pre-Registration Required

YOGA IN THE GARDEN

Every Tuesday, 8am-9am

May 11th-October 12th



All Levels Hatha Yoga

Led by Yoga Instructor Christopher Dwyer

Greet the morning sunrise with mindful breath and movement at Garden of the Gods!



\$15/participant,

Pre-Registration Required

at gardenofgods.com

Yoga meets in the park alongside the Chuckwagon Circle near Main Parking Lot (P2).

Yoga mats available for reservation.



LUNAR YOGA

Wednesday August 11th & 25th

All Levels Yoga,
no experience required.

Led by Yoga Instructor Katie Carleo

WELLNESS WEDNESDAY'S

FREE Weekly Program, Wednesdays 10:00am-11:15am

Join for a warm-up series of Stretches and Gentle Movement Flows in our Red Rocks Room, followed by a **Hike in the Park!**

10:00am: Healthy Movement Flows led by Mikaila Foster from Movement X Physical Therapy

10:15am: Join Walking Group for 1-3 Mile Hike!

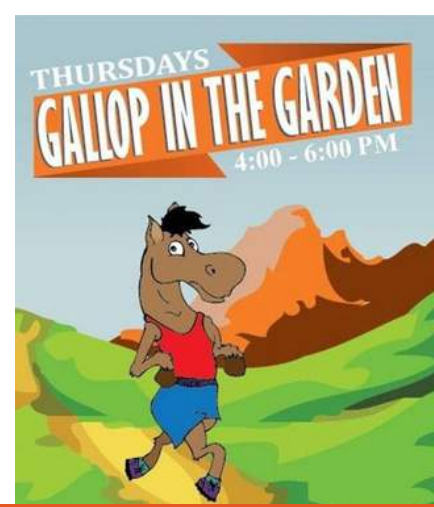


5K FUN RUN EVERY THURSDAY

Summer Hours 4:00pm-6:00pm FREE

New route flagged weekly starting and ending at the Visitor & Nature Center. Race is not timed.

Meet in the lower lobby of the Visitor & Nature Center.



FUR BABY FRIDAYS

Fridays 9am-10am FREE

Check in with your dogs in front of Garden of the Gods Visitor & Nature Center Fridays at 9am.

Enjoy dog friendly trail maps ending at the off leash dog park area! Free giveaways for a joyful tail wag!

QI-GONG HIKE

Wednesdays 8:00am-9:30am
Pre-Registration Required, \$10

Led By Lady Allium
Meets at Scotsman Picnic Area
Visit gardenofgods.com



MEDITATION IN THE GARDEN

Every Friday, 7:45am-8:45am
\$10, Pre-Registration Required

Join Jamie Nicholas of Mighty Mindful Begins for a hike-in seated meditation in Garden of the Gods Park! Meets at the north Main Parking Lot (P2) near restroom structure.



ARTS IN THE PARK PROGRAM SERIES

*Sponsored By:



CREDIT UNION
OF
COLORADO.
A FEDERAL CREDIT UNION



DIY TERRARIUM WORKSHOP

TUES. AUGUST 10TH
5 - 7 PM

\$10*/Participant;
Fee includes all materials.



KNITTING W/ A VIEW

WED. AUGUST 11TH
5PM - 6:30PM

\$5/participant;
Bring your own materials,
informal class



MINIATURE WATERCOLORS

FRI. AUGUST 13TH & 27TH
3 - 5 PM

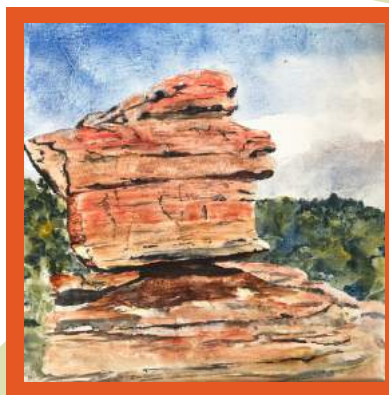
\$5/Participant;
Fee include materials.



DIY BIRD FEEDERS

TUES. AUGUST 24TH,
9AM - 12PM

\$10*/participant;
Fees include all materials



WATERCOLOR WORKSHOP with Artist, Eric Fetsch!

TUES. AUGUST 31ST
3 - 5 PM

\$15*/Participant;
Fee includes all materials.

Pre-Registration Required Online at gardenofgods.com

RED ROCKS ROOM

AUGUST 13TH-SEPTEMBER 19TH, 2021

**DEB
BARTOS**



**LUPITA
CARRASCO**



**SHANNON
MELLO**



**MEET THE ARTISTS & LIVE PAINTING
OPEN HOUSE:
SUNDAY AUGUST 15TH
1:30PM-3:30PM**

**30% OF EACH SALE
IS GENEROUSLY
DONATED TO
GARDEN OF THE
GODS FOUNDATION!**

COMPLIMENTARY SHUTTLE SERVICE

FREE shuttle runs from from 9:00am-5:30pm.

The shuttle loop brings visitors from the Garden of the Gods Visitor & Nature Center to Juniper Way Loop, stopping along the beloved Central Gardens, Overflow Parking Area, and Rock Ledge Ranch Historic Site.



EARLY BIRD HIKE & BIKE

Wednesday August 25th
5-8am

Garden of the Gods Park will be closed to vehicles from 5-8am. This event is FREE and open to the public, providing an opportunity for recreationalists to enjoy the park and its roadways without motor vehicles.