July-September NATURAL RESOURCE PROGRAMS

Mercer Slough Environmental Education Center

Lake Hills Greenbelt Ranger Station

Lewis Creek Visitor Center



Bellevue Parks & Community Services

Natural Resource Division

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Let us know how we're doing!

Bellevue Parks & Community Services wants to know how we can make our environmental education programs better. We invite you to give us feedback about programs you've attended and suggestions for future programs. You can do this two ways:

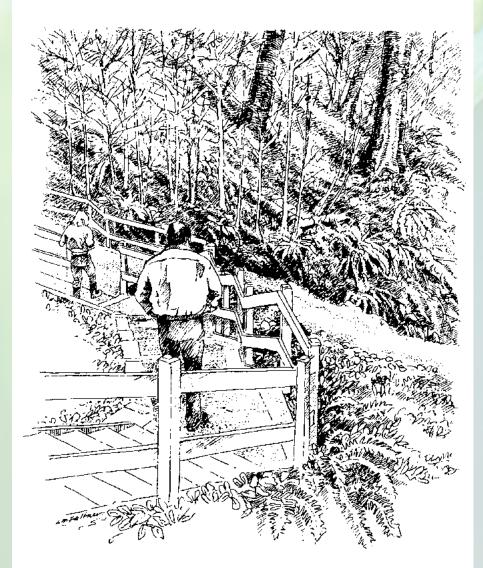
- 1. Ask for an evaluation card at a visitor's center that you can fill out on the spot, OR
- 2. Simply send us an email at program_feedback@bellevuewa.gov

Any thoughts you have about our programs are welcome, but we're specifically wondering;

- Did the program you attended increase your knowledge of the natural world?
- Did the program you attended increase your respect for natural areas?
- What would the ideal length be for a ranger program?
- Do you prefer programs on animals, plants, ecosystems, natural resources, or something else?
- Do you/your family prefer programs outdoors/in parks or indoors with photos and videos?

Thank you for your help in shaping the future of our educational programs!





Local Area Hikes

RANGER-LED HIKE AT LEWIS CREEK PARK

Saturday, July 6, 10:30-11:30 a.m. Saturday, August 3, 10:30-11:30 a.m. Saturday, September 7, 10:30-11:30 a.m.

Join a Bellevue Park Ranger to explore the natural and cultural history of Lewis Creek Park. Look for signs of local wildlife and learn what to do when encountering animals in the wild. Please dress for the weather and wear sturdy shoes. Preregistration required for each participant. **Ages:** All Ages **Cost:** Free!

Distance: 1 mile.

Level of Difficulty: Easy (Approximately 50 ft elevation change). **Meeting Place:** Lewis Creek Park Visitor Center 5808 Lakemont Blvd SE

RANGER-LED HIKE AT MERCER SLOUGH NATURE PARK

Saturday, July 13, 2-3:30 p.m. Saturday, August 10, 2-3:30 p.m. Sunday, September 15, 2-3:30 p.m. Sunday, September 29, 2-3:30 p.m.

Bring the whole family to join a Ranger on a guided 1.5-mile hike through the Mercer Slough Nature Park. This kid-oriented program aims to educate kids and their parents about the Nature Park while discovering the birds and animals that call the Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you can continue to further explore the rich diversity the park has to offer. **Ages:** All are welcome but best for 5 and up. **Cost:** Free!

Distance: 1.5 miles. **Level of Difficulty:** Easy **Meeting Place:** Mercer Slough Nature Park, 1625 118 Avenue SE

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RANGER-LED HIKE AT COAL CREEK

Sunday, July 14, 10:30 a.m.-12 p.m.

Explore Coal Creek at the Cinder Mine Trailhead to discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife you'll learn about while being guided by a Bellevue Park Ranger. Please dress for the weather and wear sturdy shoes. Preregistration required for each participant. **Ages:** All Ages **Cost:** Free!

Distance: 2 miles. **Level of Difficulty:** Moderately Difficult (Approximately 240 ft elevation change). **Meeting Place:** Cinder Mine Trailhead, 15400 SE Newcastle Coal Creek Road

RANGER-LED HIKE AT LAKEMONT COMMUNITY PARK Sunday, August 18, 10:30 a.m.-12 p.m.

Sunday, August 18, 10:30 a.m.-12 p.m.

This lovely trail winds alongside a creek as we ascend and descend throughout the park. Please dress for the weather and wear sturdy shoes. Preregistration required for each participant. **Ages:** All Ages **Cost:** Free!

Distance: 2 miles. **Level of Difficulty:** Moderately Difficult (Approximately 700 ft total elevation change). **Meeting Place:** Lakemont Community Park, 5170 Village Park Dr SE



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RANGER-LED HIKE AT COAL CREEK

Sunday, September 29, 10:30 a.m.-12 p.m.

Explore Coal Creek at the Cinder Mine Trailhead to discover Bellevue's largest park and get lost in the wilderness while still in the city! This area is rich in history and wildlife you'll learn about while being guided by a Bellevue Park Ranger. Please dress for the weather and wear sturdy shoes. Preregistration required for each participant. **Ages:** All Ages **Cost:** Free!

Distance: 2 miles. **Level of Difficulty:** Moderately Difficult (Approximately 240 ft elevation change). **Meeting Place:** Cinder Mine Trailhead, 15400 SE Newcastle Coal Creek Road



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LAKE HILLS GREENBELT RANGER WALK

Saturday, July 6, 2-3 p.m. Saturday, July 13, 2-3 p.m. aturday, July 20, 2-3 p.m. Saturday, July 27, 2-3 p.m. Saturday, August 10, 2-3 p.m. Saturday, August 24, 2-3 p.m. Saturday, August 31, 2-3 p.m. Saturday, September 7, 2-3 p.m. Saturday, September 14, 2-3 p.m. Saturday, September 21, 2-3 p.m. Saturday, September 28, 2-3 p.m.

Are you interested in a weekend activity that's both fun and educational? Bring the whole family to the Lake Hills Greenbelt Ranger Station for a ranger-led walk! Join us for a mild onemile nature hike through the greenbelt's trails and discover the season's myriad of flora and fauna. Wear your favorite weather-appropriate outdoor clothing and shoes, and feel free to bring personal wildlife-viewing gear (e.g., binoculars or magnifying glasses) to further enjoy the park. If you're feeling especially energized, continue to the Larsen Lake trail loop and use your newfound knowledge to explore. We'll be heading out rain or shine. Please dress for the weather and wear sturdy shoes. Pre-registration is required for each participant. **Ages:** All Ages. **Cost:** Free!

Distance: 1 miles. **Level of Difficulty:** Easy **Meeting Place:** Lake Hills Greenbelt Ranger Station, 15416 SE 16th St, Bellevue, WA 98007





Mercer Slough Environmental Education Center, 1625 118 Avenue SE

Hours: Daily, 10 a.m.-4 p.m. Phone: 425-452-2565 Email: mseec@bellevuewa.gov

Overlooking the 320 acre Mercer Slough Nature Park, the Visitor Center offers remarkable view of the forest canopy and swampy wetlands below. Inside, enjoy an interactive library and interpretive displays for adults and families. Park Rangers provide information and free weekly programs. Pick up trail maps, brochures, and program information today.

We welcome your service animal to our programs. For planning purposes, please include them on your RSVP.

Mercer Slough Programs

STORY AND A STROLL

Friday, July 12, 11 a.m.-12 p.m. Friday, July 26, 11 a.m.-12 p.m. Friday, August 9, 11 a.m.-12 p.m. Friday, August 23, 11 a.m.-12 p.m. Friday, September 13 11 a.m.-12 p.m. Friday, September 27, 11 a.m.-12 p.m

Join a park Ranger to explore the forested Wetlands of the Mercer Slough Nature Park. Each week as we venture outside, children will be fascinated by all there is to discover and become more comfortable navigating the trail. Children will also enjoy a nature-based story connecting them to the natural world. **Ages:** 3-5. **Cost:** Free!



RANGER PROGRAM: HUNTERS OF THE SKY Saturday, July 27, 2-3 p.m

Dragonflies are beautiful and intriguing to watch but did you know they are also ferocious predators? They can judge the speed and trajectory of their prey with such precision that they adjust their flight accordingly and ambush unsuspecting insect's mid-air. Join a Park Ranger for a fun filled hour to learn more about these aerial hunters. **Ages:** 5-10. **Cost:** Free!

RANGER PROGRAM: NATURE'S LANDSCAPE ENGINEERS Saturday, August 24, 2-3 p.m.

Beavers' ability to change the landscape is second only to humans. These amazing rodents are so valuable to the ecosystem that Native Americans often referred to them as the "sacred center." Come learn more about these nocturnal creatures that call the Mercer Slough home. **Ages**: 5-10. **Cost:** Free!

RANGER PROGRAM: FALL FOR FROGS

Saturday, September 21, 2-3 p.m

Have you ever heard the chorus of frogs and wondered how they stop and start in unison? Hop on over to the Mercer Slough to discover more about our frogs thriving in the wetland. These musical amphibians play an intricate role in the food web and help keep our ecosystems in balance. Enjoy some fun activities, crafts and a nature walk. It will be a splash! **Ages**: 5-10. **Cost:** Free!



Mercer Slough Environmental Education Center is a collaboration between the City of Bellevue and the Pacific Science Center. For information on programs provided by Pacific Science Center, please visit **pacificsciencecenter.org**



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Lake Hills Greenbelt Ranger Station, 15416 SE 16 Street

Hours: Tuesday-Saturday, 12-4 p.m. Phone: 425-452-6993 Email: parkrangerprogram@bellevuewa.gov

Surrounded by community farms, gardens, and beautiful wetlands, you will find interpretive displays, trails, environmental program information, and friendly Park Rangers to answer your questions.

We welcome your service animal to our programs. For planning purposes, please include them on your RSVP.

Lake Hills Greenbelt Programs

LOCAL WILDLIFE – BUZZING BUGS

Saturday, July 20, 10-11 a.m. Saturday, July 27, 10-11 a.m.

The parks are alive with all sorts of buzzing, crawling and wiggling critters this time of year. Join a Bellevue Park Ranger and learn about what sort of insects and arachnids live in our parks, and how they fit into the much bigger ecosystems. **Ages:** 4-10 **Cost:** Free!

LOCAL WILDLIFE – AQUATIC ANIMALS

Saturday, August 10, 10-11 a.m. Saturday, August 24, 10-11 a.m.

Splish splash! From our swimming salmon, to our building beavers, to our quacking ducks, the waterways of Bellevue are alive with activity. Come learn more about this dynamic community, and stay for a aquatic craft in the Lake Hills Ranger Station. **Ages:** 4-10. **Cost:** Free!





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LOCAL WILDLIFE – BIG PREDATORS

Saturday, September 14, 10-11 a.m. Saturday, September 28, 10.-11 a.m.

Cougars, Coyotes and Bears, oh my! What big predators make their homes in Bellevue, and what should you do if you come across one on the trails? Enjoy a fun class from a Bellevue Park ranger about these big animals, and stick around with your kids for a fun craft. **Ages:** 4-10. **Cost:** Free!

TODDLERS TRAILS AT THE LAKE HILLS GREENBELT

Friday, July 12, 10-10:45 a.m. Friday, September 6, 10-10:45 a.m.

Come enjoy a special program designed for our littlest explorers. Whether by stroller or shoe, this short walk along the Lake Hills Greenbelt trail will give your little one to look at some different plants and learn about a few special animals. We'll be heading out rain or shine. Please dress for the weather and wear sturdy shoes. Pre-registration is required for each participant. **Ages:** 18-36 Months with accompanying adult(s). **Cost:** Free!

Distance: .5 miles. Level of Difficulty: Easy







Lewis Creek Visitor Center, 5808 Lakemont Blvd SE

Hours: Wednesday-Sunday, 10 a.m.-4 p.m Phone: 425-452-4195 Email: lcvc@bellevuewa.gov

This beautiful park offers ample opportunity to wander through forests, meadows, and wetlands. Come inside the Visitor Center to pick up trail and park maps for the area, attend a free Natural Resource program, or simply enjoy the relaxing atmosphere.

We welcome your service animal to our programs. For planning purposes, please include them on your RSVP.

Lewis Creek Programs FAMILY DISCOVERY SERIES PROGRAMS

TODDLER TRAILS

Saturday, July 13, 10-11 a.m. Sunday, August 11, 10-11 a.m. Saturday, September 21 ,10-11 a.m.

Explore the trails at Lewis Creek Park with a park ranger and get out some wiggles this summer. We'll take frequent stops while we investigate the different environments of Lewis Creek Park we wander through and learn how we can make hiking fun for everyone. This is an outdoor program, please dress for the weather and wear sturdy shoes. **Ages:** 18-36 Months with accompanying adult(s). **Cost:** Free!

Distance: .5 miles. **Level of Difficulty:** Easy

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CREATURE CRAFTS

Sunday, July 28, 10:30-11:30 a.m. Saturday, August 31, 10:30-11:30 a.m. Saturday, September 28,10:30-11:30 a.m.

Join us for an hour of themed crafts and fun with your little ones. Create a take home craft and have fun with additional activities your little explorer can discover at their own pace. Each month we'll have a new topic to focus on. **Ages** 3-7 with accompanying adult(s). **Cost:** Free!



TRICKY CRAFTY CAMOUFLAGE

Sunday, July 7, 2:30-3:30 p.m. Saturday, July 13, 2:30-3:30 p.m.

Is seeing believing? Just because we don't see animals doesn't mean they're not there. Discover how animals trick your eyes using different camouflage methods before heading out on a hike with a park ranger. We'll put your spotting skills to the test with a fun foraging activity! **Ages:** 5-10 with accompanying adult(s). **Cost:** Free!

FOREST FIRE TAG

Sunday, August 4, 2:30-3:30 p.m. Saturday, August 10, 2:30-3:30 p.m. Saturday, August 24, 2:30-3:30 p.m.

Join a park ranger to learn about forest fires this month. We'll play some fun games to explore the science behind wildland fires, learn how trees protect themselves from fire and even how some forests need fire to keep the ecosystem healthy. **Ages:** 5-10 with accompanying adult(s). **Cost:** Free!



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RADICAL RESIDENT REPTILES

Sunday, September 8, 2:30-3:30 p.m. Saturday, September 14, 2:30-3:30 p.m. Saturday, September 21, 2:30-3:30 p.m.

Washington is home to a variety of reptiles, and you can find many of them right here in Bellevue! We'll explore what makes a reptile and try out being ectotherms for an afternoon in Lewis Creek Park. **Ages:** 5-10 with accompanying adult(s). **Cost:** Free!



BATTY NIGHTS AT LEWIS CREEK PARK

Saturday, July 27, 8:30-10 p.m. Saturday, August 17, 8-9:30 p.m. Saturday, September 14, 7-8:30 p.m.

Come test out your echolocation with a Park Ranger. We'll learn all about our local bat species before taking a dusk hike to watch for bats as they forage for insects! Bring a flashlight or headlamp, as well as sturdy shoes! **Ages:** 5+ with accompanying adult(s). **Cost:** Free!

Adult Enrichment Program

EVENING NATURE WALK

Friday, July 26, 8:30-10 p.m.

Come test out your echolocation with a Park Ranger. We'll Join a Bellevue Park Ranger for a (grown-ups only) hike where we'll explore some of the park's nocturnal species, as well as strategies for seeing these shy animals at night. Please bring a flashlight or headlamp, dress for the weather, and wear sturdy shoes. **Ages:** 18+ **Cost:** Free!

Distance: 1 mile. **Level of Difficulty:** Easy (Approximately 50 ft elevation change). **Meeting Place:** Lewis Creek Park Visitor Center, 5808 Lakemont Blvd SE



Visitor Centers

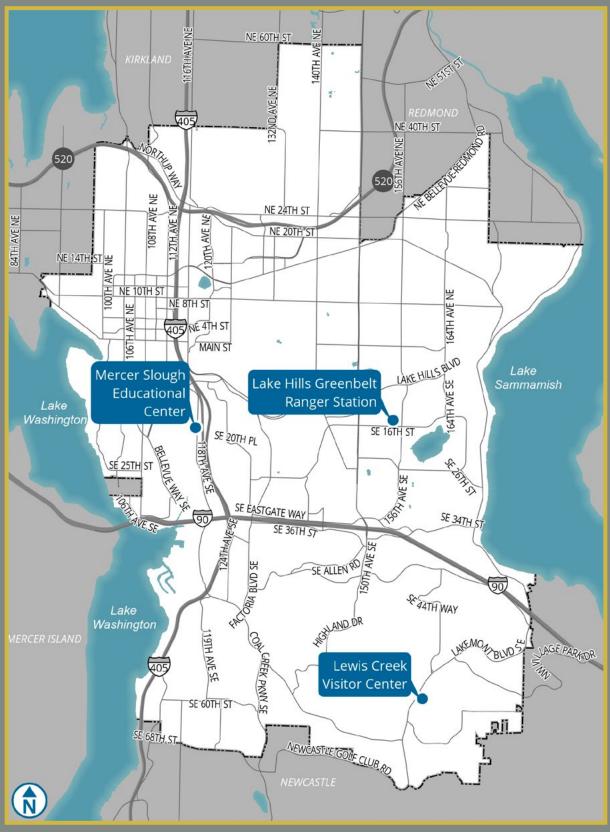


Mercer Slough Environmental Education Center 425-452-2565 1625 118 Avenue SE

Lake Hills Greenbelt Ranger Station 425-452-6993 15416 SE 16 Street (15500 SE 16 Street: Parking Location)

Lewis Creek Visitor Center 425-452-4195 5808 Lakemont Blvd SE

Visitor Center Locations



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Bellevue Parks & Community Services



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-2565 (voice) or email dvannieula@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

