



PRESS RELEASE

FOR IMMEDIATE RELEASE

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Outdoor Adventures & Nature Thrills At Lake Houston Park This Winter

The Houston Parks and Recreation Department invites everyone interested in the world of nature to visit Lake Houston Park in 2009 for an ongoing series of fun and educational events in the great outdoors! All programs in the park and Nature Center are **FREE** with a \$3 park entry fee. Programs are limited to 20 participants, unless otherwise specified. Throughout the winter, Park Naturalist Crystal Johnston will lead guests on a variety of learning adventures in the wilderness of Lake Houston Park, including:

Saturday, January 17 - 10:00 a.m. for ages 7 – 13 and 2:00 p.m. for ages 4 -6

"Adaptations for Life"

How can some animals breathe underwater and others can't? Why do some animals have sharp beaks and others have flat bills? Join us to learn how animals adapt to their surroundings and the world's changes. Learn about the tools animals use for survival. Parents are welcome. Call (281) 354-0173 to make **reservations**.

Saturday, January 24 - 10:00 a.m.

"Swamp Tromp"

Join other nature lovers aged 14 and up on a journey to remote sections of Lake Houston Park. Guests will be taken by 4-wheel drive vehicles for a hands-on adventure in the wild! Bring your rubber boots and bug spray! Make your **reservation** by calling (281) 354-0173. Maximum of 10 guests for this adventure!

Saturday, January 31 - 7:00 p.m.

"Park After Dark"

Join other nature lovers aged 14 and up to experience the world of Lake Houston Park's nocturnal creatures! We will take 4-wheel drive vehicles to visit our nighttime friends! Call (281) 354-0173 for **reservations**. Maximum of 10 guests for this adventure!

Sunday, February 8 – 7:30 a.m. for ages 14 and up and 2:00 p.m. for ages 7 – 13

"Breakfast With the Birds/Birding 101"

Join fellow birding enthusiasts for an informal count of wintering and resident birds. Learn the basics of birding and get involved! Call (281) 354-0173 by January 24 for **reservations**.

Saturday, February 14 – 10:00 a.m.

"Beautiful Butterflies"

Join other butterfly lovers aged 14 and up to learn more about plants that attract them the most, and which ones to avoid. Call (281) 354-0173 beginning February 7 for **reservations**.

Saturday, February 21 – 10:00 a.m. for ages 14 and up and 2:00 p.m. for ages 7 – 13

"Invasive Plants Attack!"

Invasive plants have been linked to the decline of water and land habitats and the destruction of native species. Help us take control by learning what you can do to help! Call (281) 354-0173 by January 31 for **reservations**.

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Saturday, February 28 – 7:00 p.m.
“Owl Prowl”

Join fellow owl enthusiasts aged 14 and up for a nighttime adventure! Bring your cameras and take part as we call in the owls. Call (281) 354-0173 beginning February 14 for **reservations**. Maximum of 10 guests for this adventure.

Lake Houston Park is located 30 minutes north of downtown Houston off Highway 59 and FM 1485 at 22031 Baptist Encampment Road. It has approximately 5,000 acres of forest, with 12 miles of hike and bike trails, 8 miles of equestrian trails, and camping facilities. The park offers a variety of activities for visitors to experience.

For additional information on Lake Houston Park or the Houston Parks and Recreation Department, call (713) 865-4537, or visit www.houstonparks.org.