

# Suburban Soles



GUIDED NATURE WALK  
2025 SCHEDULE



## Spring Birdwatching, May 4 ■ 8am - 10am, Area 5

Join **Jessica Hilt**, **David Flores**, and **Betsy Abert** to witness spring migration along our lakefront flyway, walking along paved and unpaved trails. If you have them, bring your own binoculars. All skill levels are welcome. Rain will cancel.

## Wildflowers, May 18 ■ 10am - noon, Area 5

Park Naturalist **Brooke Gilley** and attendees will hike to celebrate the return of spring wildflowers. Bring a field guide to add to discoveries. Don't forget "Wild about Wildflowers" scavenger hunt will be available to young hikers.

## Tai Chi and Qigong in Grant Park, June 1 ■ 10am - noon, Tennis court parking lot

Join **Lynn Crawford** and others for a morning of moving mindfulness in nature as we learn tai chi and qigong movements in the tranquil beauty of Grant Park. All ages and abilities are welcome, whether you have never tried tai chi or you practice daily. Comfortable clothing suggested.

## Currents of Change, June 15 ■ 10am, Area 5

Join us for a stroll along the shores of Lake Michigan and learn what changes are being seen in the lake in every season. **Amanda Schwabe** with the State Climatology Office will detail those shifts, and how they may have an impact on your daily weather forecast on shore.

## Wonder of Water, June 29 ■ 10am - Noon, corner of Mill Rd. & Milwaukee Ave.

Come and explore how waters stay healthy and how water features add value to the local community. Explore the Mill Pond and Oak Creek with local watershed expert **Jan Marsh**. Meet at the top of Mill Road and Milwaukee Avenue to begin the exploration!

## Urban Impacts: How our urban footprint impacts our wild areas, July 13 ■ 10am, corner of Mill Rd. & Milwaukee Ave.

Join **James Davies** with Strong Towns South Milwaukee, an urbanist chapter of a national organization, on a walk along Milwaukee Ave. between Grant Park and the Oak Creek to learn about how our human built environments impact natural areas, from urban heat islands to salt runoff. And learn things you can do to minimize your impact.

## Walking in Nature: It's Good for your Health, July 27 ■ 10am, Mill Pond

A discussion of the variety of health benefits that have been shown to be associated with regular walks in nature. Presenter: **Michael Minter**, MD, Retired Pediatrician

## Tree-mendous Love for Trees, August 10 ■ 10am - Noon, Area 5

Join **Brian Morrison**, Wisconsin Master Naturalist with a degree in horticulture and a minor in biology, park caretaker at Virmond Park in Ozaukee County, chair of the Events & Education committee for the Cedarburg Bog and lover of all things green, as we discover how trees communicate, how photosynthesis works on a biological level and how to identify the native trees of Grant Park.

## Invaders inside the Gates: Dealing with Invasive Species, August 24 ■ 10am - Noon, Area 5A

Grant Park is an important urban habitat for countless species of plants, birds, pollinators, mammals, fungi and invertebrates. All have evolved with and remain dependent on their fellow natives. The park faces an ever increasing threat from invasive species like garlic mustard, Dame's Rocket, burdock, buckthorn, and oriental bittersweet, among others. Join **Rick Kaiser** to learn about the Friends of Grant Park's programs to combat these species and maintain a healthy habitat for all its residents.



and



All Events held rain or shine unless noted.  
More details on our Website: [www.FOGP.org/soles](http://www.FOGP.org/soles)

