

January Program Schedule

- 1/1 - First Day "Hike to the High Point" @ meet at VC and take Bigfoot Trail up to Tower 9-11a, First Day "Bark Ranger Hike" on Bald Rock Boardwalk 2-3p
 - Join our interpretive Team for a hike up to the highest point in Alabama, enjoy hot chocolate and coffee around the fire while our Interpretive Team talks about Cheaha's history before heading back down. #Hike24in24
 - Bring your favorite furry friend and hike to Bald Rock! This hike is fully accessible, all are welcome! Note that all bark rangers must be on a leash 6ft or shorter. #Hike24in24
- 1/5 - *National Bird Day* Friday Birdwatching 9-10am @ Cheaha Lake, Birds of Prey Trivia 4-5pm @ Interpretive Center
 - Come sit by the lake and take in the morning as our Naturalist shows you how to identify birds by sight and sound. Learn more about our feathered friends and how we can help them! Birders of all ages and experience levels are welcome! Bring your own binoculars if you have them, don't let it stop you if you don't!
 - It's National Bird Day and who doesn't love raptors?!? There are 16 species of birds of prey that live in Alabama, how much do you know about them? Come learn more about owls, hawks, and eagles, impress us with your knowledge, and earn some prizes!
- 1/6 - Hiker 101 10-11am @ Interpretive Center, Wilderness Skills: Fire Building 2-3pm @ Bunker Tower
 - Have you been wanting to start hiking as a hobby, but feel overwhelmed by all the gear, lingo, rules, etiquette, and other information out there? No to worry, it's easy to start with a lot of the things you already have! We'll clear up confusion, give you some recommendations, and hopefully help you feel more confident heading into the outdoors. For beginners of all ages! #Hike24in24
 - In a survival situation, being able to build a fire can be the difference between success and failure. Do you know how to build a good fire in the wilderness? Do you know the Leave No Trace ethics involved with building fires in the woods? Our Interpretive Team will teach you both things to help you be ready in case of an emergency.
- 1/7 - Learning by the Lake 12-4pm @ Interpretive Center
 - Do you have a child who is curious about the great outdoors? The interpretive team will help them connect with the natural world through art, activities, storytelling, games, and so much more. Stop by and make some new connections.
- 1/12 - Nature Journaling 3-4pm @ Interpretive Center

- Want to start keeping track of the plants, animals, and flowers you see on your hikes? Learn the joys of nature journaling! Slow down and soak up the spectacular treasures and beauty of the natural world through creative writing, poetry, drawing, and observing nature.
- 1/13 - Winter Woodland Wildlife Hike 10-11am @ Bald Rock Boardwalk, Critter Clues 2-3pm @ Interpretive Center
 - Join Cheaha's Interpretive Team as we venture out to into the woodlands of Cheaha to learn more about our native wildlife and how they endure the blustery winters. #Hike24in24
 - Animals are stealthy and often move around without detection from humans. Can you guess who made that track, scat, or other critter clue? Learn more about interpreting tracks and clues left behind by native wildlife. Make your own track to take home. All supplies are included.
- 1/14 - Learning by the Lake 12-4pm @ Interpretive Center
 - Do you have a child who is curious about the great outdoors? The interpretive team will help them connect with the natural world through art, activities, storytelling, games, and so much more. Stop by and make some new connections.
- 1/18 - *National Selfie Day*
 - It's National Selfie Day, and Cheaha State Park wants you to celebrate with us! Take a self-guided stroll around the park, take some selfies, and post them on Facebook or Instagram with the hashtag #CheahaStatePark! The most creative selfies might just find their way onto our pages! (But please be safe and stay aware of your surroundings while taking pictures!)
- 1/19 - Friday Birdwatching 9-10am @ Cheaha Lake, Painting with Nature 3-4pm @ Interpretive Center
 - Come sit by the lake and take in the morning as our Naturalist shows you how to identify birds by sight and sound. Learn more about our feathered friends and how we can help them! Birders of all ages and experience levels are welcome! Bring your own binoculars if you have them, don't let it stop you if you don't!
 - Do you enjoy painting? Do you like nature? Join the Interpretive Team and paint your own masterpiece while using natural items. Paint nature with nature!
- 1/20 - *National Take a Walk Outdoors Day* Trekking for Trees 10:30-11:30am @ Interpretive Center - Lakeview Trail, Archery 1-2:30pm @ Cheaha Lake
 - In between all our fun outdoor events today, find a space to explore and take a walk! Cheaha is full of gorgeous trails that offer stunning views lots of space to enjoy nature!

- Trees are a vital natural resource and essential to our ecosystems. They provide food, shelter, lumber, air purification, and much more. Learn about the trees of Northeast Alabama during a fun interpretive hike through the woods of Cheaha State Park. #Hike24in24
- Have you ever wanted to learn how to shoot a bow? Our certified Interpretive Staff will teach the technique involved in shooting a bow and arrow!
- 1/21 - Learning by the Lake 12-4pm @ Interpretive Center
 - Do you have a child who is curious about the great outdoors? The interpretive team will help them connect with the natural world through art, activities, storytelling, games, and so much more. Stop by and make some new connections.
- 1/27 - International EE Day – Journey Through the Water Cycle 11am-noon @ Interpretive Center, Alabama's Biodiversity 1pm-2pm
 - From oceans, to plants, to clouds, to aquifers – water particles end up in so many different places. Join us as we learn about what happens to water as it moves around our planet, and play a game to see where you, a water droplet, find yourself! We'll make bracelets that tell our droplet's stories to take home!
 - Alabama ranks fourth in terms of species diversity and is first among the states east of the Mississippi River. We have more than 6,350 different species in just our one state! Come learn about biodiversity with our Interpretive Team, and take a hike with us to see how many species we can find!
- 1/28 - Creating a Backyard for Birds 11am-noon @ Interpretive Center, Learning by the Lake 12-4pm @ Interpretive Center
 - Birdwatching is an easy and fun hobby! Come learn how to create a great bird watching site in your own backyard. Our Interpretive Team will teach you observational skills, the natural history of birds, and how to attract birds to your backyard. Make your own bird feeder to take home or to your campsite! All supplies are provided.
 - Do you have a child who is curious about the great outdoors? The interpretive team will help them connect with the natural world through art, activities, storytelling, games, and so much more. Stop by and make some new connections.

#Hike24in24 is an initiative that aims to make outdoor recreation more accessible and less intimidating through guided hikes and classes. Hiking is proven to improve mental, emotional, and physical health by getting you outside, moving, and connected to the place and moment you're in. We know not everyone has the time or energy to be out hiking everyday (though we wish we could!), and getting started can be overwhelming. So, our New Year's resolution this

year is to accomplish two hikes a month, every month, in 2024. We hope you'll join us as we aim to improve our overall wellness together!