

YOSEMITE ASSOCIATION SPRING FORUM 2010
HIKES, WALKS AND OUTDOOR PROGRAMS

7:30-8:30

Early Morning Bird Walk

Winter resident species are becoming more lively, a few migrants will be in, and if you're active in this early period, you're bound to be rewarded with bird songs and sightings.

Morning Yoga – Arin Trook, Balanced Rock Foundation

Get your body centered in Yosemite with a simple warm-up session with one of the park's most experienced and delightful instructors.

8:30

Plenary Session – All Yosemite Association members and guests should plan to meet in the open area in front of the Visitor Center for a welcome and introduction to the day's events.

9:00-10:00

Yosemite Association's Museum – Dave Forgang, retired NPS Museum Curator

Your Association built the Yosemite Museum for the NPS in 1923 and it has served as a center for visitor education ever since. Take a tour of the Museum for some good stories and to learn about careful stewardship of resources. Repeated at 11:30

After the Ice – Erik Westerlund, NPS Interpreter

Yosemite has been through tremendous changes over time and we'll take an easy stroll to look at some of what has happened, is happening now and will occur in the future. Time afield with this superb naturalist is guaranteed to provoke your interest, stimulate your thinking and satisfy your curiosity. Erik knows Yosemite natural history, and has a delightful style for sharing it. Repeated at 2:00.

Fitness for the Trail – Jayah Faye Paley

Jayah is an expert in instructing people to connect to their bodies and focus on achievable and fun ways to maintain and improve endurance, balance, posture, function, flexibility & strength. Her approaches will help you to hike longer in more comfort.

Old Big Oak Flat Road Adventure – Dick Ewart, NPS Interpreter

This is a two-hour session. You'll carpool to hike with Dick on a moderately challenging walk that gains a few hundred feet to fine views of the west end. Repeated at 2:00.

Wahhoga Indian Community – Ben Cunningham-Summerfield, NPS Interpreter

The First People are still here and their future is strengthening with the start of work on a new Indian Cultural Center west of Yosemite Lodge, where Indians lived for many years. Ride the Valley Shuttle to stop 7 to meet Ben near Camp 4. This session repeats at 11:30.

Family Track: Spying on Critters – Join a Yosemite naturalist on a kid-paced search for clues left by big and small things that fly, crawl, walk, hop and scurry. Repeated at 2:00.

10:15-11:15

Connecting with Nature, Connecting with Self – Arin Trook, Balanced Rock Foundation

This is a two-hour session. Come for a reflective stroll to a quiet part of Yosemite Valley to explore the influence of this place on contemplative practices. This will include a short, outdoor group meditation.

Historic Village Architecture – George Jaramillo, NPS Resource Management

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This easy stroll with an NPS historian will explore the important buildings near the Village mall. Yosemite holds a central position in the development of a distinctive rustic architectural style, fondly called 'parkitecture.' Some of the best examples are right here. This program repeats at 3:15.

Cemetery Tales – Fred Fisher, retired NPS Interpretive Ranger

This is an easy walk to visit with some of the people important in Yosemite's past - and future. Get to know John Muir's boss, some American Indians, the first man up Half Dome, and the very first park ranger. Repeated at 11:30.

The Vista Management Plan – Joy Fischer, NPS Resource Manager

Yosemite's scenery is renowned but being able to see key features shouldn't be taken for granted. The park has a plan for maintaining the views that provide historically important perspectives on Yosemite's landscape. This short walk will show you some views to be preserved. This session is repeated at 2:00.

Family Track: Stuff that Grows

This is a walk to look at what green things are growing in Yosemite at this time of year, what grew last year and what's yet to come this spring.

11:30-12:30

Poles for Hiking – Jayah Faye Paley

Jayah is *the* trekking pole expert and many swear by her instruction in how trekking poles make hiking easier and more fun. Bring your own, or she'll share her poles, but plan to be amazed by the application of new technique.

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Family Track: Yosemite in Art –

Creative energy will find great outlets with this session for young artists and their parents. This session is repeated at 3:15.

2:00-3:00

Old Big Oak Flat Road Adventure – Dick Ewart, NPS Interpretive Ranger

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The Vista Management Plan – Kevin McCardle, NPS Resource Manager

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Bikes for a Change – Karen Amstutz, NPS Interpreter and Yosemite Association Instructor

Bring your bike and helmet and plan on an easy pedal to look at evidence of climate shifts in Yosemite Valley with an expert naturalist and communicator. Repeated at 3:15. (Bike rentals may only be available at Yosemite Lodge if the weather has been warm and dry; plan to rent your bike well before this session meets.)

After the Ice – Erik Westerlund, NPS Interpreter

Yosemite has been through tremendous changes over time and we'll take an easy stroll to look at some of what has happened, is happening now and will occur in the future. Time afield with this superb naturalist is guaranteed to provoke your interest, stimulate your thinking and satisfy your curiosity. Erik knows Yosemite natural history, and has a delightful style for sharing it. A repeat of the 9:00 session.

Good Food at Yosemite – Learn about and taste DNC's commitment to local, organic and seasonal foods. This session is repeated at 3:15.

Family Track: Spying on Critters – Join a Yosemite naturalist on a kid-paced search for clues left by big and small things that fly, crawl, walk, hop and scurry. A repeat of the 9:00 a.m. program.

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Historic Village Architecture – George Jaramillo, NPS Resource Management

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Poles for Balance and Mobility – Jayah Faye Paley, Adventure Buddies

Creaking knees, tender ankles and other aging joints that interfere with the outdoor activities you like are addressed in this simple clinic. Jayah's techniques for sustaining and regaining balance for uneven terrain will help keep you enjoying places like Yosemite despite some mobility challenges. Trekking poles are provided, or you may bring your own.

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