

2024 WOMEN IN THE BIG WOODS CLASS DESCRIPTIONS



Please use these descriptions to help you select the classes you would like to attend. Mark your class selections on the “Class Selection Form”.

Be sure to indicate your 1st, 2nd, and 3rd choices for each time period.

If you register for a class, it is expected that you will attend the class and not switch to another as there are caps on most of the sessions.

Whenever you see “Free Time” on the class selection form, it is your invitation to do you! Hang a hammock, read a book, take a nap, catch up with new and existing friends, take a solo hike...your options are limited only by your imagination. This is your invitation to rest and restore or kick it up a notch with something vigorous.

FRIDAY EVENING

Get Acquainted (Overview of the weekend, orientation to French Creek State Park, meet PA Parks & Forests Foundation, team building activity)
Before calling it a night, take part in a short hike or a gentle yoga stretch.

SATURDAY MORNING

Bird Watching. Discover the fascinating world of bird watching in this engaging and educational program run by one of L.L.Bean’s awesome female birders. Whether you are a novice or an experienced birder, this program offers a supportive environment to learn and share your passion for avian life. This program will provide you with the skills and confidence to enjoy bird watching on your own or with friends. Binoculars provided, feel free to bring your own! (*Offered once: Saturday morning at 8:00 AM.*)

Fishing. Fishing, as simple as that! If you are new to it or need a refresher, this is the class for you! We will be going over the basics of a spinner rod and bobber. To keep it simple we will be using worms for bait. Learn ways to become a better angler and help to teach others! (*Limit 15. Offered once: Saturday morning at 10:00 AM.*)

Forest Hike. Take a leisurely and immersive hike through French Creek State Park while learning easy ways to identify trees, shrubs, and other local flora. The hike will be slow with frequent stops to look at different flora and maybe even some wildlife. Please wear appropriate footwear and clothing for hiking. (*Limit 15/session. Offered twice: Saturday morning at 10:00 AM and Saturday afternoon at 3:00 PM.*)

Introduction to Map/Compass with Orienteering. Introduction to orienteering, to read a map and work with a compass to navigate to locations designated. Think of it as a treasure hunt on foot with a really good map. No need to buy a compass, we will lend you one for use in the class. (*Offered twice: Saturday and Sunday mornings at 10:00 AM.*)

Introduction to Mountain Biking. Join Trek trained mountain bikers Cati and Elsa and Trek Bikes Lauren Thrailkill and Jason in an introduction to their favorite sport. Learn a few basics of bike maintenance, hone a few skills, and then put your new found knowledge to good use on a ride. (*Limit 15. Offered Saturday morning at 8:30 AM. Bringing your own bike? Be there at 8:00 AM to have it checked over.*)

Kayaking. Get out on the water with L.L.Bean’s expert guides and learn the basics of recreational kayaking. After a brief introduction of kayaking techniques and safety skills, our guides will outfit you with a personal flotation device (PFD), review the best ways to set up your boat and go over a variety of paddling strokes. Once comfortable on the water, we’ll

set out on a relaxing paddle and a new adventure. Along the way, our expert guides will share their kayaking knowledge and history of the area. All necessary paddling equipment is provided. *(Limit 14/session. Offered three times: Saturday morning at 10:00 AM, Saturday afternoon at 1:00 PM, and Sunday morning at 10:00 AM.)*

Leave No Trace. Overview of Leave No guidelines to practice, promote, and share whether in the backcountry, front country, your favorite local parks, or in your everyday life. We'll cover the principles, practices, and ethics, including the hows and whys behind the importance of practicing Leave No Trace. *(Limit 20. Offered once: Saturday morning at 8:00 AM.)*

Safety in the Outdoors. Join L.L.Bean's outdoor experts for an empowering and informative session for women who love to explore the great outdoors. We'll provide tips and strategies to stay safe while hiking, backpacking, and camping, leaving you feeling more prepared and empowered to take on your next adventure! *(Offered twice: Saturday morning at 8:00 AM and Saturday afternoon at 3:00 PM.)*

Yoga: Led by experienced yoga instructors, this program offers a nurturing space to relax, rejuvenate, and find inner peace. Embrace the tranquility of nature as you deepen your yoga practice and form meaningful connections with like-minded women. Join us for a transformative experience that will leave you feeling balanced and revitalized. *(Limit 15/session. Offered twice: Saturday morning at 8:00 AM and Sunday morning at 8:30 AM.)*

SATURDAY AFTERNOON

Composting. Put those food scraps to work! Learn the 5 easy steps to composting in this beginner friendly class. Backyard composting is a simple and rewarding way to lessen your household waste, lower your environmental impact and help you grow bigger, happier plants! *(Offered once: Saturday afternoon at 1:00 PM.)*

Disc Golf. Join the French Creek disc golf club for an introduction to the fun sport of disc golf. Slightly used discs (frisbees) will be provided with instruction on how to throw and keep score. New discs will also be available for purchase. The course is located in the top of the main day use area parking lot and plays through the woods with a combination of light hiking and throwing. *(Offered twice: Saturday afternoon at 3:00 PM and Sunday morning at 10:00 AM.)*

Forest Hike. See Saturday morning description.

Intro to GPS and Geocaching. Join French Creek's Resource Rangers on an outdoor adventure where you will learn how to Geocache. Participants will learn how to set up their phone or GPS device to navigate to coordinates within the park, where we might just meet a fabled friend. After this event you can take these skills and join in the global treasure hunt that is Geocaching, anywhere and anytime you'd like. Bring yourself, bring a friend, wear long pants, socks and hiking boots, and always take water with you on the trail! GPS Units limited to 10, guests with service in French Creek (AT&T) can participate with their phones *(Limit 15/session. Offered twice: Saturday afternoon at 1:00 PM and Sunday morning at 8:30 AM.)*

Kayaking. See Saturday morning description.

Mindful Outdoor Experience. Daily grind got you down? Find your mind moving in multiple directions? Slow down and connect to both yourself and nature in this guided outdoor mindfulness experience. This is a slow paced moving and sitting experience. No experience necessary. Participants are encouraged to bring a towel or something to sit upon (that they can carry). Space is limited to 12 participants per session. *(Offered twice: Saturday afternoon at 1:00 PM and Sunday morning at 8:30 AM.)*

Morse Code Bracelet. Say it with beads! Your mantra, your lucky word, a meaningful phrase. We'll put it on a wire in "secret code" you can wrap around your wrist and keep it close. *(Limit 10/session. There is an additional \$12 charge for successful registrants. Offered twice: Saturday afternoon at 3:00 PM and Sunday morning at 8:30 AM.)*

Safety in the Outdoors. See Saturday morning description.

SATURDAY EVENING

Campfire Cooking (Atlatl available)

Presentation by Dr. Ben Carter, Muhlenberg College. Charcoal and Freedom in the Big Woods. Prior to the Civil War, Black Pennsylvanians along with people freeing enslavement in the American south established communities throughout southern Pennsylvania. These communities were essential, but poorly documented, components of the Underground Railroad. Six Penny Creek, a small, rural Black community was established by iron workers in the 1840s and quickly grew to a thriving community. This presentation documents the ways in which remote sensing and archaeology have been used to document the ways that the Black community conspired with the Big Woods landscape to promote freedom and support the community.

Glamping Awards Presentation/Campfire Story-Telling

SUNDAY MORNING

Backpacking 101. Thinking about getting outside and exploring the backcountry? Are you ready to take your day-hiking to the next level? This primer will be a perfect segue to improving your outdoor experience. The workshop will span approximately 3 hours with several breaks between topics for gear demonstrations. Topics will include: Trip Planning, Trail Navigation, The 10 Essentials, Proper Gear Selection, Menu Planning/Nutrition, Backcountry Hygiene, Campsite Selection, Trail Safety, and much more! (*Limit 15. Offered once: Sunday morning at 9:00 AM.*)

Disc Golf. See Saturday afternoon description.

Intro to GPS and Geocaching. See Saturday afternoon description.

Introduction to Map/Compass with Orienteering. See Saturday morning description.

Kayaking. See Saturday morning description.

Mindful Outdoor Experience. See Saturday afternoon description.

Morse Code Bracelet. See Saturday afternoon description.

Mycology. Take a guided walk with Sam Bucciarelli, President of the Philadelphia Mycology Club. Discuss important identifying features of wild mushrooms, explore their diverse and important ecological roles, and gain confidence in your ability to find mushrooms in the wild. (*Limit: 25. Offered once: Sunday morning at 11:00 AM.*)

Yoga. See Saturday morning description.

SUNDAY AFTERNOON

History Walk with Ben Carter. Now that you've heard about Six Penny Creek, this hike begins to help you "see" the remains of the community in French Creek State Park. You will learn to identify charcoal hearths, collier huts, stone walls, agricultural fields and house foundations.

Apple Season at Hopewell Furnace National Historic Site. Why is there an orchard at Hopewell Furnace? Delve into the rich history of apples at Hopewell Furnace as we explore the storied past of orchards at Hopewell and uncover the reasons behind our steadfast commitment to preserving this heritage. Discover the fascinating stories

behind legendary apple varieties like the Roxbury Russet, North America's oldest variety, and the Newtown Pippin, favored by Jefferson, Washington, and was the first apple to be exported back to Britain by Benjamin Franklin in 1759.

Apple picking is dependent upon apple availability. Buckets, bags and picking poles are provided. Apples cost \$1/pound cash or check only. All proceeds from apple sales go towards preserving and maintaining the orchard.

If you need an accommodation to participate in PA State Park activities due to a disability, please indicate it on your registration form. With at least seven days' notice, interpreters for people who are deaf or hard of hearing are available for educational programs.