

Ranger-led Programs August 2010

Frozen Head State Park and Natural Area
Tennessee Department of Environment and Conservation

Friday, August 6

Frozen Head Highlights

1:00 PM at Visitor Center

Get Oriented to your park. Join Seasonal Ranger Jesse for this informational program that will cover things you'll see, hikes you can take, and ways to make the most of your visit.

Ranger at Debord Falls

3:30 PM at Panther Branch Parking Area

Meet Seasonal Ranger Zach at the turnaround for an easy 1 mile hike to Debord Falls. Will discuss park history and biology as we walk. Hike will take about 45 minutes. Afterwards he will remain at the falls till 3:30 PM to answer questions.

Rocky Rendezvous

7:00 PM at Shelter C Trailhead

How old are the Frozen Head Mountains? How were they formed? Do rocks talk? Join Seasonal Ranger Jesse for an easy ½ mile hike to find the answers. Program will last about 45 minutes.

Light My Fire

8:45 PM at Amphitheater

Join Seasonal Ranger Zach to discover how to start a fire using flint, steel, and char cloth. Learn the basic mechanics of traditional flint and steel. Will take approximately 30 minutes.

Owl Prowl

9:30 PM at Visitor Center

Join Ranger Hodge to discuss owls and take a short hike to look for owls that live in the park. Bring a flashlight and please do not wear open shoes (sandals, flip flops etc.)

Saturday, August 7

Hemlock Woolly Adelgid

10:30 AM at Shelter C

Join Ranger Bow for a short hike on Flat Fork Walking Trail to see the creatures that are killing the hemlock trees of Frozen Head.

Into the Wild

1:00 PM at Amphitheater

Meet Seasonal Ranger Zach at the amphitheater to learn about backcountry backpacking. Discuss essential gear to bring and what to leave at home. There will be backpacking gear present to explain uses and packing tips. Program will last about 30 minutes.

Slithering Snakes! Friend or Foe?

2:00 PM at Amphitheater

Join Seasonal Ranger Zach at the amphitheater and learn about these often-misunderstood creatures. We will discuss how to tell the venomous from the non-venomous snakes and why snakes are important. Program will last about 30 minutes.

Explosive Hike

4:30 PM at Shelter C Trailhead

Join Seasonal Ranger Zach for an easy hike to the old Civilian Conservation Corp (CCC) dynamite shack to feel its history and the influence the CCC had on state parks. Will take approximately 45 minutes.

Forgotten Forests

7:00 PM at Shelter C Trailhead

Join Seasonal Ranger Jesse as we explore the forests of Frozen Head on an easy ½ mile hike to discover what the trees can tell us about your park.

Wild Things

8:30 PM at Amphitheater

Join Seasonal Ranger Jesse to explore some of the wildlife that call Frozen Head home. Program will last about 30 minutes

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Saturday, August 14

Heritage Day Festival

10:00 AM – 5:00 PM

Join crafters and demonstrators from around the region as Frozen Head hosts its annual Heritage Day Festival to celebrate the rich mountain history of the Cumberland's. There will be live bluegrass music, food vendors, and activities for all ages.

Sunday, August 15

Archaeology of the Cumberland's

2:00 PM at Visitor Center

Join Ranger Bow to learn about the first inhabitants of this area.

Thursday, August 19

Hemlock Woolly Adelgid

10:30 AM at Shelter C

Join Ranger Bow for a short hike on Flat Fork Walking Trail to see the creatures that are killing the hemlock trees of Frozen Head.

Friday, August 20

Owl Prowl

9:30 PM at Visitor Center

Join Ranger Hodge to discuss owls and take a short hike to look for owls that live in the park. Bring a flashlight and please do not wear open shoes (sandals, flip flops etc.)

Saturday, August 21

Volunteer Trail Day

9:00 AM at Visitor Center

The public is invited to join us in maintaining the park's trails. Tools will be provided. Volunteers should be prepared for a variety of weather conditions including rain and snow. Bring food, water and a daypack. Some areas require hiking one to two miles in rugged terrain. First time volunteers must complete a liability form. Please call (423) 346-3318 for more information.

Night Sky

9:30 PM at Visitor Center

Join Ranger Hodge to explore the night sky through the park's 12-inch telescope. May be cancelled if cloudy or rainy

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Sunday, August 22

Archaeology of the Cumberland's

2:00 PM at Visitor Center

Join Ranger Bow to learn about the first inhabitants of this area.

Tuesday, August 24

Owl Prowl

9:30 PM at Visitor Center

Join Ranger Hodge to discuss owls and take a short hike to look for owls that live in the park. Bring a flashlight and please do not wear open shoes (sandals, flip flops etc.)

Saturday, August 28

Night Sky

9:30 PM at Visitor Center

Join Ranger Hodge to explore the night sky through the park's 12-inch telescope. May be cancelled if cloudy or rainy

Tuesday, August 31

Owl Prowl

9:30 PM at Visitor Center

Join Ranger Hodge to discuss owls and take a short hike to look for owls that live in the park. Bring a flashlight and please do not wear open shoes (sandals, flip flops etc.)

Additional Information

All programs are free and open to the public. Frozen Head programs are equal opportunity.

Frozen Head State Park and Natural Area
964 Flat Fork Rd.
Wartburg, TN 37887
(423) 346-3318

On the World Wide Web:
<http://www.tennessee.gov/environment/parks/FrozenHead>

Visitor center open 8:00 am - 4:00 p.m.