BIKING
Information: 720.963.5366

WOMEN'S MOUNTAIN BIKING SKILLS IMPROVEMENT
This class is specifically for intermediate riders who want more techniques and practice to master climbing and descending rocky hills, completing switchbacks and smooth riding over rocks and waterbars. Instructor is a local mountain bike racer. Riders must have their own gear. Participants will meet in the Mount Falcon parking lot outside of Morrison for the first class and will determine the location of the second class by group interest and skills.

Ages: 16 and up
$39 Resident, $55 Nonresident

Activity #	Date	Day	Time	Loc
331000-01	Sep 8-15	Mon	5:15-7:15 pm	Mt Falcon

EVENTS
Information: 303.987.4807

TRAIL RUNNING SERIES
Please see ad on the inside back cover for details. All online registrations will close the day prior to the event, though participants may sign up at the race.

Ages: 14 and up
$60 Resident, $65 Nonresident

Activity #	Date	Day	Time	Loc
322304-01*	Sep 3-24	Wed	6-8:30 pm	BCLP
322304-02	Sep 3	Wed	6-8:30 pm	BCLP
322304-03	Sep 10	Wed	6-8:30 pm	BCLP
322304-04	Sep 17	Wed	6-8:30 pm	BCLP
322304-05	Sep 24	Wed	6-8:30 pm	BCLP

***Register for the series using this activity number.**

HIKING
Information: 303.987.4807

LAKEWOOD HIKE CLUB
Come join the Lakewood Hike Club and explore what's in your own mountainous backyard! These guided local hikes are offered throughout the year. Transportation (and snowshoes during snow season) provided. Hike locations vary and are guided by an experienced outdoor leader.

Ages: 14 and up
$15 Resident, $19 Nonresident

Activity #	Date	Day	Time	Loc
331010-01	Sep 13	Sat	8 am-1 pm	CWRC
331010-02	Oct 18	Sat	8 am-1 pm	CWRC
331010-03	Nov 15	Sat	8 am-1 pm	CWRC
331010-04	Dec 13	Sat	8 am-1 pm	CWRC

R.I.S.E.

Lakewood Recreation welcomes individuals of all ages and abilities into our programs and activities. Individuals with disabilities are welcome to register for any recreation class or program. If you need assistance, please call 303.987.4869. TDD 303.987.4862

We provide interpreter services for people with hearing impairments upon request. Please call 303.987.4869 to request this service. We request at least 72 hours notice.

BEAR CREEK LAKE PARK

PARK ENTRANCE
South off of West Morrison Road, a quarter mile east of C-470. All vehicles entering the park must have a daily pass or a BCLP annual pass.

Information: 303.697.6159 | Lakewood.org/BCLP

NATURALIST PROGRAMS

NATURALIST GUIDED NIGHT HIKES

Leave those flashlights at home for this unique hiking adventure. You will be guided by a park naturalist along the park's trails and surrounding green spaces. Wear comfortable hiking shoes, dress for weather conditions and bring water. These hikes are designed for the whole family, but each will average an hour-and-a-half of walking and observing. No dogs please.

$2/person, park entrance fee is waived
Registration deadline: Monday preceding the hike

Activity #	Name	Date	Day	Time	Loc
359945	Harvest Full Moon	Sep 8	Mon	6:30 pm	BCLP
	Hunters Full Moon	Oct 8	Wed	6 pm	BCLP
	Raven Full Moon	Nov 6	Thu	4 pm	BCLP
	Snow Full Moon	Dec 6	Sat	4 pm	BCLP

SPECIAL PROGRAMS

FALL EQUINOX TWILIGHT WALK

Enjoy the first day of fall with a naturalist guided evening walk through Bear Creek Lake Park. We will enjoy the last light of the day as we search for the animals that call this park home. Hot cider and a marshmallow roast to follow.

Ages: 55 and up
$2/person, park entrance fee is waived

Activity #	Date	Day	Time	Loc
359946	Sep 22	Mon	6 pm	BCLP

NATIONAL PUBLIC LANDS DAY VOLUNTEER SERVICE PROJECT: BEAR CREEK GREENBELT

Join us for the largest national volunteer service day dedicated to parks and public lands! Volunteers will assist with reclamation work in the riparian area along the Bear Creek Greenbelt. Volunteers will assist with tree, sapling and shrub planting and other restoration work. Lunch will be provided.

Date	Day	Time	Loc
Sep 27	Sat	8 am-noon	BCGB

TAKE A KID MOUNTAIN BIKING DAY

The City of Lakewood Regional Parks will be partnering with the Colorado Mountain Bike Association to introduce kids to the sport of mountain biking while ensuring trail use and environmental ethics.

Information: 303.697.6159 or Comba.org

Date	Day	Loc
Oct 4	Sat	BCLP

BEAR CREEK LAKE PARK HAUNTED TRAIL ADVENTURE

Experience Bear Creek Lake Park with all its ghostly magic in an evening of ghostly trails and tales. Walk along the Owl Trail and discover critters of the night. After your walk, warm your toes by the fire at the amphitheater and enjoy roasting marshmallows and sipping hot chocolate. HawkQuest will also be at the visitor center with their live birds of prey.

Ages: All
$5/person (Children 3 and under free)
Registration is required, and space is limited. There are no refunds for cancellations.

Activity #	Date	Day	Time	Loc
359901	Oct 18	Sat	4:30 pm (Trail closes 7:30 pm)	BCLP

REACH FOR THE STARS

Let's take a closer look at our night sky this November evening. Participants will enjoy telescopes, a sky navigation tour, hot cider and more.

Ages: All
$2/person
Registration deadline: Nov 12

Activity #	Date	Day	Time	Loc
359920	Nov 15	Sat	5:30-7:30 pm	BCLP

WINTER SOLSTICE CELEBRATION

Celebrate the first day of winter with us. We will go on a short night hike and then gather around the campfire for a marshmallow roast and celebration of the winter solstice that will include the traditional burning of the yule log. Please bring your own mug to enjoy a hot beverage. No dogs please.

Ages: All
$2/person, park entrance fee is waived
Registration deadline: Dec 16

Activity #	Date	Day	Time	Loc
359902	Dec 21	Sun	6-8 pm	BCLP