

# Blue River Discovery Days Festival Schedule

## 12th October 2024

**9 am**

### **Guided bird hike**

Discover local bird species and learn about their habitats with a Missouri River Bird Observatory expert. All skill levels welcome; BYO binoculars!

### **Table hopping**

Visit HCA and partner tables to check-in, enjoy nature-themed demos, participate in kid-friendly hands-on activities, and grab some cool swag!

**10 am**

### **Guided plant hike**

Explore the beauty of local flora on a guided plant hike supported by our Blue River Nature Guide program and MO Master Naturalist. All welcome!

### **Family yoga**

Enjoy a refreshing outdoor family yoga session along the Blue River that promotes relaxation and connection with nature. BYO yoga mat!

**11 am**

### **Wild edibles walk and fungi foray**

Discover delicious native plants and fascinating fungi while learning foraging tips from mycologist Alix Daniels. A spore-tacular time for all!

### **Nature drawings**

Unleash your creativity and capture the beauty of the outdoors during this family-friendly session with artist Lauren Allen. All skill levels welcome!

**12 pm**

### **Plogging trash pickup**

Help keep the Blue River beautiful by picking up trash while getting some exercise (jogging or walking). All ages and fitness levels are welcome!

### **Ecosystem restoration**

Help protect our local ecosystem by joining KC Wildlands for a demo focused on invasive honeysuckle removal! All volunteers are welcome!

**1 pm**

### **Flower press and leaf rubbing**

Create beautiful keepsakes while exploring the natural world in this hands-on flower pressing and leaf rubbing session. Perfect for all ages!

### **Nature discovery**

Discover nature through activities like nature journaling, river bingo, native seeds, and crafting, all while celebrating the great outdoors!

**2 pm**

### **Water quality sampling**

Discover how macroinvertebrates help us assess river health during this wet 'n wildlife session with stormwater specialist Ian Fannin-Hughes!

### **Wild edibles walk and fungi foray**

Discover delicious native plants and fascinating fungi while learning foraging tips from mycologist Alix Daniels. A spore-tacular time for all!

**All day**

### **Kayaking**

Learn basic paddling techniques on the Blue River with US Fish & Wildlife refuge ranger. Life jackets provided. Perfect for beginners!

### **Table hopping**

Visit HCA and partners for table-side activities: nature journaling, river bingo, crafting, field kit repair, and other hands-on educational activities.

