january news

To explore all of the events coming to your parks this month, read below. Click here to explore our full events calendar.
learn how pittsburgh can have a more sustainable future

To date, the Parks Conservancy has successfully completed more than 10 green infrastructure projects in our city and has planted more than 10,000 trees in order to create a brighter and healthier Pittsburgh. Click the link below to see what more we can do, together.

Click here to learn more →
restore your balance and peace of mind with yoga

*Family Yoga*, instructed by Cara Bessko, is open to individuals of all ages and abilities. During *Family Yoga*, participants will explore movement, stillness, and enjoy sound-healing with crystal singing bowls. Participants will also be instructed on how to mindfully rest and will learn new tools to use in their daily lives.

[Click here to register for this event →](https://preview.hs-sites.com/_hcms/preview/content/23549094945?portalId=415693&_preview=true&cacheBust=0&preview_key=tOwXRVnf&from_buffer=false)
explore frick park in a new way with a full moon hike

Enjoy a moonlit stroll through Frick Park led by one of our Naturalists. This relaxing one-hour hike is designed to connect participants to the cycles in nature and the seasonal phenomena each month brings. Because this particular hike is a fan-favorite, registration is required and can be completed at the link below.

Click here to register for this event →
get your heart pumping with **heartrate hikes**

Every other Saturday, hikers are invited to meet at the Braddock Avenue parking lot (near the clay tennis courts) in Frick Park for a vigorous guided hike lasting between 2-2.5 hours. These hikes have a registration limit of 15 individuals and are designed to increase overall health and wellness.

Learn more and register here ➔
join us on a story hike to learn about animal tracks

Join a Naturalist Educator for a reading of *Big Tracks, Little Tracks* by Millicent E. Selsam. Afterward, we'll enjoy a guided hike out and investigate animal signs with the use of a borrowed magnifying glass!

Click here to register →
learn about trees on a guided hike with a naturalist

Come learn the basics of winter tree ID or brush up on your skills! Take a walk through the woodlands of Frick Park with Naturalist Educator Stephen Bucklin to practice your observation skills as we take an in-depth look at bark and buds.

Click here to learn more and to register →
repair the world: get to know your animal neighbors

Join us for a playdate with a purpose! We will meet at Frick Environmental Center to learn more about how we can help our animal neighbors. After a nice warm story time inside, we'll all make bird feeders and then take them outside to hang on trees in the park while we search for winter animals.

Click here to register →
biophilia book club returns next month

Join us on February 11 at the Frick Environmental Center for Biophilia Book Club! We'll enjoy a potluck dinner and afterward, a discussion on Robin Wall Kimmerer's Gathering Moss. Gathering Moss is a beautifully written mix of science and personal reflection that invites readers to explore and learn from the elegantly simple lives of mosses.

Click here to register for this pay-what-you-want event →
learn more about *parks rx*

Parks and green spaces improve health and well being, strengthen communities, and make neighborhoods better places to live, work, and play. The Pittsburgh Parks Conservancy joins regional partners in *Pittsburgh Parks Prescription*, or *Parks Rx*, inviting children (and adults) in every neighborhood to explore and enjoy their local parks.

More information is available here →

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*The Pittsburgh Parks Conservancy is your non-profit partner in the parks. Please consider giving a gift today to help support your local parks.*

[DONATE TODAY](#)

*Did you know that many employers match their employees' charitable contributions? Click here to see if your donation can be matched!*