



Mid-Atlantic Region

January – September 2012 Calendar

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Changes to our schedule

We're changing our schedule a little bit. Up to now, we've been scheduling by the calendar year i.e. January to June and then July to December. Starting with this schedule, we're switching to a seasonal calendar i.e. spring/summer and fall/winter. That means that this calendar will be longer than usual because we've planned events for winter/spring/summer (January through September 2012). In July, we'll have a potluck brunch and plan our fall/winter events (October 2012 – March 2013).

Facebook

Friend Women Outdoors on Facebook. Visit our new [Facebook](#) page and post on our wall. This is a great way to find out what's going on in some of the other regional chapters of Women Outdoors.

Tips for winter sports

Wear layers and wool or fleece socks - NO COTTON. A good rule of thumb for layer dressing is "wick, warm & wind." A wicking base layer (polyester/polypropylene), an insulating middle layer (fleece or wool) and then a wind protection outside layer (Goretex, breathable nylon). Be sure to bring a hat and/or ear band/earmuffs. Consider bringing a small pack to wear while on the trails to carry layers you may shed, a water bottle & snack. You may also want to wear leg gaiters and bring a bag lunch and thermos with hot drink. And don't forget a change of clothes and shoes for a comfortable ride home.

Login to WomenOutdoors.org

If you're a member of Women Outdoors, login to the website and discover some of our "Members Only" benefits such as back issues of the *Women Outdoors Magazine* or the incomparable *Women Outdoors Bibliography* – reviews of over 1,000 current and classic books by women on adventure travel, wilderness and country living, and nature study. For instructions on how to login, go the [FAQ](#) page.

Mid-Atlantic Activities

All of the Mid-Atlantic activities are free for members and non-members of Women Outdoors. Non-members are welcome to join us on two events before we ask you to [join Women Outdoors](#).

Write up a trip

Do you like to write? We'd love to have someone from each activity write a few paragraphs about the event that we can post on the [Mid-Atlantic page](#) along with some photos. Let the trip leader know if you want to volunteer to be the scribe for that event.

Lead a trip

All members of Women Outdoors Mid-Atlantic are invited and encouraged to lead trips. Come to our planning meeting/potluck brunch on Sunday, July 22. Bring your calendar and ideas about what you'd like to explore.

Check back

This schedule will be updated as we get more details for our trips, so be sure and check the [Mid-Atlantic page](#) to download the most recent version.

See you in the outdoors!

Kathleen

Regional Contact

Women Outdoors Mid-Atlantic

Date	Event
<p>Saturday, January 7 7:00 p.m.</p>	<p>Double Feature Movie Night – Arlington, VA. Join us for the Women Outdoors premiere of the documentary, “Work of 1000,” about environmentalist, Marion Stoddart and her successful campaign to clean up the badly polluted Nashua River in Massachusetts. Women Outdoors claims Marion as one our own as she is one of our Founding Mothers. We’ll also screen “The Potomac Gorge: Along the Wildest Urban River in the World” produced by The Nature Conservancy. The Potomac Gorge, the 15-mile corridor of the Potomac River from Great Falls down to Georgetown, is one of the most biologically rich areas of the eastern United States. WO will provide pizza and soft drinks.</p>
<p>Saturday, January 21 10:00 a.m. – 2:00 p.m.</p>	<p>Cabin John Hike – Cabin John, MD. We’ll follow Cabin John Creek through a forest of oaks, maples and sycamores for an out-and-back and up-and-down hike of about 5 miles.</p>
<p>Saturday, February 25 10:00 a.m. – 2:00 p.m.</p>	<p>Bull Run / Occoquan Trail Hike – Fairfax County, VA. The Potomac Appalachian Trail Club, which maintains this trail, calls it Fairfax County’s best kept secret. We’ll wind our way along this hidden jewel of a trail for about 5-6 miles.</p>
<p>Saturday, March 17 10:00 a.m. – 2:00 p.m.</p>	<p>St. Patrick’s Day Bike Ride – Greenbelt, MD. Top of the morning to you. Wear green for this bike ride along portions of the East Coast Greenway and look for leprechauns or a pot of gold.</p>
<p>Saturday, April 14 9:00 a.m. – 12:00 p.m.</p>	<p>Potomac River Watershed Cleanup Day – Location TBD. As part of WO’s mission of environmental stewardship, we’ll join with hundreds of volunteers participating in the 24th annual Potomac River Watershed Cleanup Day.</p>
<p>Saturday, April 28 10:00 a.m. – 4:00 p.m.</p>	<p>Tiptoe Through the Trillium Hike – Thompson Wildlife Management Area, Paris, VA. People come from miles around to see the millions of trillium. This eight mile, full day hike will be a treat for wildflower lovers.</p>
<p>Saturday, May 12 10:00 a.m. – 2:00 p.m.</p>	<p>Kayaking on Pohick Bay – Lorton, VA. Waterfowl abound on Pohick Bay. We’ll be on the lookout for kingfishers, great blue herons and maybe even a bald eagle or two. Pohick Bay is the end of the lower segment of the Occoquan Water Trail. Kayak rentals are \$7.50/hour.</p>
<p>Friday, May 25 – Monday, May 28</p>	<p>33rd Annual Women Outdoors National Gathering – Nature’s Classroom at the Sargent Center, Hancock, NH. Join us for a fabulous weekend of hiking, biking, kayaking, canoeing, birding, you name it. See “The Gathering” page on www.womenoutdoors.org for prices and details and to register for this terrific weekend getaway.</p>
<p>Friday, June 22 – Sunday, June 24</p>	<p>Shenandoah Camping Trip – Join us for WO Mid-Atlantic’s first camping trip somewhere in Shenandoah National Park. We’ll arrive on Friday night, hike on Saturday and tell ghost stories Saturday night. S’mores optional. Details TBD.</p>

<p>Saturday, July 14 10:00 a.m. – 2:00 p.m.</p>	<p>Slow Poke Bike Ride – Location TBD. We'll enjoy a leisurely bike ride somewhere flat. Let Kathleen know if you have any suggestions for favorite flat rides.</p>
<p>Sunday, July 22 11:00 a.m. – 1:00 p.m.</p>	<p>Planning Meeting / Potluck Brunch – Takoma Park, MD. Come bring your ideas for adventures for October – March 2013. Good food, great women. Be there.</p>
<p>Saturday, August 18 10:00 a.m. – 2:00 p.m.</p>	<p>Dog Days of August Walk – Rock Creek Park, Washington, DC. Bring your doggies for an easy walk in the woods. We'll explore some of the trails in the northern end of the park and may even find a section of the creek for the dogs to play in. We'll have a picnic afterwards.</p>
<p>Saturday, September 15 10:00 a.m. – 2:00 p.m.</p>	<p>Kayaking on the Eastern Shore – Chesapeake Bay Environmental Center, Grasonville, MD. The CBEC, a bird and waterfowl preserve just east of the Bay Bridge, offers lovely scenery and lots of wildlife. Kayaks and canoes are available to rent.</p>

Updated December 9, 2011