

Get Out and Get Active!

With summer officially upon us, we've all been enjoying the sun on our faces, dreaming of what our plans will be for those hot vacation days. Maybe I'll take my family for a day of Treetop Trekking in the Ganaraska Forest? Or perhaps bike along the Waterfront Trail? Better yet, maybe we'll canoe out to that island on Rice Lake? Physical activity is a key component to summer fun, no matter what you choose to do.

The Ganaraska Region Conservation Authority (GRCA) suggests that people of all ages take the time to be active this summer. Keep your children busy with physical activities and lead by example with hikes, swimming, and other outdoor adventures. Register your wee one into a summer camp or get them that fishing rod that they've been eager to try out...anything to keep them on the go!

There are numerous summer activities available within our community. The GRCA Nature Nuts Summer Camp offers popular themed-weeks of fun-filled activities where children who love the outdoors will explore the wilderness through scavenger hunts, environmental games, creative crafts, and so much more. New to Nature Nuts this year is The Great Outdoors Adventure Camp – the ultimate outdoor lovers' week-long overnight camp at the Ganaraska Forest Centre.

The GRCA also offers the OFAH Tackleshare program. The loaner site, located at the GRCA office on Hwy 28, provides fishing rods, stocked tackle boxes, educational material, and Young Angler Licenses - encouraging people of all ages to get out and get active! To start your child's summer off right, why not register him or her for the 2015 Fishing Derby being held on July 10th at the Port Hope Marina? Children 17 and under are invited to join the derby from 9:00am – 1:00pm – meet at the fish cleaning station on Mill Street for this fun-filled event.

For more information on these activities and many more, contact the Ganaraska Region Conservation Authority at 905.885.8173 or visit www.grca.on.ca or www.ganaraskaforestcentre.ca.

See you outside!

