

Sunday, June 5, 2022

Introduction to Birding at Pigeon River Headwaters Conservation Area June 5, 2022

Date and Time: Sunday, June 5 07:00 a.m. - 9:00 a.m.

Address: 445 Gray Road, Janetville, ON, L0B 1K0445 Gray Road, Janetville, ON, L0B 1K0

Join avid birdwatcher Rob Stavinga for an exciting introduction to birdwatching at Pigeon River Headwaters Conservation Area on Sunday, June 5th.

This introduction to birdwatching will cover everything you need to know about locating, identifying and observing birds in the Kawartha Lakes. Over the course of 2 hours, participants will have the opportunity to learn, ask questions, and explore the trails of Pigeon River Headwaters Conservation Area while on the lookout for different bird species.

This event welcomes all levels of birdwatchers, whether you look for birds every weekend or this will be your first time. Participants are reminded to bring binoculars, appropriate clothing and footwear for trail walking, and bug repellent.

The event is limited to 20 participants, so register today to reserve your spot in this engaging birding experience.

Friday, June 10, 2022

Forest Therapy Walk at Pigeon River Headwaters Conservation Area June 10, 2022

Date and Time: Friday, June 10 10:00 a.m. - 12:00 p.m.

Address: 445 Gray Road, Janetville, ON, L0B 1K0445 Gray Road, Janetville, ON, L0B 1K0

Join certified Forest Therapy Guide Kristie Virgoe for an engaging and interactive Forest Bathing experience at [Pigeon River Headwaters Conservation Area](#) on Friday, June 10th.

This exploration of nature and our connectivity with the world around us is suited for both newcomers to forest bathing as well as those who have enjoyed the practice previously.

We all know how good being in nature can make us feel. We have known it for centuries. The sounds of the forest, the scent of the trees, the sunlight playing through the leaves, the fresh, clean air — these things give us a sense of comfort. They ease our stress and worry, help us to relax and to think more clearly. Being in nature can restore our mood, give us back our energy and vitality, refresh and rejuvenate us.

Thanks to the generous support of [Kawartha Credit Union](#), we are offering the Forest Bathing session for \$10 per registrant, with proceeds supporting the Canadian Mental Health Association.

<https://Calendar.kawarthaconservation.com>