



# SUMMER ACTIVITIES

## Labor Day Weekend



Welcome to Panther Creek State Park! We hope you enjoy your visit. While you are with us, we invite you to take advantage of the rich natural beauty and wealth of opportunities for enjoyable recreation here at the park!

**Park Program Staff: Tim Pharis**

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### Friday, September 2<sup>nd</sup>

- 10:00 AM **Scratch and Sniff Hike** – Ranger Station – Plants not only look different from each other they also have different smells and tastes too. Come out and discover some great plants and how our ancestors might have used them.
- 11:00 AM **Aliens Among Us** – Ranger Station – No, these aren't creatures from Mars. They're ordinary looking plants from other countries and they're taking over our park! Come learn about these "aliens" and what we can do to stop them. We'll walk the Wagon trail to the lake and back.
- 12:30 PM **Canoe Float** – Boat Ramp – Float down and meet the ranger for a great time on Cherokee Lake. We'll provide the boats, paddles and lifejackets. You should bring a friend and call the Visitor's Center for reservations. **Limit 15 per trip. Please call 423-587-7046 for reservations.**

### Saturday, September 3<sup>rd</sup>

- 3:00 PM **Canoe Float** – Boat Ramp – Float down and meet the ranger for a great time on Cherokee Lake. We'll provide the boats, paddles and lifejackets. You should bring a friend and call the Visitor's Center for reservations. **Limit 15 per trip. Please call 423-587-7046 for reservations.**
- 6:00 PM **Appalachian Cure-Alls** – Ranger Station – Ever wonder what people did for poison ivy before Calamine Lotion? Or how they treated severe coughs, colds, hiccups, headaches, stubbed toes and Wagon Sickness? Come join the ranger for a look at local plants and their medicinal uses.
- 8:00 PM **Hoedown!** – Upper Campground Pavilion – Wanna learn some new moves? Meet at the pavilion to learn the traditional flat foot dance (buck-dancing, clogging). We'll listen to the fiddle as we learn this great Appalachian dance. Avoid flip-flops and sandals because they might interfere with your sweet moves.

### Sunday, September 4<sup>th</sup>

- 2:00 PM **Creek Stomp** – Creek Observation Deck – Join us as we search for aquatic insects, fish, reptiles and anything else interesting we can find in and along the banks of Panther Creek. We will get a chance to look at what we catch then determine the cleanliness of Panther Creek. Please wear water shoes and prepare to get wet.

Sunday, September 4<sup>th</sup> (Continued)

- 4:00 PM     **Cherokee Medicine** – Ranger Station – Come out on this brief hike to see what the first residents of Tennessee ate and how they treated their sick and wounded.
- 6:00 PM     **Cherokee Tales** – Campground Amphitheater – Hike up to the amphitheater and hear age old tales of the creation of the earth and local animals according to the Cherokee.

**SPECIAL NOTE:** We work hard to make our programs both safe and fun! However, as with any outdoor activity, there is always a risk of personal discomfort or even personal injury. Please use your common sense and care whenever you enjoy activities in the Great Tennessee Outdoors.