



TWIN FALLS RESORT
STATE PARK

Nature Based Programs

April 28th - May 11th 2025

Be sure to visit the newly constructed Nature Center! There you will find the Park Naturalist year-round providing interpretive, educational, and recreational programs on a variety of native wildlife, park history, and other exciting topics. All programs will be held inside the Nature Center unless otherwise specified.

Monday, April 28th

Nature Center Hours

10:00am – 2:00pm

Come to the Nature Center to see they Craft and activity of the Day!

Woodpeckers are essential for forests as they are the forest’s carpenters making homes for all sorts of other animals lets discuss how they are able to “drill” into trees without hurting themselves and other unique biological adaptations.

Tuesday, April 29th

Nature Center Hours

10:00am – 2:00pm

11:00am – Birdsongs Around the Lodge

Join the Park Naturalist at the Nature Center for a short stroll around the lodge listening to our feathery friends. This program is perfect for experienced birders and newcomers to the hobby.

1:00pm – WOODPECKERS Lets discuss these amazing creatures in detail. Stop by the Nature Center for this program on native woodpeckers and rare/extinct species.

Wednesday, April 30th

Nature Center Hours

10:00am – 2:00pm

11:00am – WV MUSHROOMS Swing by

the Nature Center for this extensive presentation on edible fungi and safe foraging protocols.

1:00pm – Furs & Tracks Swing by the Nature Center as we discuss the various animal tracks to be found on our Park!

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TWIN FALLS RESORT STATE PARK

Thursday, May 1st

Nature Center Hours

11:00am – 4:00pm

11:00am – Furs & Tracks Swing by the Nature Center as we discuss the various animal tracks to be found on our Park!

1:00pm – WV MAMMALS Did you know there are over 70+ different species of mammals that call West Virginia Home? Stop By the Nature Center where we will be examining these species as well as some iconic and rare mammal sightings!

2:30pm – OH! NO! Feeding Wildlife! Do you know the risks involved with feeding wildlife? What can be cute, sweet, and innocent gestures can quickly become devastating for both humans and wildlife. Stop by the Nature Center where we will be discussing this topic of “Habituation” in further detail and what we can do instead when we want to help wildlife.

Friday, May 2nd

Nature Center Hours

11:00am – 4:00pm

10:00am – Still Run Ridge Hike Meet at the “Amphitheater/Ballfield” parking lot for this guided hike through forest, flowers, and old

farm structures. This trail is considered the most diverse trail for forest types as it passing through rhododendrons, to hardwoods and softwoods, to fields, and to new forest growth

11:00am – Appalachian Foraging Swing by the Nature Center for the Mountain Foraging 101 where we will be examining the iconic species to forage in spring. We will discuss how to find and identify, how to avoid dangerous species and look-alikes, and how to properly harvest and use the different herbs and mushrooms.

1:00pm – WV MUSHROOMS Swing by the Nature Center for this extensive presentation on edible fungi and safe foraging protocols.

3:00pm – WV Wildflowers Meet outside the Nature for a Short stroll around the lodge with a focus on Spring blooms. As we walk, we will discuss iconic species of wildflowers and examining the blooms we find along the way

4:00pm to 5:00pm – Ask a Naturalist?

Have a Question about Twin Falls Resort State Park whether it be history, trail/park info., or just to talk? You can find the Seasonal Naturalist stationed in the Main Lobby during this time to answer all of your questions.

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TWIN FALLS RESORT STATE PARK

Saturday, May 3rd

Nature Center Hours

11:00am – 5:00pm

9:00am – Buzzard Cliff Hike Meet at the “Cliffside Trail” parking lot for this hike out to the Cliffside overlooking Jackson Branch in the valley. These cliffs are the perfect habitat for snakes and lizards as well as the iconic Black Vultures “Buzzards”.

11:00am – WV WOODPECKERS Lets discuss these amazing creatures in detail. Stop by the Nature Center for this program on native woodpeckers and rare/extinct species. Woodpeckers are essential for forests as they are the forest’s carpenters making homes for all sorts of other animals lets discuss how they are able to “drill” into trees without hurting themselves and other unique biological adaptations.

1:00pm – WV SNAKES Stop by the Nature Center for this program about our slithery friends. Twin Falls Resort State Park Nature Center is the only State Parks Nature Center to house venomous animals. We will cover a variety of topics starting with native and iconic species, venomous and no-venomous identification, how to avoid negative encounters,

what to do if bitten, and so much more! You may also get to see our resident snakes Whiskey, Willow, Viper, and Coal.

2:00pm – WOOD FROG TALK Come to the Nature Center to learn about this iconic species of frog. Wood Frogs are among some of the first creatures to return in the Spring after Winter. This talk will cover their unique biology and adaptations, habitat and range, identification, and so much more you have to see yourself!

3:00pm – WV MAMMALS Did you know there are over 70+ different species of mammals that call West Virginia Home? Stop By the Nature Center where we will be examining these species as well as some iconic and rare mammal sightings!

3:00pm to 5:00pm – Ask a Naturalist?! Have a Question about Twin Falls Resort State Park whether it be history, trail/park info., or just to talk? You can find the Seasonal Naturalist stationed in the Main Lobby during this time to answer all of your questions.

5:30pm – Poke Hollow Wetland Lets explore this area teeming with life all thank to the Headwater Wetlands. Meet at the “Poke Hollow Wetland Trail” parking lot. The Poke Hollow Wetlands is one of twelve significant

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wetlands in West Virginia making this hike a unique experience to see iconic aquatic species

Sunday, May 4th

Nature Center Hours

11:00am – 4:00pm

9:00am – Diana Fritillary Butterfly Meet at the “Horsepin Knob Trail” parking lot to participate in the themed hike. The Diana Fritillary Butterfly is a rare and unique species especially for West Virginia which makes it all the more incredible to see evidence of this species along the trail here at Twin Falls Resort State Park. As we hike, we will look for their host plants purple violets, threats they may face, habitat and range, and most importantly looking for this elusive butterfly.

10:00am – Still Run Ridge Hike Meet at the “Amphitheater/Ballfield” parking lot for this guided hike through forest, flowers, and old farm structures. This trail is considered the most diverse trail for forest types as it passing through rhododendrons, to hardwoods and softwoods, to fields, and to new forest growth

11:00am – WV Songbirds Join the Park Naturalist at the Nature Center for a short stroll around the lodge listening to our feathery

friends. This program is perfect for experienced birders and newcomers to the hobby.

2:00pm – Moonshine in the Mist Where the mist runs low and the still runs high, Appalachian gold. Meet at the “Twin Oaks Trail” parking lot for this historical hike as we talk about one of 30+ moonshine still locations on our Park. As we explore, we will talk about local prohibition history.

2:00pm – FROGS!!! Swing by the Nature Center for this exploratory conversation in native West Virginia Frogs. We will cover unique biological adaptations, identification, and so much more!

4:00pm to 5:00pm – Ask a Naturalist?

Have a Question about Twin Falls Resort State Park whether it be history, trail/park info., or just to talk? You can find the Seasonal Naturalist stationed in the Main Lobby during this time to answer all of your questions.

5:00pm – Falls Trail Guided Hike This hike is perfect for beating the evening sun with shade and misty falls. Meet at the “Falls Trail” parking lot for this guided hike. As we meander along the trail will discuss park history and local fauna & flora.

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TWIN FALLS RESORT STATE PARK

Monday, May 5th

Nature Center Hours

11:00am – 2:00pm

11:00am – Birdsongs Around the Lodge

Join the Park Naturalist at the Nature Center for a short stroll around the lodge listening to our feathery friends. This program is perfect for experienced birders and newcomers to the hobby.

1:00pm – WOODPECKERS

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Tuesday, May 6th

Nature Center Hours

11:00am – 2:00pm

11:00am – WV MUSHROOMS Swing by the Nature Center for this extensive presentation on edible fungi and safe foraging protocols.

1:00pm – Furs & Tracks Swing by the Nature Center as we discuss the various animal tracks to be found on our Park!

Wednesday, May 7th

Nature Center Hours

11:00am – 2:00pm

11:00am – TREES! Are you ready to hug some trees! Swing by the Nature Center for this short stroll around the lodge examining native tree species.

1:00pm – Tree Cookie Crafts Swing by the Nature Center for this tree cookie craft where you can decorate your very own piece of Twin Falls Resort State Park.

Thursday, May 8th

Nature Center Hours

11:00am – 4:00pm

11:00am – Butterflies! Meet at the Nature as we discuss the species of butterflies to find here around Twin Falls Resort State Park. We will take a short stroll through the Lodge Gardens discussing what butterflies we find.

1:00pm – Dragonflies! Meet at the Lodge Lobby for this short program discussing these

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vicious invertebrate hunters. Dragonflies are among some of the strongest and most capable bugs in the insect world. From their unique strong wings allowing them to change directions at lightening speeds, to their strange eyeballs allowing them to track and make split second decisions, and their vicious fangs

2:30pm – Dragonfly Craft Swing by the Nature Center for this post Dragonflies program craft where we will learn about dragonflies and make a little buddy to take back home!

Friday, May 9th

Nature Center Hours

8:00am – 6:00pm

Be sure to visit the Nature Center during business hours to pick up your Scavenger Hunt with Mom. Also be sure to glance at our whiteboard located outside the Nature Center for scheduled educational programs, these programs will also be listed at out front desk in the main lobby.

7:00am – Birdsongs with Mom Meet at the “Twin Oaks Trail” parking lot for this program. Celebrate the weekend in the most peaceful way surrounded by the beauty of nature and the sweet sounds of morning birdsongs. Join the Naturalist for a gentle birding walk as we

explore the trails together listening for woodpeckers, chickadees, robins, tufted titmouse, and other early risers! Whether you are a seasoned birder or just love being outdoors with mom, this morning promises quiet moments, shared wonder, and feathered friends. Bring binoculars if you have them and don’t forget your favorite Mom.

10:00am – Mother Nature Walk Meet at the “Horespin Knob Trail” parking lot for this guided hike. Take a Step into serenity this Mother’s Day Weekend with our “Mother’s” Nature Walk/Hike, a gentle morning stroll through blooming trails and peaceful woods. Together with the moms we love we’ll soak in the beauty of Spring, listen to birdsongs, and enjoy the quiet magic only nature can offer. It’s a perfect way to connect, reflect, and celebrate the nurturing spirit of both our moms and the great outdoors. All ages are welcome, bring your hiking shoes and your sense of wonder!

12:00pm to 5:00pm – Mother’s Day Craft Stop by the Nature Center to make a one of a kind craft, choose from a flower or a special card. There is no cost for this craft, one card or flower per guest. Also be sure to glance at our whiteboard located outside the Nature Center for scheduled educational programs, these programs

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3:00pm – Misty Moments with Mom

Meet at the “Falls Trail” parking lot for this guided hike. Celebrate the upcoming Mother’s Day with a refreshing adventure on our Misty Moments with Mom Hike. We’ll follow a winding trail through lush rhododendron and spring growth, leading to soothing sights and sounds of waterfalls and feeling the kiss of mist as they cascade from above. Along the way we will share quiet moments, conversation, and connection surrounded by the beauty of nature’s gentle rhythm. This waterfall Hike is the perfect blend of peaceful picturesque, just like Mom.

Saturday, May 10th

Nature Center Hours

8:00am – 6:00pm

Be sure to visit the Nature Center during business hours to pick up your Scavenger Hunt with Mom. Also be sure to glance at our whiteboard located outside the Nature Center for scheduled educational programs, these programs will also be listed at out front desk in the main lobby.

10:00am – Ropes and Roots with Mom

Keeping on with our Mother’s Day Weekend

swing by the outside of the Nature Center and dig into tradition and connection with Rope and Roots with Mom, a hands-on experience in natural cordage making. Using the strong fibrous leaves of the yucca plant. We’ll learn how to make rope just like indigenous peoples and early settlers once did. As we twist, weave, and work with our hands we will share stories and laughs in the shade of nature. It’s a grounding way to bond, creating something lasting, and honor both our Moms and the Natural World.

11:00am – Wading into Wonder with

Mom Meet at the “Poke Hollow Wetland Trail” parking lot for this hike surrounded by the soft symphony of frogs, birds, and breeze at our Wading into Wonder with Mom Wetland Hike. We’ll explore a vibrant wetland habitat teeming with life, from darting dragonflies to croaking frogs. As we visit the location we will take in the sights, sounds, and stillness of this rich ecosystem. It’s a beautiful way to slow down, reconnect, and share the wonder of nature together.

2:00pm – Legacy & Logs with Mom

Come to the pioneer farm for this experience. Step back in time this Mother’s Day Weekend with Legacy & Logs with Mom, a guided walk of our historic Pioneer Homestead nestled in nature.

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We'll explore the handcrafted architecture, rich local stories, and cultural roots which shaped this treasured retreat. Whether Mom loves history, design, or just a good ole' story, this walk offers a blend of sweet nostalgia, nature, and discovery.

3:00pm – Mother's Day Craft Stop by the Nature Center to make a one of a kind craft, choose from a flower or a special card. There is no cost for this craft, one card or flower per guest. Also be sure to glance at our whiteboard located outside the Nature Center for scheduled educational programs, these programs will also be listed at out front desk in the main lobby.

9:00pm – Ghost Stories & Smores with Mom As the sun dips low, gather 'round the Campfire Circle at the Campground for Ghost Stories and Smores with Mom, and evening of chills, chuckles, and marshmallow magic! We'll roast smores under the stars and share spooky (but family friendly) tales from local lore and beyond. Bring a blanket, your bravery, and your sweet tooth as we make memories with old stories in the flicker of firelight.

Sunday, May 11th

Nature Center Hours

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