



Tenafly Nature Center is a non-profit, independent, member-supported nature preserve located in Bergen County, New Jersey. Since 1961, TNC has nurtured an appreciation for nature, been a leader in open-space preservation and in environmental education for our community and beyond.

- 1) Follow us on social media   
 - a) facebook.com/tenaflynaturecenter
 - b) twitter.com/TenaflyNature
 - c) instagram.com/tenaflynature
- 2) Learn how we obtained our animal ambassadors
- 3) Find an animal track in the mud
- 4) Go on a hike to Haring Rock
- 5) Come to a Maple Sugaring Program
- 6) Read a book from our library
- 7) Enjoy the preserve with someone you love
- 8) Get inspired by the preserve and create art
- 9) Learn about climate change
- 10) Enjoy the exhibits in the visitor center
- 11) Experience silence
- 12) Instagram a photo (#tenaflynaturecenter)
- 13) Exercise in the preserve sign up for the Lost Brook Trail Race
- 14) Go birding
- 15) Watch some wildlife (from a safe distance)
- 16) Find a bullfrog at Pfister's Pond
- 17) Renew your spirit
- 18) Become a Counselor in Training
- 19) Give back . . . do a trail clean up
- 20) Attend our Seasonal Safari/Haunted Forest
- 21) Find the remnants of a homestead
- 22) Attend Canoe Day and paddle in the pond
- 23) Go where the pine trees grow
- 24) Listen for a red-winged blackbird near the pond
- 25) Explore the flat rocks on the purple trail
- 26) Get your fingertips wet
- 27) Learn about endangered species
- 28) Learn about tick safety
- 29) Snowshoe along the Allison trail
- 30) Relax on a bench
- 31) Spot the pumpkinseed fish nests
- 32) Feel a snake's shed
- 33) Climb to the top of Haring Rock
- 34) Take a sunrise selfie
- 35) Take a sunset selfie
- 36) Draw in the snow
- 37) Have a picnic
- 38) Go on a TNC Educator-led hike
- 39) Feel the soil between your fingertips
- 40) Get a selfie with an Educator
- 41) Share your story with us
- 42) Go cross country skiing along the trails
- 43) Identify a plant
- 44) Pose for a photo in one of our animal cut-outs
- 45) Find the Laimbeer House
- 46) Wave at a TNC Educator
- 47) Find out what a Passenger Pigeon looked like
- 48) Find and help disperse a maple seed
- 49) Attend the Autumn Campfire & Night hike
- 50) Watch a meteor shower with an Educator
- 51) Take a picture of a turkey or deer from a safe distance
- 52) Listen to the frogs in a wetland
- 53) Find an active birds nest
- 54) Go on a full moon hike
- 55) Hug a tree
- 56) Build a snow shelter
- 57) Soak up the sun
- 58) Do yoga at the DeFillipi Shelter
- 59) Join us and learn how to make Apple Cider
- 60) Find your favorite spot at TNC and take a selfie
- 61) Look under a fallen log for earthworms





100 THINGS TO DO AT TNC CONTINUED

- 62) Go on a "TNC Scavenger Hunt" and find five things that each start with the letters T, N, C.
- 63) Spot a root, a fruit, and a shoot growing (but please don't pick)
- 64) Make a pile of leaves and jump into it
- 65) Check out one of our Explore-a-bag backpacks and explore our 400-acres of forest and hiking trails
- 66) Find your favorite view
- 67) Feel how soft a chinchilla is
- 68) Listen to the birds
- 69) Look for the Dam/Iodine Lake
- 70) Check out the terrariums at the visitor centers
- 71) Help keep the preserve litter free
- 72) Skip a stone
- 73) View the night sky
- 74) Hike a loop trail
- 75) Go letterboxing and find a hidden box
- 76) Ask an Environmental Educator a question
- 77) Breathe in the fresh air
- 78) Practice Tai Chi on the trail
- 79) Roast marshmallows in our fire pit during our Spring Campfire
- 80) Watch the waterfowl splashing around in the water
- 81) Visit the aviary pond and look for salamanders in early April
- 82) Count the chrysalis in our Butterfly House
- 83) Earn all four Junior Naturalist patches
- 84) Relax in the rocking chairs on the deck
- 85) Ask an Environmental Educator about the owls
- 86) Hunt for a rare Pokémon
- 87) Build a fairy house
- 88) Learn about how the Palisades were formed
- 89) Go geocaching and find one of the hidden caches
- 90) Leave only footprints behind
- 91) Learn about the preserves history
- 92) Tell a spooky story around a campfire during our Haunted Forest
- 93) Watch a solar or lunar eclipse
- 94) Go stargazing with a TNC Educator
- 95) Learn how to use crickets to gauge the temperature
- 96) Float a paper boat down the East Brook
- 97) Write/read a nature-themed story
- 98) Make a snow angel in the snow
- 99) Take a walk and read one of our seasonal Storywalk books
- 100) Tell everyone what a great time you had at TNC!**

Tenafly Nature Center is open to the public seven days a week, year-round. Visitors are welcome to enjoy a hike along our 7+ miles of trails between dawn and dusk. There is no charge for self-guided visits, but groups of 10 or more participants are asked to contact us in advance.

- Trails are open one hour after sunrise until one hour prior to sunset daily.
- Offices and Visitor's Center are open daily from 11am to 4pm.
- Visitor Center and Pavilion may be closed to the public during major holidays and programs.

Share your adventures on social media using the hashtags #TNC and #tenaflynaturecenter