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
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 a 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**