

ACTIVITY FAQ

Sunrise Yoga

When: 7:30 - 8:30AM

Where: The Fairgrounds at South Park

What: Enjoy sunrise yoga led by Prana-Veda in partnership with Queer Pittsburgh. Parking is on site. Bring a water bottle and your own yoga mat! Beginners welcome!

Bird Walk with a Ranger

When: 9:00 - 11:00AM

Where: The Cascades at South Park

What: Partake in birding with a park ranger in partnership with Outdoor Afro! Make sure you wear comfortable shoes that you don't mind getting dirty and bring some water!

Geocaching by Venture Outdoors

When: 9:00 - 11:00AM

Where: Maple Springs Gazebo

What: Register for Geocaching with Venture Outdoors, beginning at the Maple Springs Gazebo and traveling throughout the park. Join us for this high-tech scavenger hunt where we will use GPS to find "caches." Bring water and wear outdoor adventure clothes!

Historical Hike with a Ranger

When: 10:00AM - 12:00PM

Where: The Cascades at South Park

What: Join us for a historic hike with a park ranger. We will begin and finish at The Cascades. The hike will be about 1 mile and easy to moderate difficulty. Make sure you wear comfortable shoes that you don't mind getting dirty and bring some water!

Health Screenings by UPMC Health Plan

When: 12:00 - 4:00PM

Where: South Park Fairgrounds

What: Register and stop by anytime during the hours listed above! UPMC Health Plan will be providing fun, family-friendly activities while offering various health screenings, including: blood pressure checks, BMI checks, biometric finger checks for glucose and cholesterol, and bone mass density scans.

Cricket Clinic

When: 12:30 - 2:30PM

Where: Edgebrook Field

What: Have you ever wanted to learn how to play cricket? Register for the Cricket Clinic with Pittsburgh Cricket League and stop by anytime during the hours listed above! Please bring water and athletic attire. All equipment will be provided.

Meet the Millers

When: 1:00 - 4:00PM

Where: Oliver Miller Homestead

What: Stop by during the hours listed and tour the home of Oliver and Mary Miller, who settled in this western Pennsylvanian Homestead in 1772.

Pooch Portraits

When: 2:30 - 4:00PM

Where: South Park Dog Park

1613 Maple Springs Dr, South Park Township, PA 15129

What: Bring your pup to the dog park during the hours listed above to have a portrait taken of your pooch in the park by professional photographer, Damon Perrott.

Bike the Park with Pro Bike + Run

When: 3:30-5:00

Where: South Park Ice Rink Parking Lot

What: Sign up for a ten-mile bike ride through the park with Pro Bike + Run in partnership with Black Girls Do Bike. Meet at 3:30pm, ride begins at 4:00pm. Bring your bike, helmet and some water! This ride will be moderate difficulty.

Pour at the Park

When: 5:30 - 8:30PM

Where: South Park Fairgrounds

What: The day will be capped with Pour at the Park, our annual fundraiser where you can get outside and try tastings from local breweries and food vendors! Tickets can be purchased at pouratthepark.com.