

FOR IMMEDIATE RELEASE

Contact: Betsy Clayton, A.P.R.
Communications Director
Lee County Government
239-826-4606

bclayton@leegov.com

or

Contact: Andrew Payne
Lee County Parks & Recreation
239-432-2154

Free guided walks offered at Lee County beaches and preserves

Fort Myers, FL, Nov. 5, 2015 — Lee County Parks & Recreation invites visitors and residents to explore the shoreline and preserves of Lee County's barrier islands with a series of upcoming free guided walks. The walks are led by trained Volunteer Interpretive Naturalists on various weekdays through March.

The walks are offered in three preserves and parks, including:

Matanzas Pass Preserve, 199 Bay Road, Fort Myers Beach (limited free parking):

Life in the Mangroves: 9:30 to 11 a.m. the first, third and fifth Thursdays through March (except for holidays). This educational and inspirational walk through Matanzas Pass Preserve will provide you with opportunities to discover the diverse plant and animal communities in this maritime oak hammock, transitional wetland and mangrove forest ecosystem.

Exploring Ethnobotany: 9:30 to 11 a.m. Wednesdays, through March (except for holidays): Learn the historical importance of Florida native plants as food, shelter, medicine and clothing to humans, past and present. Discover how these indigenous plants have been used by the Calusa and early settlers.

Bowditch Point Park, 50 Estero Blvd., Fort Myers Beach (parking \$2 per hour):

Barrier Island Ramble: 9:30 to 11 a.m. Fridays, Nov. 20 through March (except for holidays). Discover the constantly changing features of the barrier island ecosystem. Learn how the plants and animals are adapted to life on this fragile spit of sand. Wear comfortable clothing, shoes that can get wet, bring water, bug spray, binoculars and camera.

Bunche Beach Preserve, 18201 John Morris Road, Fort Myers (parking \$2 per hour):

Life along the Shore: 9:30 to 11 a.m. Mondays, Nov. 16 through March (except for holidays). Explore the shoreline of the San Carlos Bay ecosystem and learn more about the shorebirds, shells, animals and plants native to this diverse preserve. Wear comfortable clothing, shoes that can get wet, bring water, bug spray, binoculars and camera.

For more information on guided walks call Lee County Parks & Recreation's Andrew Payne at 239-432-2154; for general information about Lee County Parks & Recreation call 239-533-7275 or visit www.LeeParks.org.

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Note to media: Images available upon request. Contact Kristie Valone at Lee County Parks & Recreation, 239-533-7437 or kvalone@leegov.com.