

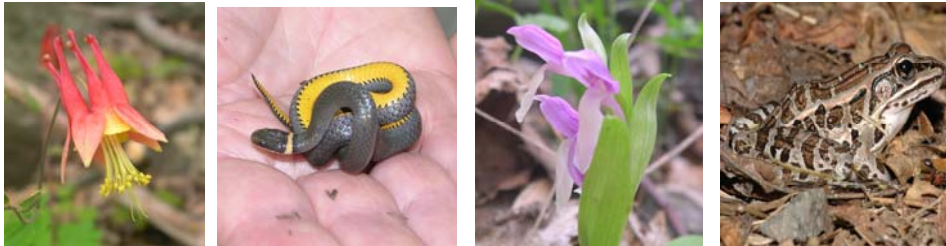
Press Release:

From the *Friends of the Lawrence Nature Center*

Sourland Mountain Preserve  
Spring Wildflower & Wildlife Hike

Join naturalist Rick Dutko of the *Friends of the Lawrence Nature Center* for a guided hike at the Sourland Mountain Preserve on Saturday, May 22, 2010. Spring is *the* time of the year to find a wide diversity of blooming wildflowers and active wildlife at this 3,000 acre preserve in Somerset County. The Sourland Mountain Preserve is one of Rick's favorite central New Jersey natural areas. He has surveyed the preserve as part of the Washington Crossing Audubon Society' biological survey team in 1994 and 1995, as a biologist for the State of New Jersey and as a frequent visitor to enjoy the natural beauty it offers.

This program is free but registration is required; please call the Lawrence Township Recreation Department at (609) 844-7067. Participants can meet at the Lawrence Nature Center at 481 Drexel Avenue in Lawrenceville at 9:00 a.m., at which directions and carpooling will commence. Or meet at the Sourland Mountain Preserve parking lot on East Mountain Avenue in Hillsborough Township, Somerset County at 10:00 a.m. The trails at the Sourland Mountain Preserve ascend several hundred feet in elevation and in some locales, over rocky terrain. Wear proper footwear and bring fluids.



For more details about the Sourland Mountain Preserve visit:

<http://www.somersetcountyparks.org/parksFacilities/sourland/SourlandMtPreserve.html>