

FREE Fun in the Sun During National “Get Outdoors Day”



*Get Outdoors Day is coming on
Saturday June 8*

New Bedford Whaling National Historical Park is offering free fun in the sun as part of National Get Outdoors Day on Saturday June, 8th. Get a head start to a healthier, happier you with yoga in the park or “burn while you learn” by taking a guided or self-guided walking tour of the historic district.

HOPE Yoga Studio in Dartmouth will offer free yoga in the park garden at 2:00 PM. The garden is located outside of the National Park Visitor Center located at 33 William Street in downtown New Bedford. Bring yoga mats, if you have one. The park has a limited supply of mats for those who don't have one. Please RSVP (for yoga only) by calling Emily Prigot at 508-996-4095 x 6105 or via email at emily_prigot@nps.gov.

The park will also offer free guided walking tours at 10:30 AM and 2:30 PM. Burn While You Learn maps are available for those

who would rather explore the park at their own pace. The maps provide self guided walking routes to historical destinations in the park and information about calories burned from traveling to each site.

“Outdoor physical activity is not exclusive to parks with wide open spaces and hiking trails,” said Superintendent Jen Nersesian. “Urban parks such as New Bedford Whaling National Historical Park offer opportunities to engage mind and body. Come walk the streets, see the architecture, hear the sounds of the harbor as people have done here for centuries – you can experience history with your own five senses, firsthand, while you get outside and move.”

National Get Outdoors Day is a new annual event to encourage healthy, active outdoor fun. American families, American communities and the nation benefit from the connectivity and unity that results from family and friends enjoying time in the outdoors.

New Bedford Whaling National Historical Park was established by Congress in 1996 to help preserve and interpret America's nineteenth century whaling industry. The park, which encompasses a 13-block National Historic Landmark District, is the only National Park Service area addressing the history of the whaling industry and its influence on the economic, social, and environmental history of the United States.

The National Park visitor center is located at 33 William Street in downtown New Bedford. It is open seven days a week, from 9 AM-5 PM, and offers information, exhibits, and a free orientation movie every hour on the hour from 10 AM-4 PM. The visitor center is accessible to all. Admission is free. For additional information and schedules, go to the park website at www.nps.gov/nebe, call 508-996-4095, or visit the park's Facebook page.