



NEWS RELEASE

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Restore in the Outdoors at Oakland County Parks

Park entry fees waived and free health and wellness activities to be offered May 4

OAKLAND COUNTY – April 25, 2024 – Celebrate the health and wellness opportunities Oakland County Parks (OCP) has to offer during the free Restore in the Outdoors event on Saturday, May 4. On this day, park entry is free and guests will have access to trails, dog parks, playgrounds, fishing spots and more at 15 OCP locations. In addition, free programming will be offered at Pontiac Oaks County Park and Red Oaks Nature Center in Madison Heights.

“We often hear from guests how essential their Oakland County Parks are to them and how being outdoors positively impacts their daily routine,” OCP Director Chris Ward said. “Restore in the Outdoors is an opportunity for individuals to discover new ways to connect with nature and each other through health and wellness activities.”

The event highlights OCP’s core values, which include providing parks and recreation services that feel safe and welcoming to everyone and increasing access to the spaces and experiences that promote physical, mental and social health.

Programming at Pontiac Oaks County Park, 1400 Telegraph Road in Pontiac, will be held from 10 a.m.-noon and includes:

- Fishing at the pier with free equipment available for guests to use
- Bird hikes led by parks naturalists
- Happy Little Rocks arts and crafts station
- Beginner Vinyasa Flow Yoga from 10:15-11 a.m., presented by Studio 8 Fitness
- Yin meditation from 11:15 a.m.-noon, presented by Studio 8 Fitness

Programming at Red Oaks Nature Center, 30300 Hales St. in Madison Heights, will be held from 10 a.m.-3 p.m. and includes:

- Bird hikes from 10-11 a.m. and 2-3 p.m.
- Forest Bathing from 1-2:30 p.m.; preregister by calling 248-858-0916 weekdays

For questions, call 248-858-0916 or email Recreation Program Supervisor Melissa Nawrocki at Nawrockim@oakgov.com. View the printable Restore in the Outdoors flyer and additional event information at OaklandCountyParks.com.

During Restore in the Outdoors, entry fees will be waived at these Oakland County Parks:

- Addison Oaks County Park, 1480 West Romeo Road, north of Rochester - Activities include biking, boating, disc golfing, equestrian riding, fishing, geocaching, hiking, mountain biking, picnicking and playing on the playground
- Groveland Oaks County Park, 14555 Dixie Highway, Holly - Boating, fishing, hiking, picnicking and playing on the playground
- Highland Oaks County Park, 6555 Milford Road, Highland - Biking, boating, equestrian trail riding, fishing, geocaching, hiking and picnicking
- Independence Oaks County Park, 9501 Sashabaw Road, near Clarkston - Biking, boating, fishing, geocaching, hiking, visiting the nature center, picnicking and playing on the playground
- Lyon Oaks County Park and Dog Park, 52221 Pontiac Trail, Lyon Township - Biking, playing at the dog park, geocaching, hiking and picnicking
- Orion Oaks County Park, 2301 W. Clarkston Road, Lake Orion - Biking, boating, fishing, geocaching, hiking and picnicking
- Orion Oaks Dog Park, Joslyn Road between Clarkston and Scripps roads, Lake Orion
- Red Oaks Dog Park, 31353 Dequindre Road, Madison Heights
- Rose Oaks County Park, 10400 Fish Lake Road, near Holly - Biking, boating, equestrian trail riding, fishing, geocaching, hiking and picnicking

Park hours are 30 minutes before sunrise to 30 minutes after sunset, or as posted at the park.

Restore in the Outdoors is part of a series of Free Entry Days the Oakland County Parks and Recreation Commission offers each year. For a complete list of 2024 Free Entry Days and participating locations, visit [OaklandCountyParks.com](https://oaklandcountyparks.com).

These parks are always open to the public free of charge: Catalpa Oaks County Park in Southfield; Springfield Oaks County Park in Davisburg; and Waterford Oaks County Park in Waterford.

For more information about Oakland County Parks, visit [OaklandCountyParks.com](https://oaklandcountyparks.com). Join the conversation on [Facebook](#), [Instagram](#) and [X](#).