



Marion County
Board of County Commissioners

Office of Public Information

601 SE 25th Ave.
Ocala, FL 34471
Phone: 352-438-2300
Fax: 352-438-2309

Contact: Barbra Hernández, Public Information Officer

Office: 352-438-2310 ▪ Cell: 352-615-5994 ▪ Email: barbra.hernandez@marioncountyfl.org

KICK OFF THE NEW YEAR IN HIGH GEAR AT A MARION COUNTY PARK

Immediate Release

MARION COUNTY, Fla. (Jan. 4, 2012) – Guests have already left, the refrigerator is nearly empty and decorations are finding their way back to the attic. The holiday frenzy is officially over and you're settling into the usual schedule, perhaps with a little less energy and a little more weight than you set out with. Looking for advice with some post-holiday recovery? Let Marion County Parks and Recreation help freshen up your start of the new year.

Whether your choice is to relax or to work back your energy levels this month, Parks and Recreation can help you achieve your goal with any of the following outdoor recreation programs:

- **Kayak outings** (Jan. 7, 8, 13, 21 and 22): learn kayaking basics, enjoy stunning wildlife sightings or paddle at your leisure on the Rainbow, Silver or Ocklawaha rivers. Kayaking equipment is provided.
- **Eco tram tours** (Jan. 12, 15, 26 and 29): take some time to unwind on a motorized nature ride through Sunnyhill Restoration Area or Carney Island Recreation and Conservation Area and take a closer look at breathtaking landscapes and native wildlife.
- **Basic wild caving** (Jan. 14): turn on your hardhat light and get ready to climb, crawl and squeeze through rocky surfaces and tight spaces as Marion County staff leads you on a cave exploration program. Caving gear is provided.

Pre-registration and nominal fees are required. For hours, fees and more information on these programs, visit www.marioncountyfl.org/parks.htm. To learn more about Marion County Parks and Recreation programs, call 352-671-8560 or visit the office (111 SE 25th Ave., Ocala).

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"Meeting Needs by Exceeding Expectations"