



Fresco Adventures Fall 2025

Mother Nature is calling you to come outside and play.
Join us for the fresh air and sunshine!

Visit the [Fresco Adventures Meetup](#) site for the latest events. Join today
to begin exploring nature with a group of fun outdoor people.



FRESCO = *Fun Reasons Everyone Should Come Outdoors!*



Outdoor Fun

September 14: Hike and Wine in Maryland

September 17: Meditation Hike

September 20-21: Kayak and Camp

September 24: Meditation Hike

October 5: Hike, Lunch, and Wine in Virginia

October 11: Hike Cash Lake Trail in Maryland

November 23: Hike the Alexandria Heritage Trail in
Virginia

November 30: Harpers Ferry Hike in West Virginia

Interested in hiking any or all of the Pacific Crest Trail?



Health and Wellness

Join us for 7 days to a healthy lifestyle living.

Lose the waste, weight, and waist!

[Program Teleconference Overview at 6PM:](#)

[September 10](#)

Private sessions or on your own with daily emails for guidance are available.

More on the 7-Days to
Wellness Programs



Investment Learning Programs

January: Introduction to Money Management and Investing for Teens and Adults

Register online at www.pgpparks.com and select the Activities and Events option to search for your class session



Upcoming Winter Outdoor Fun

[Register Online](#)

January 18: Hike Fort Marcy in Virginia

February 8: Urban Hike in Frederick, Maryland

March 28: Hike in Virginia TBD

Investment Learning Programs

January - March: Introduction to Money Management
and Investing for Teens and Adults

www.pgpparks.org (Select Classes and Events and search
'money' for the list of classes available)

Investment Learning Programs

April: Introduction to Money Management and Investing
for Teens and Adults

www.pgpparks.org (Select Classes and Events and search
'money' for the list of classes available)

