



Video Transcript: The Forecast, Episode One

Deb: Hello, my name is Deb. I'm with the Conservancy for Cuyahoga Valley National Park. We're the non-profit partner to the National Park Service and we work here in Cuyahoga Valley National Park to provide educational experiences, raise money for projects, host events and do a variety of visitors services in order for you to have a great experience in Cuyahoga Valley National Park.

I'm here today to talk about getting outside in the park in the winter. I think it's going to be very important for everybody to feel comfortable being outside for your own physical health and for your mental health. The park is an absolutely beautiful place in the winter and we want you to get out and enjoy it.

With me today is Devin from Appalachian Outfitters and he's going to give you some very special information about enjoying the park in the winter. Appalachian Outfitters is a wonderful partner to the National Park located right on the edge. They financially support the work of the Conservancy and offer discounts to our members. Devin, it's great to be with you here today.

Devin: Thank you very much. Yeah, my name is Devin I work over at Appalachian Outfitters, a small little family-owned outfitting shop on the edge of Cuyahoga Valley National Park and our job is to make sure that you're geared up properly and safely to go out and enjoy all of Ohio and all of its random weather.

Deb: I know I'm here with you on a beautiful sunny fall day, but I'm also here to tell you that the park is beautiful no matter what the weather is. This park is truly a year-round park with lots to do even on rainy and snowy days. We have inside places that you can go from our Trail Mix stores to the downstairs of our visitor center to the shelter of the May barn that's located right next to the visitors center.

You can also enjoy being out on the trails. Bring poles with if you like it's a little easier in mud and in snow if you use poles. Dress for the weather be comfortable and you'll find that the magic of nature this time of year and through the winter is really really special. Look for tracks in the snow. If you have children especially, they love looking for different animal tracks. Get a winter bark guide and learn to identify trees just by their bark. It's actually quite fun.

I think the birds are magnificent in the winter, the birds we have in this park, and you will see them and hear them. A few weeks ago I was out at Sylvan Pond over at the Oak Hill area of the park and heard a barred owl call at 4:00 p.m. in the afternoon and it was really magical.

I think it's really going to be important this winter for our mental health and our physical health that we get outside and that we be active. So please, think about coming any day of the week. We're open 24 hours a day, seven days a week. Come and enjoy your national park. It's a great place to be any time of year. There's lots you can do, and we want you to really find this to be your home, especially this winter.

Devin: As you're out enjoying our park system here, it's important to make sure that you are layered up properly for the different weather patterns that we have starting with a base layer, then going to something like a fleece, a light insulated piece, your rain shell, and finally topping it off with a pair of winter insulated boots a pair of gloves and a hat, all of which we have a large selection of at Appalachian Outfitters, where if you stop in for more tips and tricks, we offer a discount to our Conservancy members as well as donate a portion of those proceeds back to our park.

Deb: Thank you for joining us today. It's been great to be here with Appalachian Outfitters and we really want you to get out and love this park this winter.

Devin: Thank you so much. Tune in next time for a video coming up on more about our park and more about how we can help outfit you and get you out and enjoying it.