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## For Immediate Release

### Announcing A Guided Wildflower Hike, Journaling and Art Experience

Marysville, Calif., April 9, 2025 – Yuba Sutter Arts & Culture is proud to announce the next in its series of free, outdoor nature programs geared toward getting the community outside to enjoy guided hiking, nature, art, and journaling adventures. Join naturalist in residence, Anna Newman, who will lead a wildflower hike on Saturday April 26 for wildflower viewing, and a lesson in sketching and nature journaling. Participants will meet at the Burrows Center for the Arts Gallery, 624 E Street in Marysville at 8:30 am for a 9:00 am departure. The destination is [the Buttermilk Bend Trail in the South Yuba River State Park](#) at 17660 Pleasant Valley Road in Bridgeport. Participants can drive independently, rideshare with others, or follow a caravan from the Marysville meeting place.

This will be an easy hike with several stops to sketch, nature journal and observe nature. The art and journaling sessions will be led by artist in residence, Pam Nowak. Along the way, participants are likely to see poppies, lupines, larkspur, fiddlenecks, popcorn flowers and other flowers that will be blooming. It is also likely to encounter large black and blue Pipevine Swallowtail butterflies fluttering from wildflower to wildflower. Time will be set aside for instruction in nature journaling, sketching and photography.

The event is free to all, but advance registration is mandatory at [yubasutterarts.org](http://yubasutterarts.org). Free art supplies will be provided to all participants along with water and snacks. There are outdoor tables for lunch after the hike, so plan to bring a sack lunch. The caravan will return to Marysville after lunch for an estimated 2 pm return to the E Street location. Participants are welcome to stay longer, hike other trails, enjoy the museum, and return to Marysville or leave for their final destination on their own. There will be a brief info session via Zoom at 4:00 pm on Wednesday, 23, 2025. The link will be emailed to registered participants.

This event is all made possible thanks to an Outdoor Equity Program Grant Yuba Sutter Arts & Culture received from the California State Parks & Recreation Department. The funding is part of California State Parks' statewide initiative that has provided grant funding to 125 communities to help advance its "[Outdoor Access for All](#)" initiative. The funding helps establish hubs for local activities and trips to natural areas for underserved communities. Why is access to the outdoors important? Nature is a public good that's crucial for adults as well as children's health and well-being. [Scientists estimate](#) that every \$1 spent on creating and maintaining park trails can save almost \$3 in health care alone. Additional studies show that access to parks and greenspace can [increase](#) children's physical activity, [reduce](#) stress in children and [improve](#) academic performance.

Announcements about further outdoor art adventures will be made later this Spring. Register for these programs at [yubasutterarts.org](http://yubasutterarts.org) or call 530-742-ARTS (2787). You will receive a list of what else you will need to bring once you register. If you have questions or concerns, please contact Anna Newman at 956.525.2031.

**About YSA:** Yuba Sutter Arts is a non-profit organization whose mission is to provide arts programming, education, advocacy, assistance and service to artists, organizations and residents of Yuba and Sutter Counties. The local affiliate for Yuba and Sutter of the California Arts Council, its programs include

Arts in Education, Veterans Initiatives in the Arts, Arts in Corrections, Very Special Arts Festival, the Yuba-Sutter Big Band, Center Stage Youth Performing Arts, Convergence Theater Co., and many more.

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