



Fall 2025 Programs

North Region Coastal District
Lynn Shore & Nahant Beach Reservation
Department of Conservation and Recreation

All programs are free and open to the public. An adult must accompany children. Please dress for the weather. Programs are cancelled during inclement weather, including high winds and extreme temperatures. For more information, or if you would like to receive regular emails about our current program schedules, please call (617) 721-4132 or email Matthew.Nash@mass.gov.



ADA/Reasonable Accommodation
617-645-0358 | Moneesha.dasgupta2@mass.gov

Saturday 9:00 a.m.–12 p.m. October 25	Creatures of the Sea and Sand Discovery Station Drop by anytime for a brief (3-5 minutes) lesson about the fascinating and vital creatures that rely on the sea and sand for their survival. Ages: All ages. Children must be with an adult. Meet At: Red Rock Park, 188 Lynn Shore Drive, Lynn, MA
Friday 9:00–10:30 a.m. September 26	A Mindful Awakening with Nature Engage your senses to deepen your connection with nature and boost peace, creativity, and health. Expect sitting, standing, and short walks. Bring a small chair, blanket, or pad to sit on. Ages: Adults and teens with adults. Meet At: Nahant Beach, at beach access #1 adjacent to the Tide’s Restaurant, 2 Wilson Road, Nahant, MA
Thursday 9:00–10:30 a.m. October 23	
Fridays 2:30–3:30 p.m. October 24 November 7 & 28	The Quiet Beauty of Birding Come join us for an up-close look at sea ducks and gulls in action! Observe, share your insights, ask questions, and connect with fellow bird enthusiasts. Ages: For adults & kids 8+. Children must be with an adult. Location: Red Rock Park, 188 Lynn Shore Drive, Lynn, MA