

Exploring Table Mountain and New Melones Lake



Let's Move Outside! is about putting children on the path to a healthy and active future, and on March 30, New Melones Park Ranger Tracy Neal guided 34 students from the Chinese Camp Elementary school in Chinese Camp, California, along with their teachers and parents, for a second annual trip to explore the top of Table Mountain. During the 2-hour hike, they used their guide books to search for and identify wildflowers. At the seasonal vernal pools, the kids enjoyed getting wet while they searched for aquatic creatures. They took a magnified look at insects ranging from water striders, diving beetles, tadpoles, water mites, and dragonfly nymphs. The group then hiked to a location with a panoramic view of New Melones Lake.

As they sat on top of an ancient lava flow overlooking the Table Mountain formation, they visualized how it was once an ancient river valley, which came to be a mountain. The hike ended with shared ideas on how they could help protect ecosystems.



Let's Move! a comprehensive initiative launched by the First Lady, is dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

