

# Mono Basin Ecology for Families



**July 27, 2024 • Nora Livingston**

Sliding scale \$10–40 per person  
enrollment limited to 12 participants

This naturalist-led field seminar for families is a hands-on, immersive experience designed to foster an understanding and appreciation of the habitats in the Mono Basin. Open to families with kids ages 6 and up; there will be something for everyone, no matter their age. Throughout the day, we will explore several different habitats and do fun activities at each one. Scavenger hunts, science experiments, nature art, and more will keep you and your family having fun all day! All materials will be provided. This family-friendly seminar encourages bonding, environmental stewardship, and a deeper connection with nature. At least one adult per family is required to attend.

Nora Livingston is the Mono Lake Committee's Lead Naturalist Guide. She has spent more than a decade exploring the many unique nooks and crannies of the Mono Basin and the Eastern Sierra. It is a true joy for Nora to share her excitement for the natural world with anyone and everyone, especially young people. She also volunteers for the local fire department and coaches middle school volleyball in Lee Vining.

The Mono Lake Committee and this seminar series operates on the ancestral homelands of the Kutzadika'a people, who continue to have an inherent and indivisible connection to Mono Lake and Kootzagwae (the Mono Basin). To support their federal recognition efforts, please refer to [this link](#).

## ITINERARY

**Saturday, July 27 at 9:00am:** Meet at the Mono Lake Committee Information Center & Bookstore for introductions. We will spend the day doing family friendly activities around the Mono Basin, carpooling to each location. The day will end around 3:00pm.

## ACTIVITY LEVEL:

This seminar's activity level: *adaptive*. This seminar's activities and terrain will be dependent on the experience and comfort level of participants and the instructor will adapt the route and/or locations based on the group's need. We may be visiting high elevation areas as well as dry, arid areas. Please reach out to [fieldseminars@monolake.org](mailto:fieldseminars@monolake.org) if you have questions or to share accessibility needs.

## WEATHER & ALTITUDE

Temperatures in summer will be hot during the day and drop to chilly at night, with possible windy conditions and afternoon thunderstorms. Average temperatures in July in Lee Vining are 85°F (max) and 54°F (min).

This seminar will take place at elevations ranging from about 6,000 to 10,000 feet above sea level. It is a good idea to acclimate at the elevation of Lee Vining for at least 24 hours prior to the start of the seminar. Those with a history of heart, ear, or respiratory problems should consult their doctors before attending. Anyone restricted to lower elevations should not enroll.

Remember to bring (and drink!) lots of water because your body loses more water at the higher altitudes of the Mono Basin. Begin drinking extra water as you drive to higher elevation in order to prevent dehydration and headaches. Also, the sun is intense at high elevations, capable of burning even on cool and cloudy days, so be sure to protect yourself thoroughly using sunscreen, sunglasses, and hat.

## MEALS

Please bring a lunch and snacks to eat for each person.

## TO BRING

- appropriate field clothing: hat, sunglasses, layers, rain gear
- day pack including plenty of water, sunscreen, insect repellent, etc.
- packed lunch and snacks
- towel



## Mono Lake Committee Field Seminars

P.O. Box 29 • Lee Vining, CA 93541 • (760) 647-6595 • [monolake.org/seminars](http://monolake.org/seminars)