

*Rewild
yourself*

NATURE GUIDE NEW YORK CITY





WHAT YOU'LL FIND

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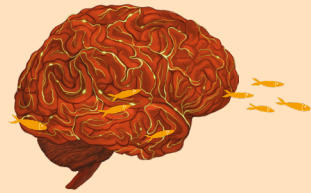


HOME BUTTON RETURNS
TO CONTENTS PAGE

COMPASS BUTTON TO
EXPLORE ADVENTURE MAP



MAGNIFYING GLASS
HIGHLIGHTS INFO LINK



ReWild Yourself in New York...

In the densely populated urban jungle that is NYC you can find many iconic skyscrapers, but there is also some incredible Nature to be found, bringing rest and reprieve to bustling city life. Nature is an important part of what makes New York so special. This guide is a way to get lost in Nature, explore the city and ReWild Yourself.



NATURE IN NYC

Nature finds a home amidst the city buzz.
Take a moment to peek into the trees.



Peregrine Falcon

Where: Try Manhattan and Brooklyn
When: All year round
ID tip: Seek their white face with a striking black mustache



Green Six-spotted Tiger Beetle

Where: Scavenge in trails and dirt paths
When: Spring into early summer
ID tip: Their emerald green color body is set off by six white spots

Eastern Gray Squirrel

Where: Head to the trees
When: Spring, summer, fall
ID tip: Their bushy tails are as long as their bodies



American Bullfrogs

Where: Keep an eye out in any state park
When: April to October
ID tip: Color varies from brownish to shades of green, often with spots

Pin Oak

Where: Head to bodies of water
When: All year round
ID tip: Their green leaves have between 5 and 7 lobes



Little Brown Bat

Where: Check out local park or forested area, especially near water and along trails
When: Late spring to early autumn, two-to-three hours after dusk
ID tip: They have a glossy fur that is olive-brown

White Tailed Deer

Where: Staten Island
When: All year round
ID tip: Summer coat is red, winter coat more gray

Coyote

Where: Try Queens and the Bronx
When: All year round
ID tip: They can appear brown, blonde, red, black, or a mix thereof

Common Green Darner Dragonfly

Where: Head to bodies of water
When: April through to October
ID tip: Look for a slice of green color with large wings



Diamondback Terrapin

Where: Head to a brackish water shoreline
When: Late May to early July
ID tip: They can be very still — look closely for gray 'stones' with black spots



Visit [iNaturalist](#) for other wildlife to spot in New York city, and to record your sightings.

REWILD YOURSELF

Take some time to 'be' in Nature...

Bare Feet

Take off your shoes (explore the theory called "grounding") and walk on the surface of the Earth, where there is a layer of electrons.

By touching it to our skin, it's believed we absorb natural energy



Find out more [here](#)

Hug a Tree

We're serious. Touching, appreciating and witnessing trees up close creates feelings of comfort and connection to the most ancient living things on the planet. We're lucky to have so many of them on the streets and in the parks of NYC



Find the perfect tree with the [NYC Street Tree Map](#)

Visit our [library](#) for more ideas on ways to ReWild Yourself

Look up

The swaying canopy witnessed from the ground is not only beautiful, it allows you space and time away from the digital world, and helps to calm and slow the mind

Get Connected

Local community gardens and parks are always looking for support and volunteers. Find out what's happening in your neighborhood and see how you can help to keep Nature and communities thriving in NYC

Use our map to find community gardens in the city

Invite Nature In

Taking care of plants in your home is not only proven to increase happiness, it can help to clean the air and support overall wellbeing. (They are also great life teachers)

The Pathways to Nature Connectedness

Research has found that when people activate these pathways when engaging with Nature, they feel closer to the rest of the natural world.

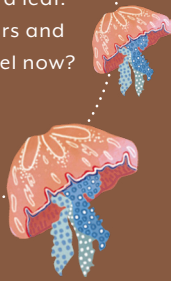
Emotion

How does Nature make you feel? Do you associate positive or negative emotions with Nature?



Contact

Hug a tree or pick up a leaf. Take notice of its colors and texture. How do you feel now?



SOURCE: The Nature Connectedness Research Group, University of Derby.



Meaning

What does Nature mean to you? What smells, sights and memories are ignited?

Compassion

How much litter did you spot on the ground today? How do you think this impacts the natural world? What can we do to help?



Beauty

When do you appreciate Nature most? Is it the sunset over the water, or maybe the longest day of the year? Why?

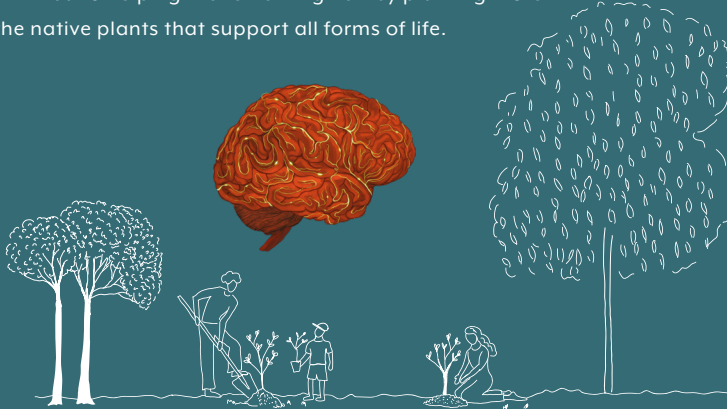


Discover more with the
Nature Connection Handbook

REWILDERS IN NYC

ReWilding Initiative 🔍

Re-Wilding Initiative is a non-profit company dedicated to selecting, distributing and planting native plants. Because over half of our wild spaces and species are gone, they are committed to helping the remaining half by planting more of the native plants that support all forms of life.

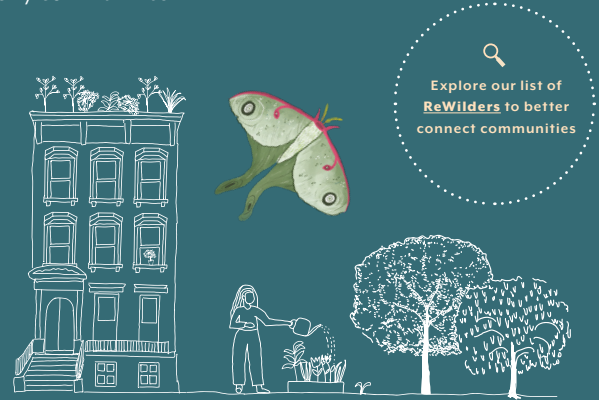


Natural Areas Conservancy 🔍

Natural Areas Conservancy champions urban natural areas in New York City and across the nation through innovative research, partnerships and advocacy. They increase the health and resilience of urban forests and wetlands, catalyze connections between people and nature, and strengthen the environmental workforce.

Brooklyn Grange 🔍

Brooklyn Grange promotes sustainable urban living by building green spaces, hosting educational programming and events, and widening access to locally-grown produce in New York City communities.



Grow NYC 🔍

Grow NYC's mission is to improve New York City's quality of life through environmental programs that transform communities block by block, and empower all New Yorkers to secure a clean and healthy environment for future generations.

Farm School NYC 🔍

Farm School NYC's mission is to train NYC residents in urban agriculture, in order to build self-reliant communities and inspire positive local action around food access and social, economic, and racial justice issues.



Connecting with Nature

Where is your favorite place in NYC to take a moment and listen to Nature?



How does being close to Nature make you feel? What wisdom has she shared with you?

Do you ever feel disconnected from Nature?



-10-



Struggling to slow down and connect?
Why not try a **guided meditation** in Nature.

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Connecting with Each Other...

Sit down with someone you don't know and ask them these questions. It's a great ice breaker.

Do you have a secret place in Nature that you love to go to?

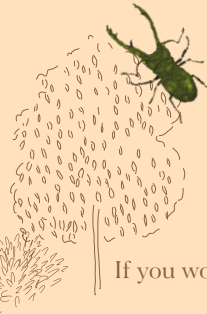


Who or what has taught you the most about connecting with Nature?

Describe any meaningful relationship you've had with a non-human being

Is there a place in Nature that you dream of spending time in?

Who's your favorite companion for time spent in Nature?



What gives you optimism for a healthy planetary ecosystem in the future?



If you would like to share your insights with us
IG: [@rewildyourself](#) [#rewildyourself](#)



NATURE SITES IN NYC

Need a dose of Nature? Why not visit the following parks, gardens and Urban Nature projects in the city, helping NYC to grow into a greener and more resilient, happy, healthy and equitable place.

Find each site using our adventure map

Find each website by the title link (if available)

Direct link to Google map

What's your favorite outdoor childhood memory?



Small Sanctuaries in the City

1.

Elevated Acre

Tucked between two office buildings in Manhattan's Financial District, a seemingly unremarkable escalator elevates you to this hidden gem, and an expanse of green calm above the busy streets.

2.

Garden at St. Luke in the Fields

Locals refer to it as the "secret garden" — a blooming oasis behind brick walls. Home to several rare hybrids as well as native American flora. Just keep the secret to yourself!

3.

6BC Botanical Garden

This community-run botanical garden in the East Village is the product of collaboration and kinship. It is home to a diversity of plants, a small pond, and even a tiny tree house.

4.

The High Line

This elevated greenway runs for 1.45-miles along a former Central Railway spur in the West of Manhattan. It contains a mixture of perennials, grasses, shrubs and trees, inspired by the plants that initially reclaimed the space.

5.

Green Dome Garden

The once-neglected lot of Green Dome Garden is now a charming community space in the heart of Brooklyn. Built, grown and run by volunteers, its creative topography, plantings and masonry make visits an experience.

6.

The Ford Foundation Atrium



A lush tropical paradise in the center of Manhattan. The towering 12-storey atrium hosts a 10,000-square-foot garden with 39 species of trees, vines and shrubs.



7.



Greenacre Park

This pocket park in Midtown East, with its green walls, waterfall and ample tree cover, can almost make you forget the skyscrapers and traffic surrounding it.







8. Hallett Nature Sanctuary  
An intimate experience of Nature just steps from the busy streets of midtown. Rustic trails wind up and down the hill, leading to various overlooks and sitting areas near the pond.

9. Brooklyn Bridge Park  
Spanning over 1.3 miles of Brooklyn's waterfront, this treasure of a park offers breathtaking views of Lower Manhattan's panoramic skyline and New York Harbor.

10. Socrates Sculpture Park  
Abandoned riverside landfill turned open-air exhibition space, park and museum; reclaimed by the community and turned into an inspiring place. A 'Living Land Acknowledgement' is currently underway to honor the Indigenous peoples who cared for the land before colonial invasion.

11. Riverside Park Bird Sanctuary  
In 1841, famed naturalist John James Audubon bought thirty acres and built his home less than two miles north of what is now the Riverside Park Bird Sanctuary. It is designated as an official NYC Parks & Recreation Forever Wild site.

12. Highbridge Park  
Home to exotic forests, birds of prey and even city-rare salamanders, but also offering a mountain bike course and world-class skate park. A true gem of NYC where you can reconnect with Nature and access many sports facilities too.

13. Swindler Cove  
Opened in 2003, this new park was once an illegal dumping ground on the Harlem river. It now features wetlands, native plantings, and a Children's Garden where at-risk youngsters tend flowers and herbs through free programs.

Green roofs

14. Javits Center Green Roof  
This enormous 6.75-acre green roof is a wildlife sanctuary for birds, bats and insects. Register for a tour of the rooftop farm.

Close your eyes.
What can you smell?
What can you hear?





What's the smallest living thing around you right now? It could be a blade of grass, or a beetle

15. [Kingsland Wildflowers Green Roof](#) 🔍 📍
Kingsland Wildflowers at Broadway Stages hosts school group visits and a variety of events open to the public during the growing season.

16. [Brooklyn Grange Sunset Park](#) 🔍 📍
This city rooftop farm has seasonal tours and hosts events and workshops that cater to New Yorkers interested in sustainability, connection with Nature, and local farming.

Space to roam

17. [Inwood Hill](#) 🔍 📍
Inwood Hill Park is a piece of geological history, still showing the effects from glacier shifts such as caves and valleys. It's also the best place in the city to spot the Bald Eagle.

18. [Van Cortlandt Park](#) 🔍 📍
NYC's third largest park ranges over 1000 acres of the north-west Bronx. It houses rich forests and a large freshwater lake.

19. [Pelham Bay Park](#) 🔍 📍
The biggest park in NY — an enormous three times larger than Central Park — this Long Island jewel boasts a 13-mile saltwater shoreline. It's also a great location to view hunting Osprey.

20. [New York Botanical Gardens](#) 🔍 📍
A living museum, an educational institution, and a plant research and conservation organization situated in the Bronx. They offer a wide range of activities to get involved with and reconnect with Nature.

21. [Brooklyn Botanic Gardens](#) 🔍 📍
Since opening in 1911, this 52-acre public space has aimed to 'connect people to the world of plants, foster delight whilst inspiring an appreciation and sense of stewardship of the environment'.

22.

Prospect Park



Home to the majority of Brooklyn's remaining indigenous trees and vast man-made wetlands and waterways, this park also contains a zoo. On Nellie's lawn, find sculpted, carved and natural trees displayed as art in the exploration area.

23.

The Green-Wood Cemetery



Explore 478 acres of art, history and Nature in one of only a few American cemeteries to gain National Historic Landmark status. It offers tours, talks and educational resources.

24.

Marine Park



Over 530 acres of grassland and salt marsh, this Brooklyn haven has everything, from educational activities to Nature trails to numerous ball-game and watersports.

Wetlands and bluebelts

25.

Jamaica Bay



This delightfully undeveloped wetland estuary spans 18,000 acres. The bay is currently home to 325 species of birds, 50 species of butterflies and 100 species of fish.

26.

Howard Beach



Famous for its waterways, Howard Beach has been known since the early 1900s as the "Venice of Long Island." Visit Spring Creek Park, which is almost entirely marshland, for some serious bird-watching opportunities.

27.

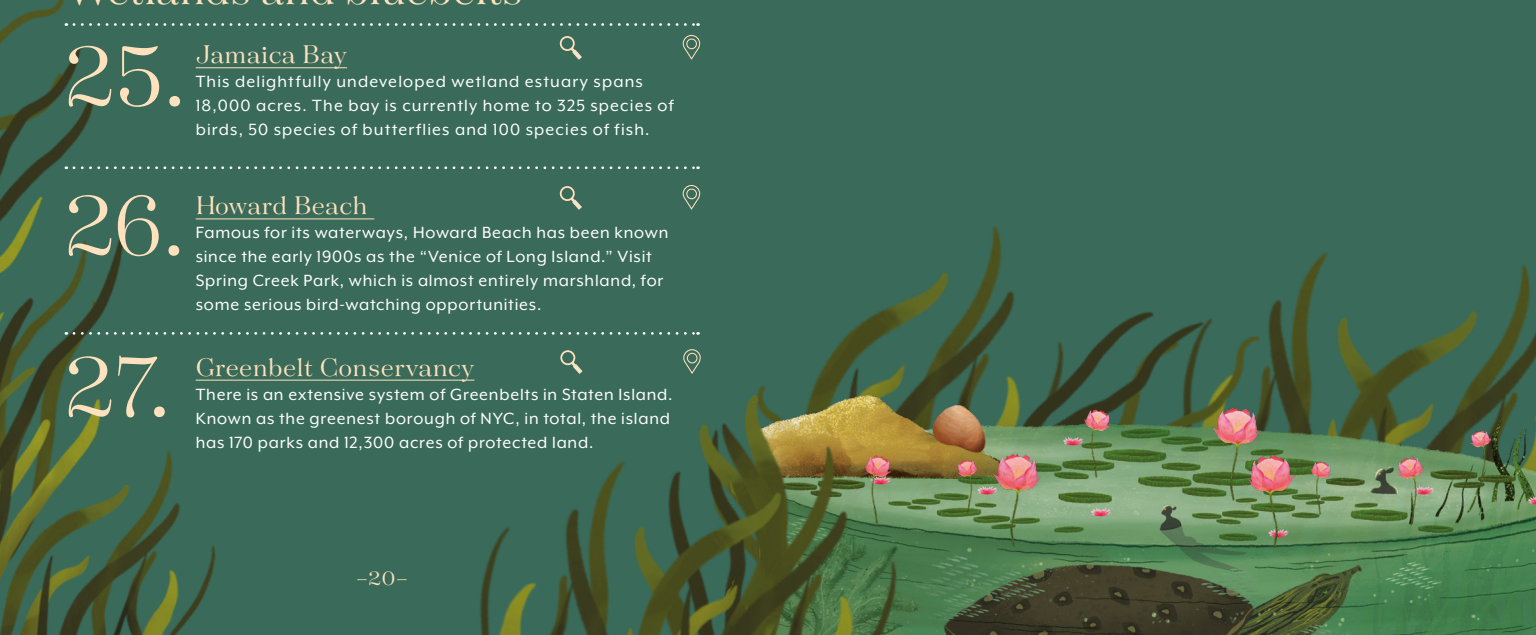
Greenbelt Conservancy



There is an extensive system of Greenbelts in Staten Island. Known as the greenest borough of NYC, in total, the island has 170 parks and 12,300 acres of protected land.



Where's your favorite spot in NYC to connect with Nature?



Adventure through New York's pockets of Nature

- SMALL SANCTUARIES
- GREEN ROOFS
- SPACE TO ROAM
- WETLANDS AND BLUEBELTS

- | | |
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| <p>1 Elevated Acre
55 Water St, New York, NY</p> <p>2 Garden at St. Luke in the Fields
485 Hudson St, New York, NY</p> <p>3 6BC Botanical Garden
630 E 6th St, New York, NY</p> <p>4 The High Line
New York, NY</p> <p>5 Green Dome Garden
227-235 N 12th St, Brooklyn, NY</p> <p>6 The Ford Foundation Atrium
320 E 43rd St, New York, NY</p> <p>7 Greenacre Park
217 E 51st St, New York, NY</p> <p>8 Hallett Nature Sanctuary
6th Avenue & Central Park S, New York, NY</p> <p>9 Brooklyn Bridge Park
334 V St, Brooklyn, NY</p> <p>10 Socrates Sculpture Park
32-01 Vernon Blvd, Queens, NY</p> <p>11 Riverside Park Bird Sanctuary
Riverside Dr, New York, NY</p> <p>12 Highbridge Park
W 190th St & Amsterdam Ave, New York, NY</p> <p>13 Swindler Cove
3705 Harlem River Dr, New York, NY</p> | <p>14 Javits Center Green Roof
429 11th Ave, New York, NY</p> <p>15 Kingsland Wildflowers Green Roof
520 Kingsland Ave, Brooklyn, NY</p> <p>16 Brooklyn Grange Sunset Park
850 Third Avenue, Roof, Brooklyn, NY</p> <p>17 Inwood Hill
Payson Ave. & Seaman Ave, New York, NY</p> <p>18 Van Cortlandt Park
Broadway & Van Cortlandt Park S, The Bronx, NY</p> <p>19 Pelham Bay Park
Middletown Road & Stadium Avenue, NY</p> <p>20 New York Botanical Gardens
2900 Southern Blvd., Bronx, NY</p> <p>21 Brooklyn Botanic Gardens
150 Eastern Pkwy, Brooklyn, NY</p> <p>22 Prospect Park
Brooklyn, NY</p> <p>23 The Green-Wood Cemetery
500 25th St, Brooklyn, NY</p> <p>24 Marine Park
2880 Flatbush Ave, Brooklyn, NY</p> <p>25 Jamaica Bay
175-10 Cross Bay Blvd, Queens, NY</p> <p>26 Howard Beach
Howard Beach, NY</p> <p>27 Greenbelt Conservancy
200 Nevada Ave, Staten Island, NY</p> |
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If you would like to share your insights with us

IG: @rewildyourself #rewildyourself

DISCOVER MORE IN NYC

🔍
Nature
Organizations

[THE NATURE CONSERVANCY](#)

[NYC NATURE CENTERS](#)

[NATURAL AREAS CONSERVANCY](#)

[TREE MAP OF NYC](#)

🔍
Science

[AMERICAN MUSEUM
OF NATURAL
HISTORY](#)



🔍
Urban
Gardening

[BROOKLYN GRANGE](#)

[FARM SCHOOL NYC](#)



🔍
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[REWILDING INITIATIVE](#)

[GROW NYC](#)

🔍
Nature & Art

[CREATIVE NATURE](#)

[SOCRATES SCULPTURE PARK](#)

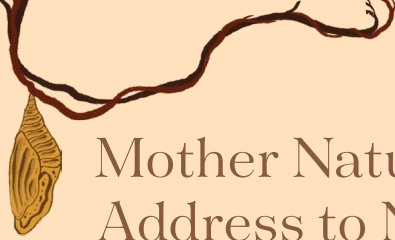
[NYC BOTANICAL GARDEN](#)

🔍
Mental Health
and Wellness

[NATIONAL ALLIANCE ON
MENTAL ILLNESS OF
NEW YORK CITY](#)

[MEDITATION IN NATURE](#)





Mother Nature's Address to NYC



Let me in
 My sun-lit gardens often taught to be ignored by the masses,
 surround you daily, scattering rains throughout your polluted busy routines
 Hoping you'll listen, hoping you'll stop and ground yourselves in
 the present... in the beauty... waving rows of green
 Screaming, "See me in the dying, cut down, used for commercialization needs"
 My salvaged trees proudly declaring, "Hello there, I'm here to help you
 to remind you that your life can be just as peaceful, as beautiful
 as the mystical sometimes mythical creatures swimming,
 living in the deep blue sea, undiscovered, uncovered, carefully
 with adventures, happiness, healing, and meaning
 as well-known as Central Park, as hidden as Hallett's Nature Sanctuary
 Prepared for give and take, I am a high stakes treasure map
 marking paths of resistance and resilience
 Leaving iridescent leaves and supporting unreported stems
 for you to follow me...to notice me...Hear me in the howling winds
 in the let-me-guide-you to get right within thunderstorms,
 If you're lost, this is feeling foreign, unsure where to go, find me on the farmlands
 Make space for me on your nature walks



Embrace me in all the open spaces, free for you to roam and explore
 in healthy ways that no longer ignore the obvious
 Your wish can only be my command when we're interconnected
 not just existing in each other's spaces or trading places
 But working together, listening and learning with one another, all over
 because right now access to my goodness is not equal, not allowable
 That's why Lady Liberty is apart of my call, my cries, I am begging you to
 "give me your tired, your poor, your huddled masses yearning to breathe free"
 My air will allow you do more than just be
 After-all, in New York, anything is possible.
 I am for you, for me, and everyone willing to be
 knowledgeable, respectful and responsible



Ms. Latrice P. Young also known as Distinctly Unique,
 wears many hats, most of which embody global storyteller, activist,
 educator, director, student, and artpreneur.



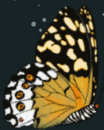
FACEBOOK: *Latrice P. Young / Distinctly Unique*
 INSTAGRAM: *@mslatriceyoung / @duniqueconnects*
 SNAPCHAT: *@dunique*
 WEBSITE



ReWild
yourself

Enjoy this opportunity to
ReWild Yourself with our guide
to connecting with Nature in NYC.

Created by Voice for Nature, our ReWild Yourself program aims to connect people with Nature all over the world, and make access to the outdoors equal for everyone. Share your thoughts, creations and walks with us at [@rewildyourself](https://www.instagram.com/rewildyourself)



REWILD YOURSELF

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