

DATE and TIME: Friday, December 6 at 7:45am

RSVP REQUIRED: Please RSVP to trip leader Laurie Kapsa at lauriekapsa@gmail.com.

DESCRIPTION: Today we'll visit beautiful Bok Tower Gardens in Lake Wales. Bok Tower should be decorated for the holidays by the day of our visit. *"Bok Tower Gardens boasts one of the greatest works of famed landscape architect Frederick Law Olmsted, Jr. The meandering, historic landscape garden was designed to be a contemplative and informal woodland setting offering a series of romantic recesses and tranquil resting spots, picturesque vistas and breathtaking views of the Singing Tower. Acres of ferns, palms, oaks and pines fashion a lush backdrop for flowering foliage showcasing an ever-changing work of art."*

Bok Tower is also known for its "singing tower" carillon bells and the El Retiro mansion. Short selections are played on the carillon on the half hour and hour and longer concerts are played at 1pm and 3pm daily. You'll find more information on the next two pages.

MEETING PLACE: Meet at the pickleball court parking lot from 7:45 to 8:00am. Carpooling is available. If you are carpooling, please donate some gas money to your driver. If you can offer a ride to other members, please let Laurie know when you RSVP.

ADDRESS: 1151 Tower Boulevard, Lake Wales, Florida 33853 BT phone: 863-676-1408

ITEMS TO BRING: Please bring plenty of water, a snack/lunch, a hat, sunscreen. Outside food and beverages are permitted or you may purchase lunch at the Blue Palmetto Café.

PETS: Dogs are welcome. The garden charges a \$10 fee per dog.

WEBSITE: www.boktowergardens.org

DAILY ADMISSION:

Adult general admission is \$20.

Adult general admission plus a guided tour from 11am – 12pm is \$27.

Adult general admission plus admission to the El Retiro mansion is \$30. (Combo admission)

Bok Tower Annual Memberships are also available. Reciprocal admission for participating gardens and cultural institutions will be offered. For your convenience, general admission tickets can be purchased upon arrival at the entrance gate or online.

Olmstead Gardens:

Bok Tower Gardens boasts one of the greatest works of famed landscape architect Frederick Law Olmsted, Jr. The meandering, historic landscape garden was designed to be a contemplative and informal woodland setting offering a series of romantic recesses and tranquil resting spots, picturesque vistas and breathtaking views of the Singing Tower. Acres of ferns, palms, oaks and pines fashion a lush backdrop for flowering foliage and the spectacular seasonal color of azaleas, camellias and magnolias (a highlight of our spring peak bloom season) showcasing an ever-changing work of art.

One of the wonderful attributes of the Gardens and natural habitats is its wildlife population. It includes 126 different species of birds as well as the threatened gopher tortoise and endangered eastern indigo snake. Bok Tower Gardens is a designated site on the Great Florida Birding Trail.

The Gardens consist of paved primary pathways and many mulched secondary paths, some of which have an incline. There are two main pathways that lead into the core Gardens, and many routes to choose in making your way to the Singing Tower. It is about an 8-minute walk to the Singing Tower from the Visitor Center.

Preserve Trail:

Education about the natural landscape of Bok Tower Gardens is a core component of our mission. The 1.5-mile Preserve Trail engages and inspires learners of all ages about one of Florida's most endangered ecosystems and our ongoing restoration efforts. Some of this land is an original Longleaf Pine forest, while some is former citrus grove being restored to Longleaf Pine.

Kitchen Garden & Outdoor Kitchen:

The Outdoor Kitchen features 6,400 square feet of culinary delight punctuated with a wood-fired pizza oven, top-of-the-line outdoor appliances and much more. Festive café string lights, ceiling fans and vine trellises make the kitchen functional, beautiful and intimate despite its large size. A center island with granite countertop provides more than 15 feet of space for chef demonstrations. The Kitchen Garden includes fruit orchard, grape arbors, and raised beds for herbs and vegetables. This area is a hub for horticultural and culinary activity showcasing lifestyle gardening and the culinary arts.

El Retiro Mansion:

Nestled in the heart of seven and one-half lush acres at Bok Tower Gardens is enchanting 20-room Mediterranean-style mansion that transports visitors back in time to the 1930s, a distinctive period in American history. Originally named "El Retiro," meaning "retreat" in Spanish, the home was built for Charles Austin Buck, a Bethlehem Steel executive. To preserve this architectural, cultural, and historic landmark, El Retiro was added to the National Register of Historic Places in 1985.

The Singing Tower carillon concerts are at 1 & 3 p.m. daily with short selections played on the hour and half-hour. The carillon schedule features historic recordings from the Anton Brees Carillon Library collection by carillonneur Milford Myhre and William De Turk for the summer months until mid-October. The carillon schedule features live concerts by Geert D'hollander mid-October through mid-May, Thursday to Sunday. **Concerts can be heard throughout the Gardens and there is no additional ticket required.**



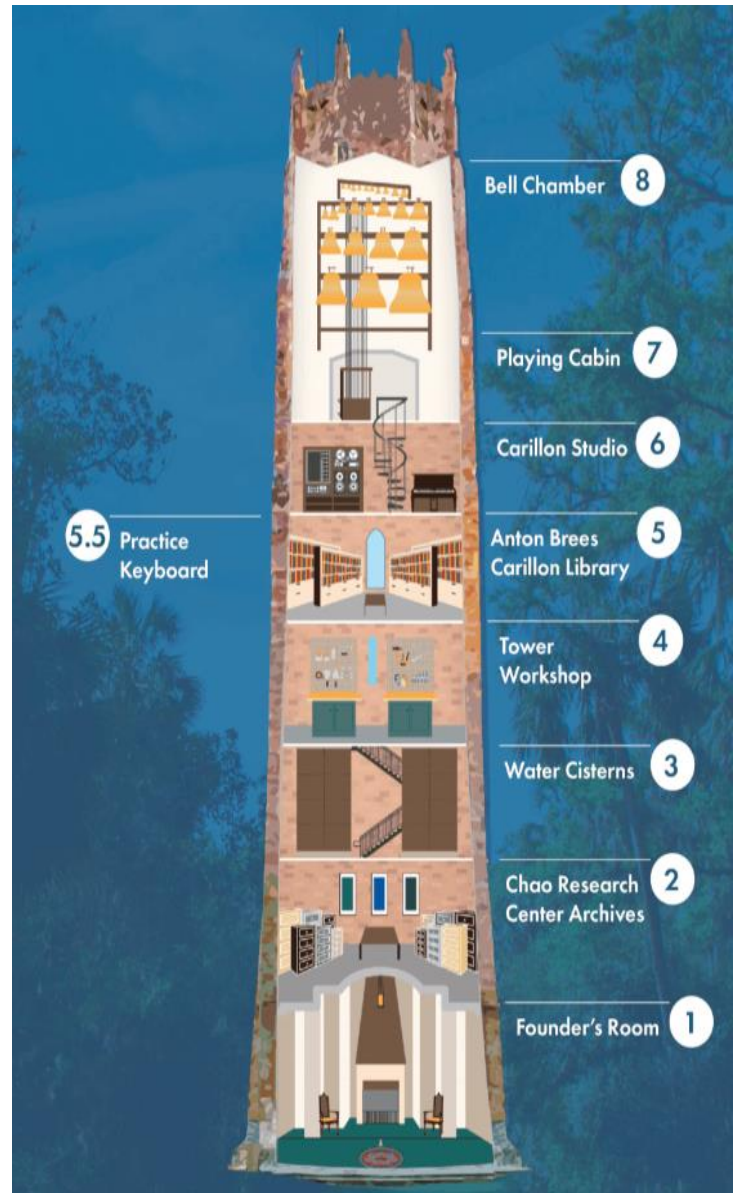
What is a Carillon?

A Carillon is an instrument of at least 23 tuned bells in chromatic series. Cast from bronze, which is composed mainly of copper and tin, and then specially tuned. The bells are “hung dead” meaning that the bells do not swing, only the clappers move. The instrument is fully mechanical (there are no electronics). The carillon art began in the low countries of Belgium and the Netherlands in the 17th century. Today, these countries still have the highest concentrations of carillons.

Fun Fact: There are approximately 600 carillons around the world and only about 185 carillons in North America. Imagine if there were only 185 pianos on the whole continent – and we’re lucky enough to have one here!

Keyboards

The carillon is played using a clavier (keyboard) that allows expressiveness through variation in touch, similar to a piano, using both the hands (in a lightly closed fist) and feet. The keyboard is connected through a series of wires and levers to each clapper which strikes inside of the bell, causing it to ring out. Bells cannot be silenced after they are rung. Most towers also have a practice keyboard, usually identical to the playing keyboard, which is connected to a set of xylophone bars, so that carillonneurs can practice privately, without being heard outside.



See your doctor before swapping the TV remote control for hiking boots, bikes and kayaks. Then pick a hike, ride or other trip within your comfort zone and begin your adventure. Participants are personally responsible for all their decisions and risks associated with their participation in any Outdoor Adventure Club activity.