BRIDLE TRAILS PARK FOUNDATION

To aide in nature connection remotely, we have created self-guided activities and lessons for children and adults to enjoy the park and learn along the way. We hope this inspires you to slow down, learn about our beautiful park, and build deep connections with nature. Please bring a clipboard and pen or pencil.

Trillium Trail Reflections

The Trillium Trail is our sign-guided 1.6-mile loop trail that sits in the middle of the park. It is perfect for all ages and has engaging and informative natural history signs along the way. As you walk or in a notebook, consider the questions posed below. Take deep breaths, consider how you feel at each stop along the way. Question one: Can you find the flower this trail is named after (in spring only)?

- Who was this park originally created for?
- Who has the right-of-way when walking on a trail: horses or humans?
- What does biodiversity mean?
- What pictures are on each of the signs? Pick your favorite on each and explain why.
- What are some examples of a "disturbance" to a natural area such as a forest?
- What is the understory of a forest? What are some examples of plants that are a part of the understory in this park?
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- List the different areas of growth in Bridle Trails State Park and explain how they are different.
- What does "succession" mean in terms of forests; and what is the succession of tree growth in this park?
- Why was the cedar tree so important to the Native Americans?
- How old is this forest?
- Why does vegetation change as you walk?
- What invasive plants pose a threat?
- Do the species of trees change as you walk? The type of understory? Why?
- How can we best meet management objectives that seem to be in conflict?
- How big are some of the original trees that grew in this park?
- When trees in the forest canopy die, does that cause a loss of habitat, or is new habitat created?
- Meet a tree. Get to know it by examining its leaves/needles, bark, and structure.
- What can cause gaps in the forest canopy? Look for evidence and record.
- Are all dead trees on the ground? Do you see signs of animals in the wood? Fungi? What are the fungi doing?
- Is the death of trees good or bad?