



W Kerr Scott Reservoir's TRACK Trail

W. Kerr Scott Reservoir's TRACK Trail adventures were designed for use on the Fish Dam Creek Trail. The Fish Dam Creek Trail is 0.75-miles one way, with a portion of the trail following the Yadkin River Greenway and a portion following the Overmountain Victory Trail.



Other Things Hiding for You to Seek

- Hornet nest (Don't touch!)
- A sapling (young tree)
- Something blue
- Running water
- Animal trail
- Spider web
- Feather
- Lichen
- Vine



Thanks for helping us find all that cool stuff!
See you next time on the trail.

TRACK your hike at
kidsinparks.com
and get **FREE** prizes!



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Kids in Parks...

Providing a network of fun-filled outdoor adventures that get kids and families connected to nature.

Inspiring the next generation of healthy, active stewards to protect our parks in the future.



The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?



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Nature's Hide & Seek



I can't find KIP. He always hides so well. Can you help me?

Sshhhhh!
I'm hiding from TRACK.

Oh, there he is. You're a good helper.



Now, let's find some other things hiding in nature. Just remember that all things in nature have a special place. Make sure you leave them here, so others can find them too!



Rough bark



Snag (standing, dead tree)



Smooth bark



Rock



Fern



Pollinator



Acorn



Moss

Many things in nature go unseen.
Their size, color and location can make
them hard to find.

On your walk today, see if you
can find some of these things.

What kind of bird is that...

When trying to identify a bird, the first things to look for are location and behavior. Is the bird up high making noise, or on the ground digging in leaves? Next, think about size and shape. Is it big like a crow, or small like a sparrow? Does it have pointy wings, or a long tail? Finally, you can use field marks to identify birds – flip to the back panel to discover how!

in the trees?

Almost all the birds of the Blue Ridge use trees and shrubs for food, shelter, or nesting. Woodpeckers and chickadees make their nests in the cavities of trees and pick insects from the bark. Trees can provide seeds and berries for birds such as cardinals and goldfinches to eat. **Look into the trees. How many different birds can you find? _____ What parts of the tree are the birds using? _____**



Downy Woodpecker
Picoides pubescens

Carolina Chickadee
Poecile carolinensis



Northern Cardinal
Cardinalis cardinalis

American Goldfinch
Carduelis tristis



on the ground?

Birds that feed on the ground usually specialize in catching bugs or finding seeds. American Robins use their beaks to pull earthworms from the ground. Juncos and towhees scratch through leaves to uncover fallen seeds and berries. Mourning doves peck insects and seeds from gravelly areas. **Check the ground near trail, stream and field edges. How many different birds can you find? _____ Can you tell what they are eating? _____**



American Robin
Turdus migratorius



Eastern Towhee
Pipilo erythrophthalmus



Dark-eyed Junco
Junco hyemalis



Mourning Dove
Zenaidura macroura

making noise?

Birds make all kinds of noises – some sing to attract a mate, while others will call attention to food, danger or territory. Carolina wrens are known for their loud, cheerful song and chattering sounds. Northern mockingbirds can imitate hundreds of different sounds, and will sometimes sing at night! **Close your eyes and listen for one minute. How many different birds can you hear around you? _____**



Carolina Wren
Thryothorus ludovicianus



Northern Mockingbird
Mimus polyglottos

in the air?

Birds that spend a lot of time in the air use their strong eyesight to find food. Hawks, crows and vultures can usually be found perched or circling up high as they search for their next meal. **Scan the sky over fields and through openings in the trees. Are there any large birds flying overhead? _____ Are they flapping or gliding? _____**



Turkey Vulture
Cathartes aura

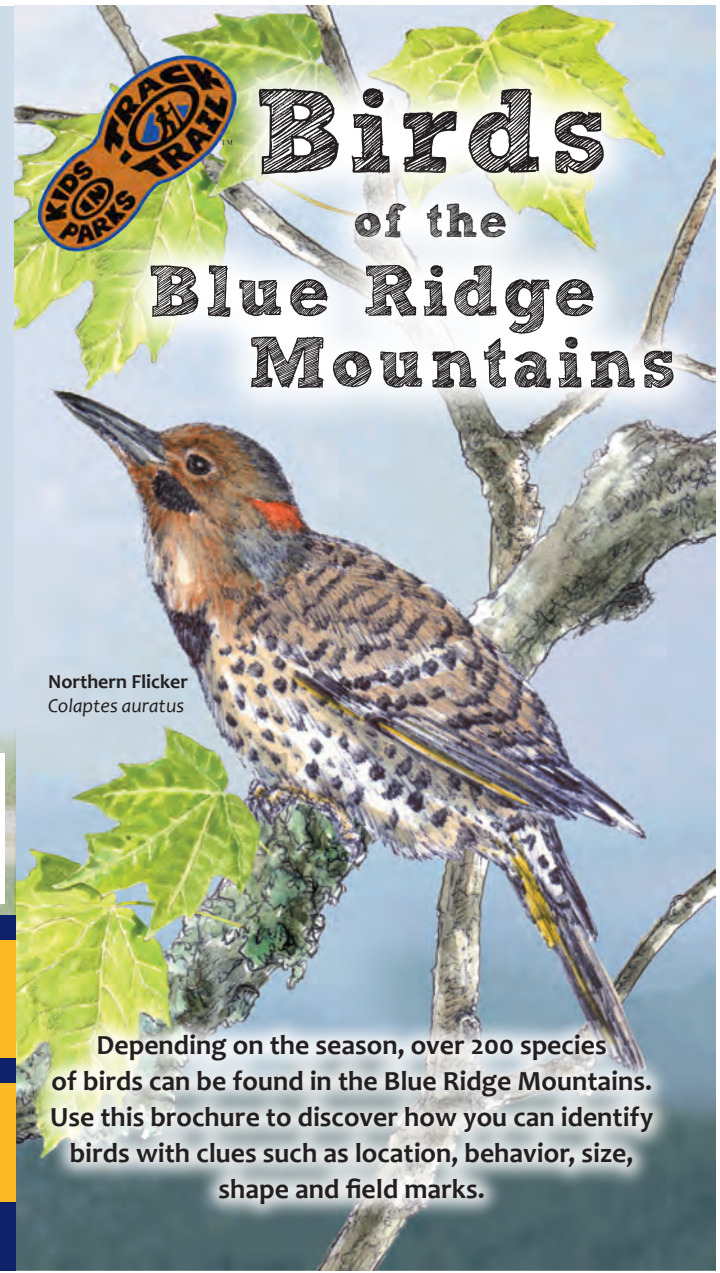


Red-tailed Hawk
Buteo jamaicensis

American Crow
Corvus brachyrhynchos



illustrations by David Williams



Birds of the Blue Ridge Mountains

Northern Flicker
Colaptes auratus

Depending on the season, over 200 species of birds can be found in the Blue Ridge Mountains. Use this brochure to discover how you can identify birds with clues such as location, behavior, size, shape and field marks.

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Field Marks

In addition to size, shape, location and behavior, field marks can be used to help identify birds. If you can't identify a bird in the field, remembering what certain parts of the bird looked like can help you identify it when you get home. On your birding adventure, find a bird and try to answer as many of these field mark questions as you can:

Blue Jay
Cyanocitta cristata

wing bars
Does the bird have wing bars?

tail bars
Are there any stripes across the bird's tail?

tail markings
Does the bird have white edges on its tail or a different color on the tip?

nape
What color is the bird's nape?

belly
What color is the bird's belly?

crown
What shape and color are the crown?

side
What color is the bird's side?

eyestripe
Does the bird have a stripe through the eye?

breast
What color is the bird's breast?

eyebrow
Does the bird have an eyebrow? What color?

throat
What color is the bird's throat?

beak or bill
What shape and color are the beak?

White Oak



The leaves of the white oak have rounded lobes, and the bark has a scaly appearance on older trees. The acorns are elongated with a shallow cup, and have a sweet taste, which makes them a preferred food of deer, bear, turkeys, squirrels and other wildlife. Because of the water-tight quality of the wood, white oak trees were valued in olden times for shipbuilding, and white oak is still used today to make barrels.

Yellow Poplar



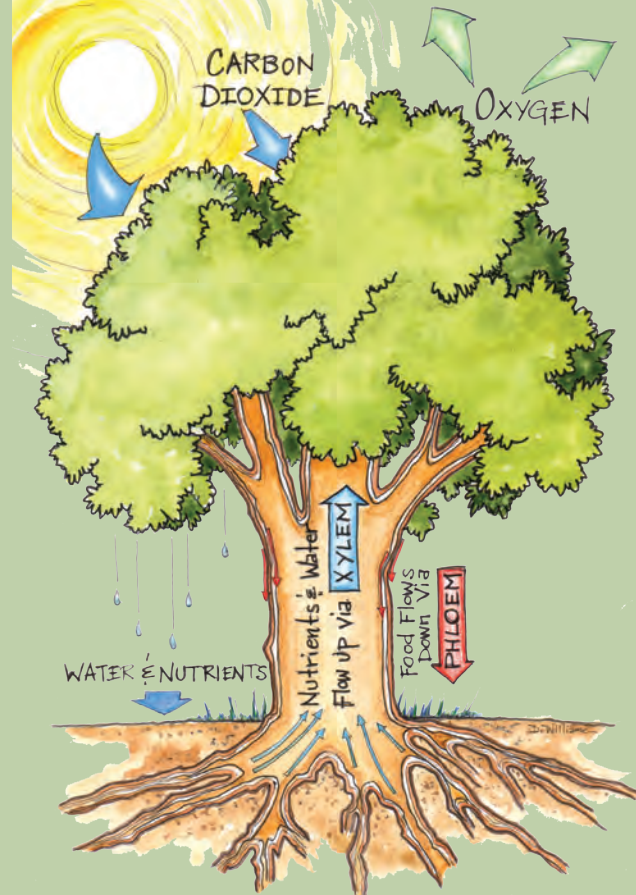
Growing straight and tall with a light gray bark and a large broad leaf that looks like the tip has been bitten off, the yellow poplar is easy to find. Due to its large size and straight growth, this tree provides a lot of useful lumber. Yellow poplar is also a very important tree for honey production. In spring, honeybees collect nectar from the poplar's large and plentiful yellow-orange flowers.

Flowering Dogwood



The flowering dogwood is a small tree that is abundant throughout the eastern United States. The bark of a dogwood has small cubic plates. The white "petals" of the dogwood flower are actually sepals (modified leaves), while the true flowers are the small yellow clusters in the middle. The buds look like gray-green chocolate chips. Dogwood trees were historically used to create quinine - a fever reducer.

The Need to Know How Trees Grow



Plants and trees have the ability to make their own food in a process known as photosynthesis. They do this by sucking water and nutrients from the soil up through their xylem and into their leaves. The water and nutrients are combined with carbon dioxide and sunlight to make a sugary food called glucose. This food is then distributed by way of its phloem to the rest of the tree, so it can grow.

Illustrations drawn by David Williams

Sourwood



Due to their deeply furrowed, chunky bark and curvy branch growth, sourwood trees are easy to find. In spring, their white flowers hang in clusters from the branch tips, and in fall the leaves turn crimson red. Because of its curvy growth, the wood from sourwood trees is of little value commercially, but the tree is prized as a valuable source of honey in the mountains.

Red Maple



Able to grow in almost any soil condition, the red maple is one of the most abundant and widespread trees in eastern North America. With red twigs, buds, flowers and seeds, it's easy to see how the red maple got its name. Red maple wood is used to make parts of guitars, banjos, drums, and other musical instruments because of its flexibility, sturdiness, and beautiful coloration.

White Pine



With their extremely straight trunks, needle leaves in **fascicles** (bundles) of five and long skinny cones, Eastern white pines are easy to identify. The white pine has long been used as a source of food and medicine. The needles are high in vitamin C and are used to make tisane, an herbal tea. Deer and rabbits eat white pine foliage and songbirds and mice graze on the seeds.

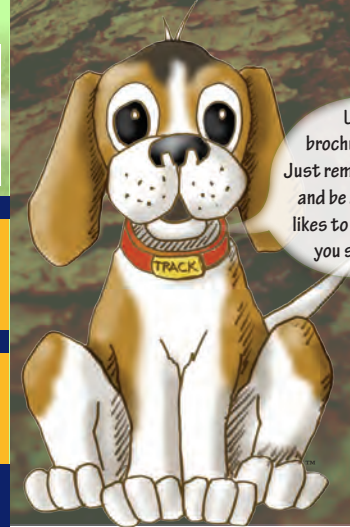


The Need for Trees

Trees are very important to people, animals, insects, fungus and even other trees. This is because trees provide so many things for people and the forest, including shelter, habitat, food and oxygen. This TRACK Trail Adventure will help you identify six of the most common trees found along this trail.



Use the pictures and text in this brochure to identify and learn about trees. Just remember, for your safety, stay on the trail and be aware of your surroundings. Poison ivy likes to climb up the trunks of trees too... so if you see a hairy vine, Don't Hug That Tree!



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Just like trees, seeds come in different shapes and sizes. With a little help from soil nutrients, moisture and sunlight, seeds can sprout into seedlings. For most tree species, when the sprout has reached 4 feet tall and up to 4 inches in diameter it becomes a sapling. Saplings officially become trees when their trunks are thicker than 4 inches in diameter at chest height.

Tree Cycle



Tree Cycle Check List: Can you find a... Seed? ___ Seedling? ___ Sapling? ___ Tree? ___ Snag? ___ Fallen Log? ___

Most trees will continue to grow until their death. Sometimes, dead trees don't fall to the forest floor immediately. These trees, called snags, play an important role as habitat in the forest. Fallen trees and snags slowly decompose, recycling valuable nutrients back into the soil. This enriched soil helps sprouting seeds grow into healthy saplings, which then become full-grown trees, completing the cycle.

Fern Parts

The image below shows all the major parts that might be found on a fern. Find a fern near the trail. How many different parts can you identify?

Note: not all ferns have all of these parts.

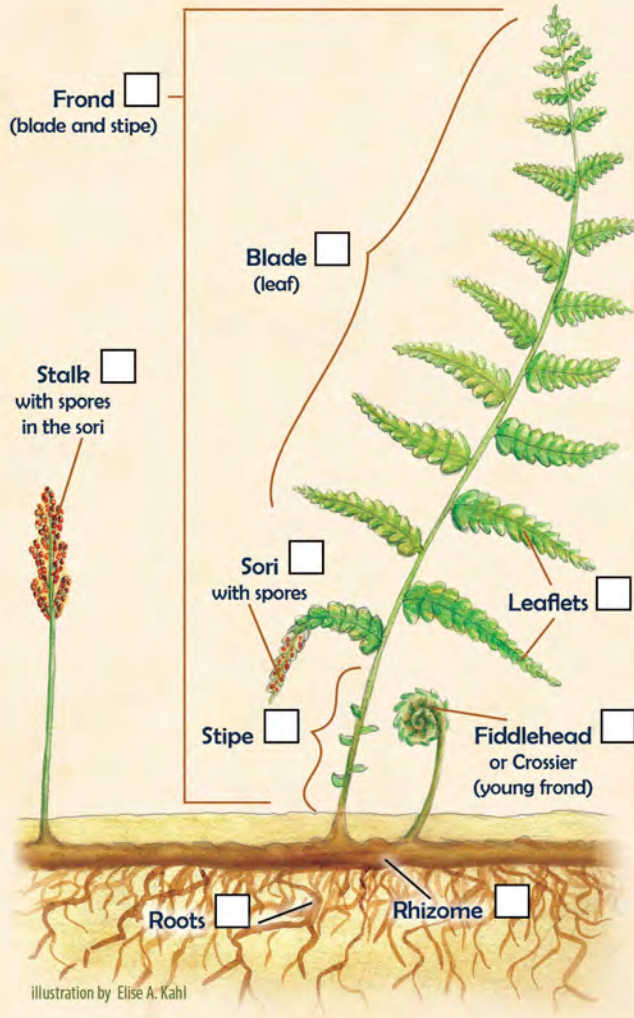


illustration by Elise A. Kahl

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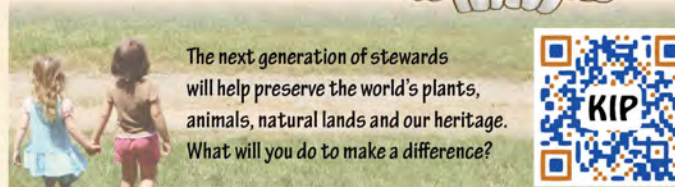
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Finding Ferns

Have you ever walked on a path with ferns and wonder if there is a dinosaur nearby? Ferns are among the oldest types of plants on Earth and were one of the dominant plants when dinosaurs lived. Today, ferns grow all over the world in many shapes and sizes.



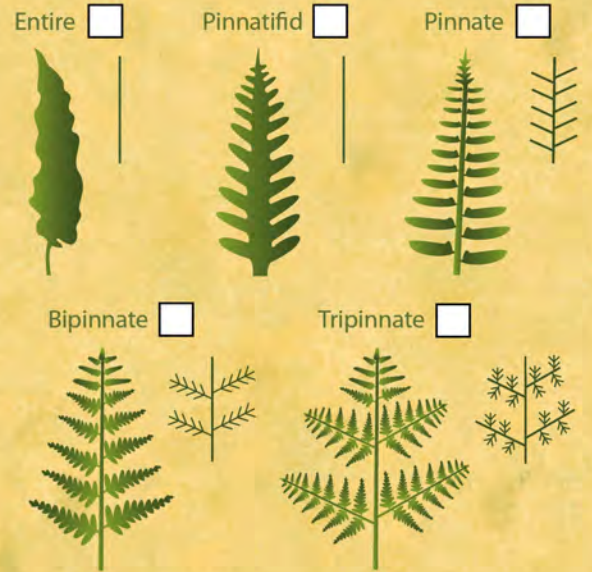
On your hike today, use this brochure to identify some of the various ferns that call the forest home. First, visit the fern parts section to learn more about how to identify a fern.

Fern Tracker

At first glance, many ferns look alike. But if you take a second look, these beautiful plants provide clues to help you identify them. Use the illustrations to the right to see how many you can find!

Fern Forms

The blade, or leaf, of a fern can be found in five major forms. Look at how the blade splits into leaflets. How many blade forms can you find?



Spores Not Seeds

Most plants use seeds to reproduce, but ferns use single cells called spores. Depending on the fern species, spore-producing objects called sori are found on either fronds or stalks. Some spores that are released and find moist ground will germinate. Can you find sori on a fern? _____



Christmas Fern
(*Polystichum acrostichoides*)

Is the leaflet shaped like a stocking? Are there sori on the underside of some of the leaflets? Is the fern in a pinnate form?



Bracken Fern
(*Pteridium aquilinum*)

Do the fronds feel leathery? Are there sori along the curled edges of some of the leaflets?



Cinnamon Fern
(*Osmunda cinnamomea*)

Is there a cinnamon-colored stalk growing from the center of the plant? Are the leaflets divided into subleaflets?



Northern Maidenhair
(*Adiantum pedatum*)

Are the stems thin and black? Do the delicate fronds spread in a circular pattern? Are the leaflets round on the tips and square near the stem?



Welcome to the Fort Hamby Nature Trail Disc Golf Course

a Kids in Parks



TRACK Trail

...where the flight of your disc is the trail and the tee-signs and scorecards are your nature guides!

Disc golf is essentially a hike with a frisbee. As you hike around Fort Hamby playing your round of disc golf, use the tee-signs and scorecards to learn about and connect with some of the natural resources found on and around the course.

Be safe and have fun!

Rules and Regulations

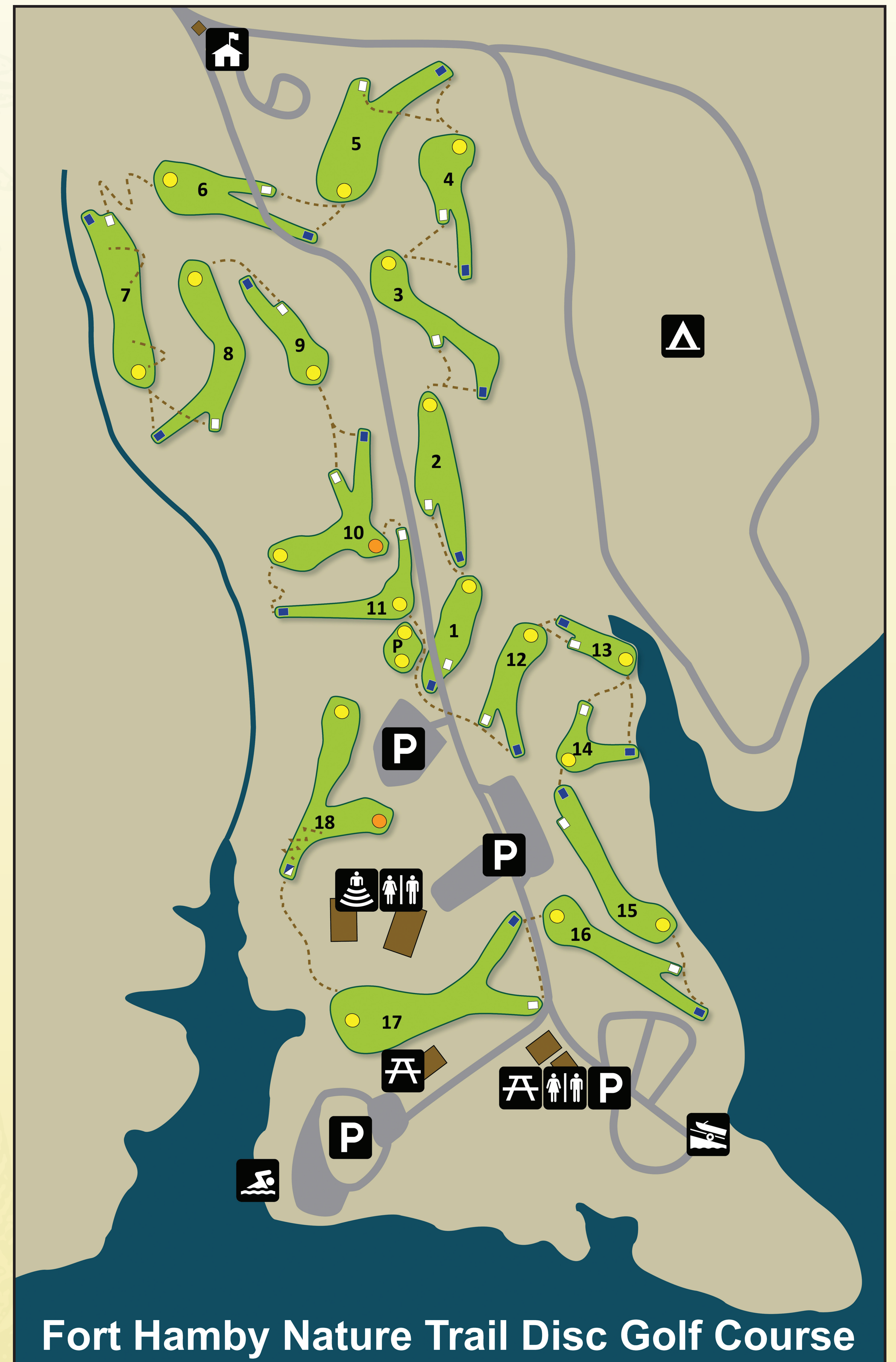
- Course Hours: Sunrise to Sunset
- No Smoking
- Drinking Alcoholic Beverages Prohibited
- No Swimming, Except in Designated Areas
- Please Wait for Cars and Pedestrians
- Pack it in... Pack it Out!
- No Unauthorized Removal of Vegetation

Register Your Rounds... Earn Free Gear!

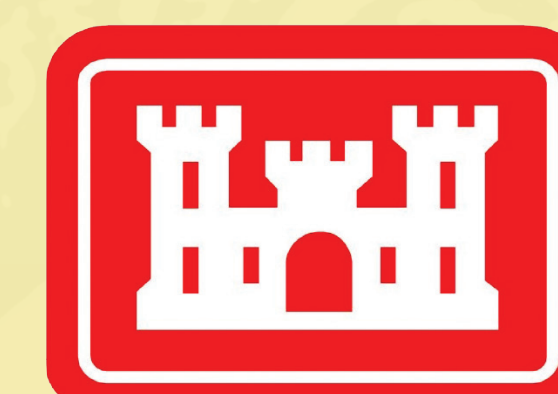
The mission of the Blue Ridge Parkway Foundation's Kids in Parks program is to get kids and their families "un-plugged", outdoors and reconnected to nature. Since disc golf is a great way to do that, we want to give you some gear to help you enjoy future rounds. All you have to do is register your rounds at: www.kidsinparks.com

Partnering for Health and Recreation

The Fort Hamby Nature Trail Disc Golf Course was made possible through a partnership formed between the U.S. Army Corps of Engineers and the Blue Ridge Parkway Foundation's Kids in Parks program. The course was designed by Todd Patoprsty, who also volunteered hundreds of hours during construction. BARK Mobile donated funds to purchase building materials. The NC Forest Service BRIDGE Crew, Eckerd Youth and local volunteers also assisted with construction. The Nature Trail materials were designed by Kids in Parks and made possible through a grant provided by the Blue Cross and Blue Shield of North Carolina Foundation.



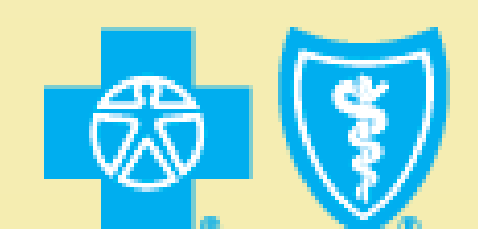
Fort Hamby Nature Trail Disc Golf Course



US Army Corps
of Engineers®



BLUE RIDGE
PARKWAY
FOUNDATION



BlueCross BlueShield
of North Carolina

Foundation



Fort Hamby Nature Trail Disc Golf Course



US Army Corps of Engineers®

Hole		1	2	3	4	5	6	7	8	9	OUT	10	11	12	13	14	15	16	17	18	IN	TOTAL
Length	White	189'	240'	192'	211'	252'	216'	288'	300'	196'	2084'	246'	252'	224'	115'	102'	256'	178'	276'	302'	1951'	4035'
	Blue	291'	333'	355'	356'	402'	295'	306'	389'	252'	2979'	385'	232'	262'	157'	154'	316'	270'	389'	377'	2542'	5521'
Par	White	3	3	3	3	3	3	3	4	3	28	3	3	3	3	3	3	3	3	4	28	56
	Blue	3	3	4	4	4	3	3	4	3	31	4	3	3	3	3	3	3	3	4	29	60

Welcome to the Fort Hamby Nature Trail Disc Golf Course...

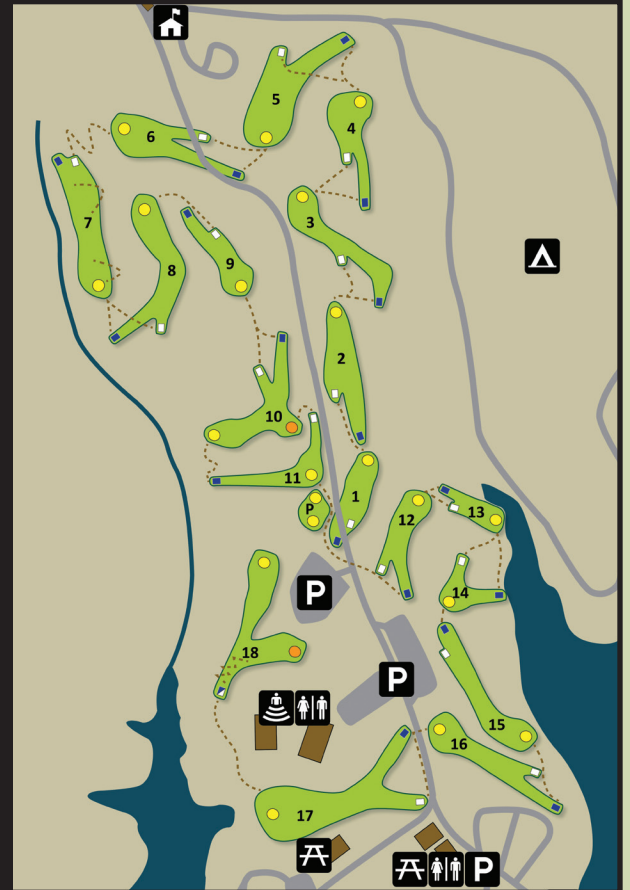
where the flight of your disc is the trail and the tee-signs and scorecards act as your nature guides.

Disc Golf is a hike with a frisbee...so, as you hike around playing your round of disc golf today, use the educational tee-signs and scorecards to learn about and connect with some of the natural resources found in and around Fort Hamby. Have fun playing the course and recreating outdoors.

Rules: Complete each hole in the fewest number of throws by starting at the tee-pad and finishing with your disc in the basket. Each consecutive shot must be taken from where your previous shot landed. If your disc lands in the lake, parking lot, or road, you're OB (Out-of-Bounds). Penalize yourself one stroke, and throw from where your disc was last in-bounds. Have Fun!

Safety: Disc golf discs can cause serious damage to people and property. You are responsible for any damages caused by your disc. Be aware of your surroundings and be patient of others. Do not stand in front of other players who are throwing, and don't throw when other players are in front of you!

Fort Hamby - Course Map



"Birdies"

Whether in good scores or in actual birds, it's always fun to see as many "birdies" as you can during a round of disc golf. While playing your round today, use the pictures on this scorecard to identify a few of the more common birds found here at the Fort Hamby. Soon, identifying these birds will be as easy as making a five foot putt. Good luck and have fun!



Carolina Chickadee

Blue Jay

Downy Woodpecker

Mourning Dove

Ruby-Throated Hummingbird

Northern Mockingbird

Cardinal

Eastern Bluebird

American Crow

American Robin

American Goldfinch

Illustrations by David Williams, Wingin' it Works

Register your Round... Earn a Prize!

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Fort Hamby Nature Trail Disc Golf Course



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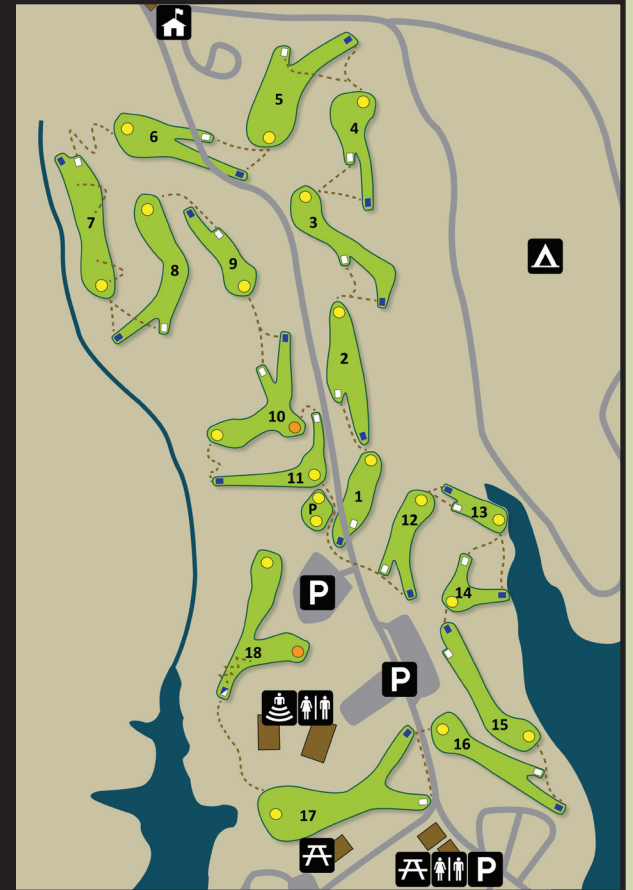
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Fort Hamby - Course Map



TREE Love

When disc golfers hit a tree with their disc and get a favorable bounce they call it "Tree Love". Use the pictures on this scorecard to identify a few of the trees found here at Fort Hamby. Every time you hit a tree with your frisbee, take a second to try to identify it. Look at its bark, leaf shape and other identifying features. Soon, identifying trees will be as easy as making a five foot putt. Good luck and have fun!

Eastern White Pine



Tulip Poplar



American Beech



Virginia Pine



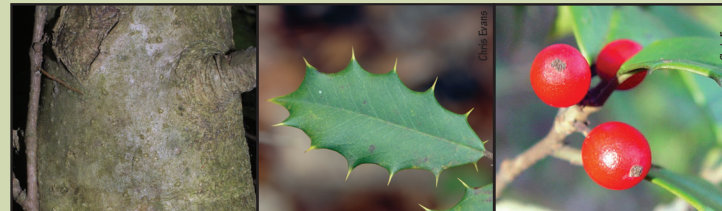
White Oak



Sourwood



American Holly



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