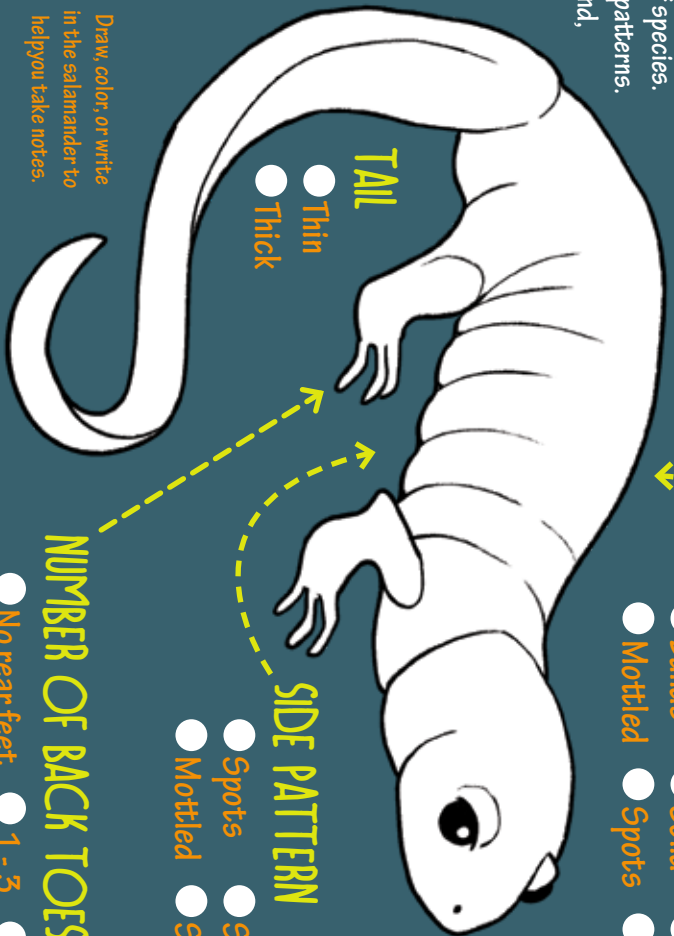


**COLORS**  
What colors do you see?

- Black
- Gray
- White
- Brown
- Red
- Yellow
- Green
- Blue
- Orange

# SALAMANDER SLEUTH

Field marks are used to help us identify types of species. These marks can include size, shape, colors and patterns. Fill out this diagram for a salamander you've found, noting what features it has, to help you identify what kind of salamander (or newt) it is.



**TAIL**

- Thin
- Thick

**TOP PATTERN**

- Bands
- Mottled
- Solid
- Spots
- Zigzags

**SIDE PATTERN**

- Spots
- Mottled
- Solid
- Stripes

**NUMBER OF BACK TOES**

- No rear feet
- 1 - 3
- 4
- 5

Draw, color, or write in the salamander to help you take notes.

TRACK your hike at [kidsinparks.com](http://kidsinparks.com) and get **FREE** prizes!



Thanks for joining us today!

Visit our website to find more TRACK Trail™ adventures near you!



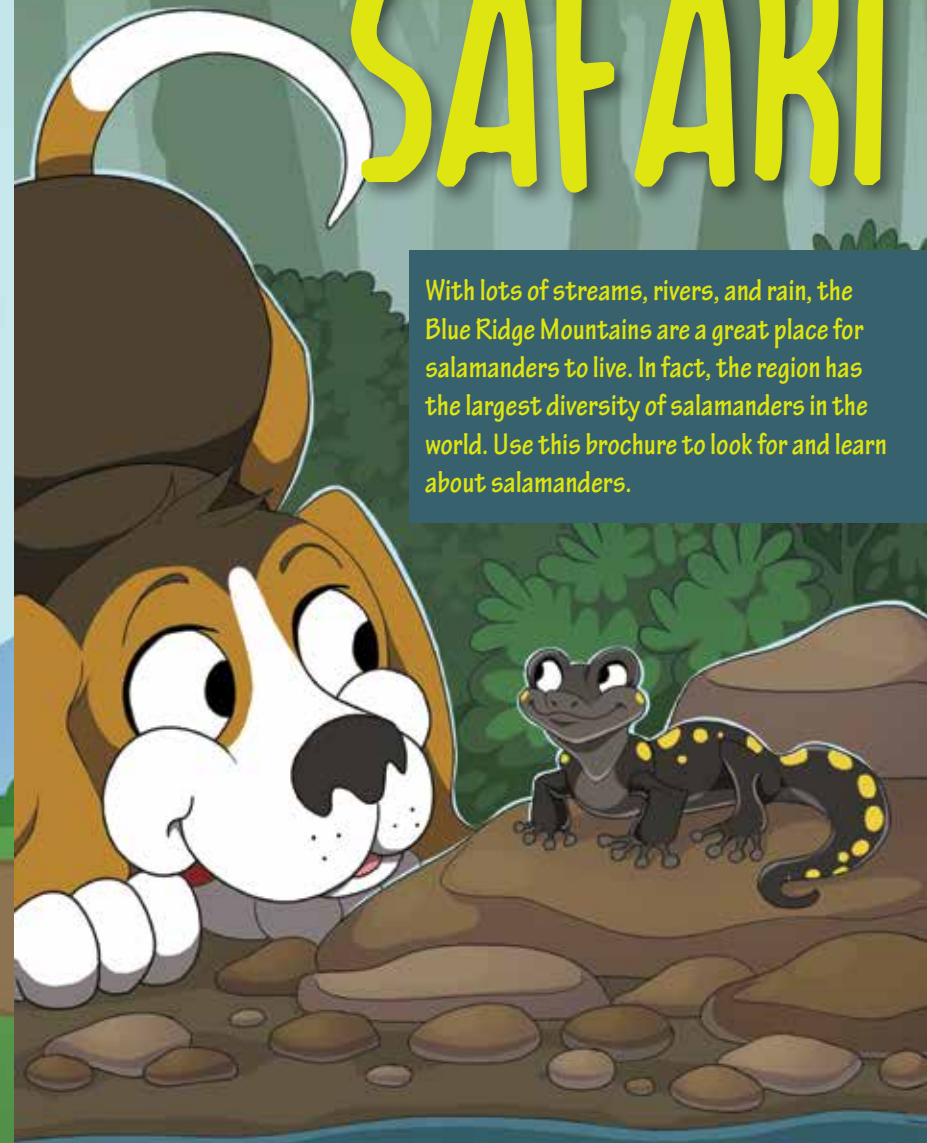
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# SALAMANDER SAFARI

With lots of streams, rivers, and rain, the Blue Ridge Mountains are a great place for salamanders to live. In fact, the region has the largest diversity of salamanders in the world. Use this brochure to look for and learn about salamanders.



Look, but DON'T touch! ALL salamanders are toxic to humans and can cause irritation. Touching salamanders can also harm them by removing moisture on their skin that helps them breathe.

Kids in Parks is a program of the





# SALAMANDER SEARCH

Search for salamanders under leaves, rocks, or logs on the forest floor. You can also look on or under rocks in a creek. Most of the salamanders that you see on the trail are called lungless salamanders. They don't have gills or lungs, and breathe through their skin!

Remember to be extra careful when moving rocks and logs to avoid harming any animals that may live under them. Please help the habitat by putting things back the way you found them.



Northern dusky salamander  
*Desmognathus fuscus*



White-spotted slimy salamander  
*Plethodon cylindraceus*



Southern two-lined salamander  
*Eurycea cirrigera*



Northern red salamander  
*Pseudotriton ruber*

## DID YOU KNOW

the world's third largest salamander lives in the Blue Ridge Mountains?

The eastern hellbender can grow to be more than 2 feet long! Hellbenders, also called "mud puppies" or "snot otters," like to hide under rocks in swift-moving water. Hellbenders can help tell us if a stream habitat is healthy, as they need clean water to breath through their skin.



# SALAMANDER LIFE CYCLE

Like all amphibians, salamanders spend their lives near water where they lay their eggs. When the eggs hatch, the newborn salamanders, or larvae, breathe with gills and swim. As they grow up, the larvae develop lungs, or other organs, for breathing air when they go on land.



What's another animal that has a similar life cycle to a salamander?

# SALAMANDER OR NEWT?

Similar to how a toad is a type of frog, a newt is a type of salamander! Unlike most salamanders, newts have rough, bumpy skin. They also have an extra stage in their life cycle. As juveniles, they live on land before returning to live in water as adults.



Juvenile red-spotted newt known as a red eft



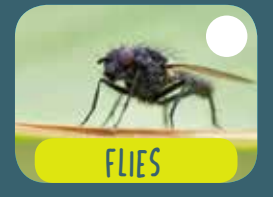
Adult red-spotted newt  
*Notophthalmus viridescens*

# SALAMANDER SNACKS

Most salamanders hide and sleep during the day, and then come out at night to hunt. Salamanders are carnivores and eat mostly insects. Can you find some of their favorite foods on your hike today?



CENTIPEDES



FLIES



MAGGOTS



TERMITES



SNAILS



WORMS



SPIDERS



SLUGS



CRICKETS

# SALAMANDER SQUIRM

Salamanders have short legs, making their bellies drag the ground as they walk! Drop low like you're doing a push-up and try crawling. Pretend a predator is chasing you. How fast can you do the Salamander Squirm?

