

### Other Things Hiding for You to Seek

- A bee buzzing near a flower
- A plant with berries
- Animal scat (POOP)
- Something purple
- A pine cone
- A fern
- A dead tree (snag)
- A plant with thorns
- A tree with woodpecker holes

Thanks for helping me find all that cool stuff.

See you next time on the trail.



### TRACK and KIP want You to become a Trail TRACKer



We want you to join the Trail TRACKer Team. It's fun, healthy and free. Best of all, by keeping TRACK of your trails on our website, you can earn prizes. For more information about the Trail TRACKer Team, other TRACK Trail adventures near you, or for general information about the Kids in Parks program, please visit our website at:

[www.kidsinparks.com](http://www.kidsinparks.com)

The TRACK Trail program is part of the larger Kids in Parks initiative sponsored by the Blue Ridge Parkway Foundation, the Blue Ridge Parkway, and the Blue Cross Blue Shield of North Carolina Foundation. Working together with partners throughout the community, our mission is to increase physical activity of children and their families, to improve nutritional choices, and to get kids outdoors and along the Blue Ridge Parkway.

*The Blue Ridge Parkway...*  
*your home, for your health and your heritage.*



 BlueCross BlueShield of North Carolina | Foundation

An independent licensee of the Blue Cross and Blue Shield Association



Blue Ridge Parkway Foundation



# Nature's Hide & Seek



Sshhhhh!  
I'm hiding from TRACK.

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

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

Now, let's find some other things hiding in nature. Finding things in nature is fun. But, here at the Blue Ridge Parkway and in our National Parks, we are not allowed to keep the things we find. All things in nature have a special place. Make sure you leave them here, so others can find them too.





Tree with  
needle leaves



Bird



Spider web



Wildflower

Many things in nature go unseen.  
Their size, color and location often cause us  
not to notice them. On your walk today, see if  
you can find some of these things.



Poison ivy  
Don't Touch!



Stick with lichen



Insect



Mushroom