

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

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 rich soil helps seeds sprout, saplings survive and trees grow.

TRACK and KIP want You to become a Trail TRACKer



Thank you for joining us on the trail today. 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

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 Chimney Rock at Chimney Rock State Park, the National Park Foundation and other partners throughout North Carolina, our mission is to increase physical activity of children and their families, improve nutritional choices, and get kids outdoors.

Kids in Parks... for the Health of our Kids, our Communities and our Parks.



Chimney Rock's TRACK Trail Partners

NORTH CAROLINA STATE PARKS
University Graduate

CHIMNEY ROCK
at Chimney Rock State Park

NATIONAL PARK FOUNDATION

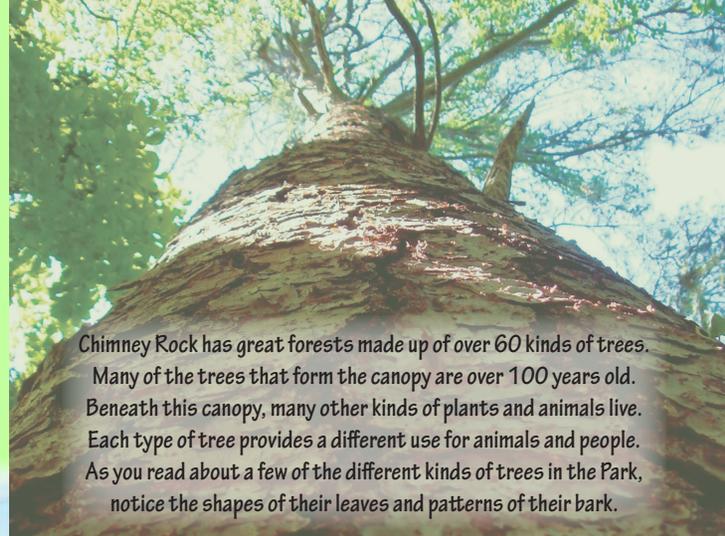
Founding Kids in Parks Partners

BlueCross BlueShield of North Carolina Foundation
An independent licensee of the Blue Cross and Blue Shield Association

BLUE RIDGE PARKWAY FOUNDATION



CHIMNEY ROCK'S THE NEED FOR TREES



Chimney Rock has great forests made up of over 60 kinds of trees. Many of the trees that form the canopy are over 100 years old. Beneath this canopy, many other kinds of plants and animals live. Each type of tree provides a different use for animals and people. As you read about a few of the different kinds of trees in the Park, notice the shapes of their leaves and patterns of their bark.



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!

CHESTNUT OAK



Although its serrated leaves resemble those of an American chestnut, this tree is actually a species of oak. Also called a rock oak, because it often grows in rocky places; the chestnut oak is very common at Chimney Rock State Park. Good acorn crops are infrequent, but when available, the sweet nuts are eaten by deer, wild turkey, squirrels and chipmunks.

TULIP POPLAR



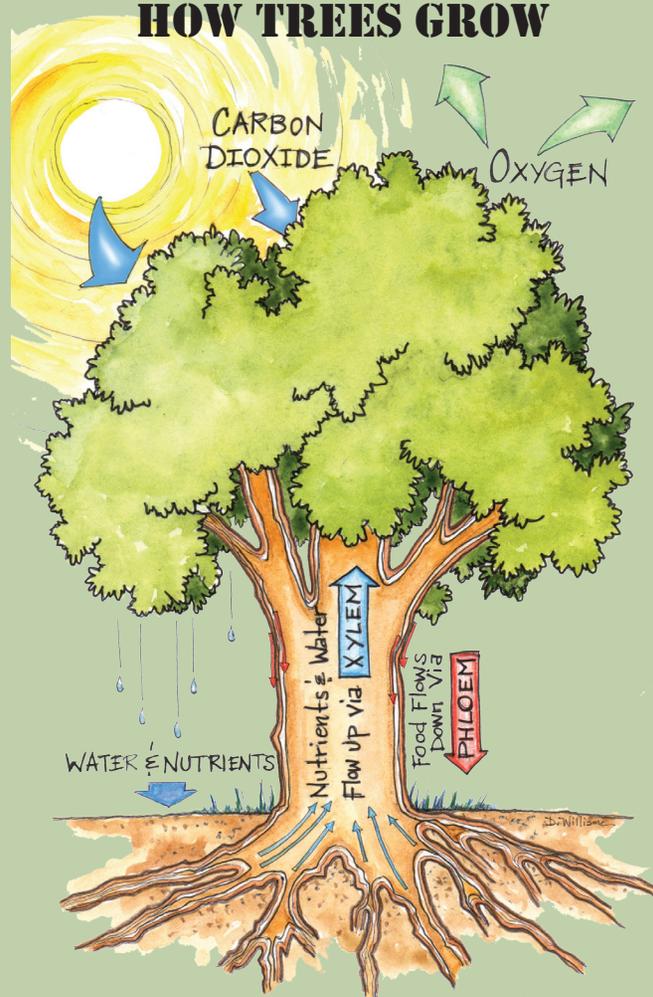
Growing straight and tall with a light gray bark and a large broad leaf whose tip appears to have been bitten off, the tulip poplar is easy to find. Due to its large size and straight growth, this tree provides a lot of useful lumber. Tulip poplars also have a high value as a honey tree, with one tree able to produce enough nectar in one season for bees to produce 4 pounds of honey.

PITCH PINE



With their thick "puzzle piece" bark plates, twisted needle leaves in bundles (fascicles) of three and prickly cones the size and shape of a chicken egg, the pitch pine is easy to identify. It gets its name from the sticky sap (pitch) found in its wood. This resin helps the wood resist decay and is used to make turpentine and aromatic products like pine cleaner.

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

PIGNOT HICKORY



As you walk down the trail, scan the forest floor for the halved sections of the pignut hickory's nuts. Due to the high concentration of fats, these small nuts are an extremely important food source for wild animals such as squirrels, bears and wild turkey. Because of its relatively high heating value, hickory wood makes excellent fuel wood for stoves and campfires.

RED MAPLE



One of the most abundant and widespread trees in eastern North America, the red maple can be found everywhere. With red twigs, buds, flowers, seeds and leaves often turning red in autumn, it's easy to see how the red maple got its name. Because of its large crown and brilliant autumn hues, it is often used in landscaping for shade and fall color.

SASSAFRAS



Due to its three distinct leaf shapes (entire, mittened and three-lobed), sassafras is easily identifiable. Although the soft, brittle wood is of little value commercially, its resistance to rot makes it good for use as fence posts and outdoor furniture. In the past, people used the spicy-scented sap to flavor candy, tea and root beer. Their fruits are also a favorite food for many bird species.