

Guiding Pollinators

Many flowers depend on relationships with pollinators to reproduce. A flower's size, shape, color and smell attracts unique pollinators. Yellow flowers attract bees and wasps. Purple flowers tend to attract butterflies, flies and moths.



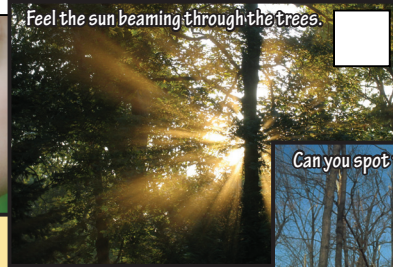
How many pollinators can you find?



How many types of flowers can you find?



Smell a wildflower.



Feel the sun beaming through the trees.



Can you spot trees with storm damage?

Open... Canopy!

During strong wind storms or cold winter ice storms treetops often crash down to the forest floor. The damaged trees and plants crushed by fallen limbs are affected negatively, but other plants are helped by the holes in the canopy. These holes allow more sunlight to reach understory plants such as wildflowers.



Can you find a part of the forest that is completely shaded?

Get Connected

I Lichen You!

A lichen is an organism formed by a relationship between algae and fungus. The fungus protects the algae from adverse conditions, and in exchange the algae provides the fungus with food. This is an example of mutual symbiosis (when two different organisms help each other survive).



Find a lichen growing on a stick or rock.



(Don't touch!)

How many types of mushrooms can you find?

A Healthy Home

Forests are home to a variety of plants that require different amounts of nutrients, water and sunlight. Each plant finds its preferred home among the slopes, flat areas and streambanks. Sometimes though, weather events can change the perfect forest home into a mess of stumps and logs.



Can you find any mycelium?



Can you find a "Turkey Tail" fungi?

Connecting Nature's Building Materials

Not only do many bird species eat spiders, some depend on spider webs to build their nests. Many species of hummingbird construct their nests by connecting spider webs and lichens. They use the sticky spider webs to weave materials together and to anchor their nests to the tree's branch. Spotting a hummingbird's nest in a tree is tricky since they're about the size of a golf ball.



Can you spot a bird's nest in a tree?



Can you find a spider on its web?

Caught in the Web of Life

On their daily journeys to find nectar and food, many flying insects get caught in the web of life - the spider's web that is. Different spiders build different types of webs - spiral orb webs, sheet webs, tangle webs, and funnel webs are a few examples.



Cheryl Spammers

Remember, Everything's Connected

Only a few of the relationships found along the trail were discussed in this brochure. Since everything's connected, many more relationships are present. How many more can you find? Here are some others you can search for:



Dead Trees: Good?

Dead trees, called **snags**, can often provide for more life than living trees. This is because many types of insects live inside dead trees, providing a valuable food source for animals such as woodpeckers and bears. As dead trees decompose, they release nutrients back into the soil for use by future generations of plants and trees, thus completing the cycle.

Flowers Become Fruit

Did you know every flower can become a fruit, and every fruit was once a flower? This is because when a flower is pollinated it transforms into a fruit, in order to produce more seeds. Can you find a plant with fruit on it? If you find a berry, **DO NOT** eat it. There are many poisonous berries that look a lot like the edible ones.



People and Nature

We also have a relationship with nature. When you go to the market to buy an apple, remember that the apple was once a flower pollinated by insects. Your home, constructed of wood,

rock, or brick, came from items harvested from nature. Take the time to slow down and experience your natural world. And remember, everything in nature is connected... even us!

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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?



Kids in Parks...

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



TRACK Trail Partners



Kids in Parks Founding Partners



Nature's Relationships: Everything's connected

"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."
- John Muir



Although this brochure will not guide you to specific locations along the trail, it will tell you a story to help you discover some of the relationships found in nature. Use the pictures and text to locate as many of these relationships as you can. Keep your eyes open and have fun!