

# "Birdies"

Whether in good scores or 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 Lake Herman State Park. Soon, identifying these birds will be as easy as making a five foot putt. Good luck and have fun!



Black-capped Chickadee



Mourning Dove



Northern Cardinal



Blue Jay



Barn Swallow



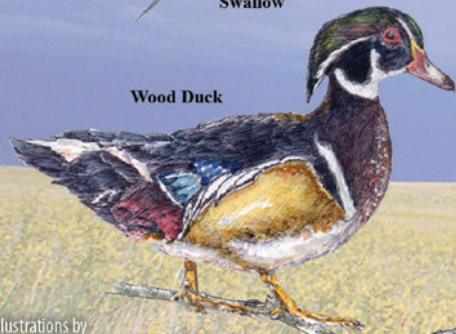
Gray Catbird



Cedar Waxwing



American Goldfinch



Wood Duck



Tree Swallow



Green Heron



Baltimore Oriole

## Register your Round... Earn a Prize!

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 disc golf gear to ensure you are able to enjoy future rounds. All you have to do is register your rounds at: [www.kidsinparks.com](http://www.kidsinparks.com).

Illustrations by David Williams, WinginItWorks

*Kids in Parks*  
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# Lake Herman State Park Nature Trail Disc Golf Course



Hole	1	2	3	4	5	6	7	8	9	OUT	1	2	3	4	5	6	7	8	9	IN	TOTAL	
Length	210'	180'	245'	340'	180'	155'	220'	245'	340'	2115'	210'	180'	245'	340'	180'	155'	220'	245'	340'	2115'	4230'	
Par	3	3	3	4	3	2	3	3	5	29	3	3	3	4	3	2	3	3	5	29	64	

Welcome to the Lake Herman State Park Nature Trail Disc Golf Course... where the flight of your frisbee 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, use this scorecard to learn about and connect with some of the natural resources found in and around the course. Who would have thought that playing in and learning about nature could be so much fun?

**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 comes to rest in a 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!

## Lake Herman State Park Nature Trail Disc Golf Course - Map

