

Hiking Safety

Leaves of three let it be!

Stay on the path and don't touch anything with three leaves, green or red. If you do get a poison oak rash, you can treat the itchiness with calamine lotion or hydrocortisone cream.



Stay on the trail!

Watch out for bikers!



Stay away from the mushrooms!

Using a Compass

Pull up the compass app on your phone. Hold it parallel to the ground and against your belly button. The compass points wherever your body faces, so turn your whole body if you want to find a new direction. Try finding North!

Manzanitas



The Pallid Manzanita is a species endangered by fires and by shade from taller plants. In 2006, only 21 plants remained. Thankfully, there are efforts to fully restore the Pallid Manzanita by 2048. Look out for them on the trail!

HOW MANY DOGS?

Record the number of dogs you see on your hike!

Bay Leaves

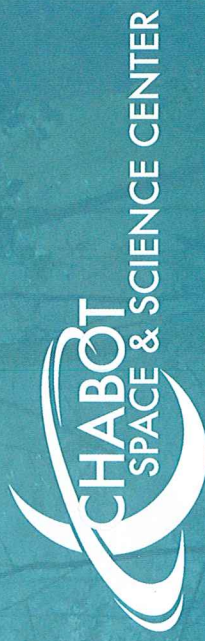
Can you spot one of these leaves? Rub it on your finger and smell it. Bay leaves are often used in cooking and give this forest its distinct scent.



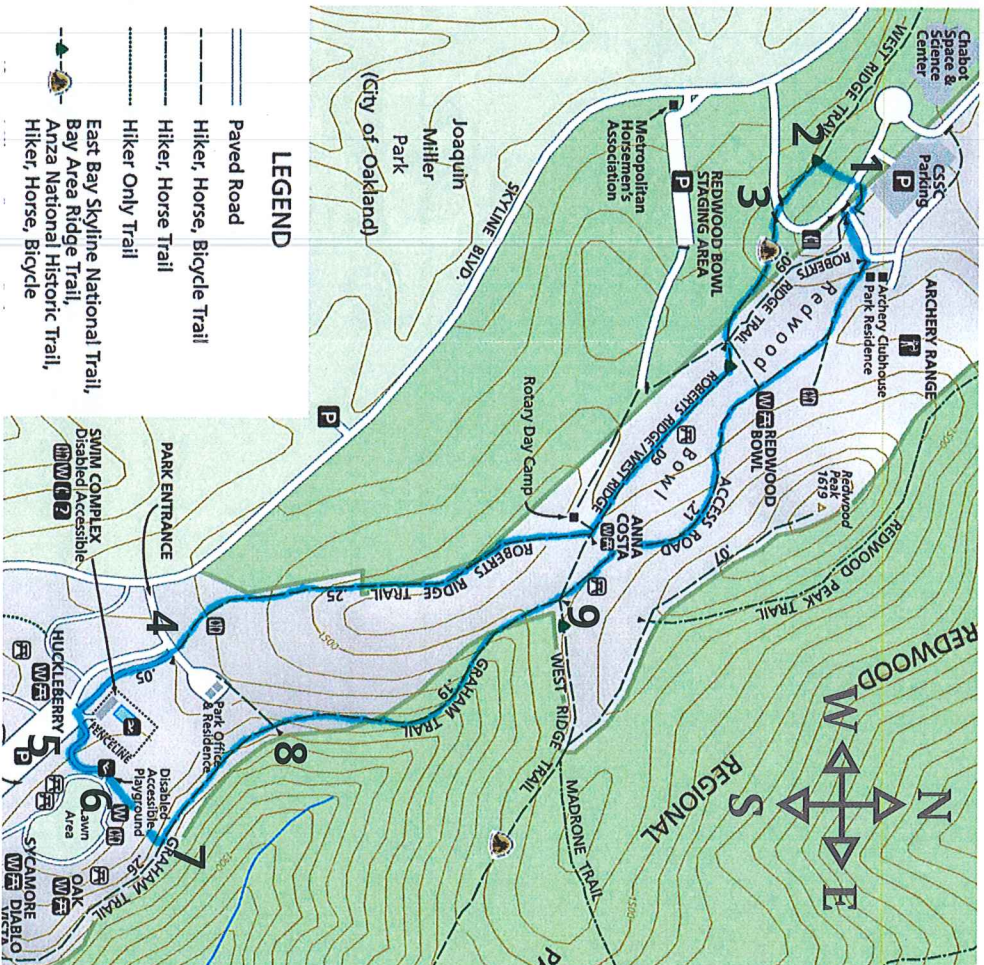
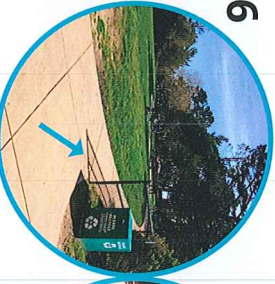
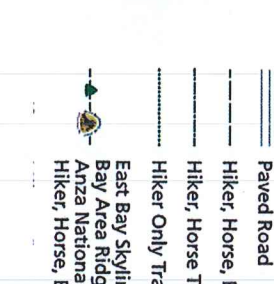
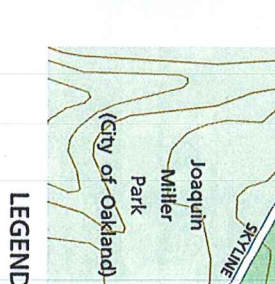
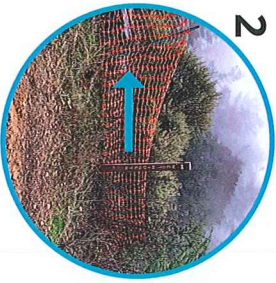
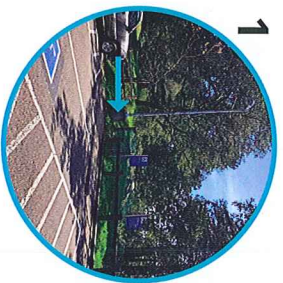
THE CHABOT LOOP

A 45 minute hike good for beginners in Redwood Regional Park

(not stroller accessible)

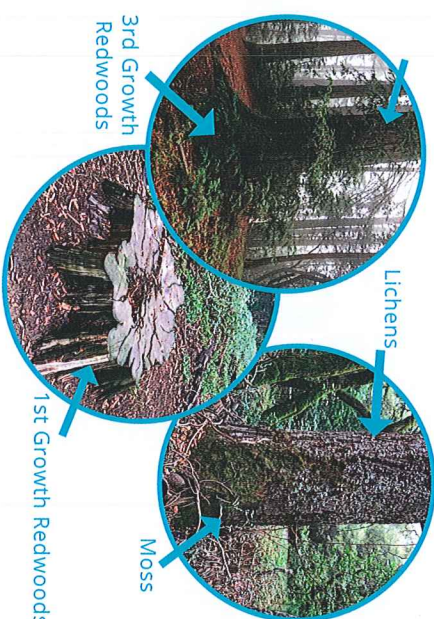


THE TRAIL



MOSS AND LICHENS

Moss is a darker green plant, while lichen is a lighter green combination of a fungus and algae. Lichen can live from the Arctic to the Sahara. Mosses, like green sponges, need lots of water and shade to not dry out. They grow on the mostly on the north side of trees where there is the least sunlight. Take out your compass and see for yourself!



REDWOODS

The stumps around the trail are the 1st growth trees—cut down during the Gold Rush. The tall redwoods, 2nd growth trees, are about 150 to 200 years-old. The 3rd growth trees are only a few feet tall and grow close to the 2nd growth trees. Can you spot all 3 growths of redwoods?