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!

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)
Growth of Redwoods. Can you spot all 3 feet tall and grow close to the sidewalk. Growth trees are only a few hundred to 200 years-old. The old, tall during the Gold Rush, the tall are stumps. Around the trail are the stumps. Around the trail are

**REDWOODS**

1st Growth Redwoods

2nd Growth Redwoods

3rd Growth Redwoods

Moss

Lichens

Moss is a darker green plant, while lichen is a lighter green.

**Moss and Lichens**

**The Trail**