

**HAYFIELDS STATE PARK
JUNIOR RANGER
FIELD JOURNAL**



Welcome to Hayfields State Park

Time to embark on your Junior Ranger journey in the 44th Virginia State Park!

Use this Field Journal to chronicle your adventures, and once completed, bring it to a Park Ranger at Hayfields State Park to have them sign your certificate (found at the back of your journal).

Ages 4 - 8 years old complete 4 activities

Ages 9 - 12 years old complete 8 activities

Ages 13 & up complete 12 activities

Destinations & Activities

Below is the complete list of activities in this Junior Ranger Booklet and their recommended location for completion.

There is no time limit for completing this booklet so you can start it during one visit and finish it when you return!

If you have any questions, please call the park 540-396-4489 or visit the office.

Before You Go:

- Be Prepared**
- Be Aware**

Office:

- Where's the Park Office**
- Park Office Pick-Up**
- Barn Quilt Bee**
- Design Your Own Farmhouse**

River Loop/Bear Pond Trail

- Animal Observations**
- Track Matching**
- Pollution Problems**

Laurel Loop/Eagle's Rest Trail

- Overlook Observations**
- Birds' Eye View**
- Branch Out**

Hayfields State Park Junior Ranger Oath



**As a Junior Ranger,
I promise to protect, preserve and respect
Hayfields State Park,
to be free to explore the world around me
and to share what I learn with care.**

**Before You Go On Your Adventure
It's Good to *Be Prepared*.**

Make a list of what you are bringing, tell a friend where you are going and when you plan to return and read the following to show you can *Be Prepared*.

[illegible]

Virginia State Parks' ask you to abide by the **Seven Principles of Leave No Trace.**

- 1 . Plan Ahead & Prepare
- 2 . Travel On Durable Surfaces
- 3 . Dispose Of Waste Properly
- 4 . Leave What You Find
- 5 . Minimize Campfire Impacts
- 6 . Respect Wildlife
- 7 . Be Considerate Of Other Visitors

We're going to focus on
Principle 1 Plan Ahead & Prepare

Do you have everything you need for visiting Hayfields?

If you are not sure where to start consider the
10 Essentials



For More Information on the
Seven Principles of Leave No
Trace, Scan the QR Code!



To Be Prepared You Need To *Be Aware.*

Read the following and sign on the next page that you know what to *Be Aware* of.

Check the Weather

Outdoor conditions can change rapidly. Be sure to check the weather from a trusted source before you head out. Keep a look out for darkening clouds or increased winds, thunder or lightening. It is ok to end an expedition early if weather conditions are unsafe.

Avoid Ticks

When Outdoors Reduce Your Chances:

- Hike in the center of trails.
- Wear light-colored long sleeves and pants.
- Tuck your pants into your socks.
- Use insect repellent with DEET.
- Treat clothes with permethrin following manufacturer's instructions.

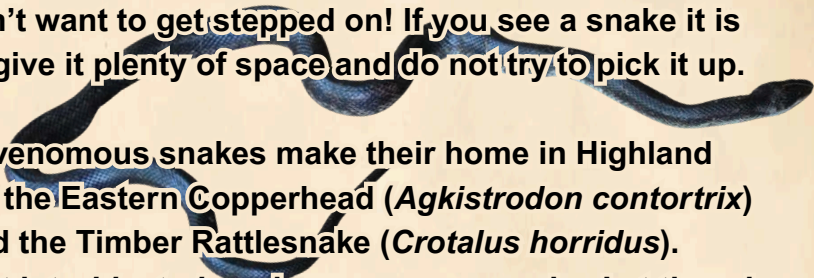


When Done Hiking, Do A *Tick Check*:

- Do a complete check of your body and take a shower.
- Heat kills ticks so once your hiking clothes have been washed, dry them in a hot dryer for at least 10 minutes.
- Check your pets for ticks too if they have been outside.

Slither by Snakes

Watch your step while out on the trails, there are snakes and other critters that spend their time close to the ground and don't want to get stepped on! If you see a snake it is best to give it plenty of space and do not try to pick it up.



Two venomous snakes make their home in Highland County, the Eastern Copperhead (*Agkistrodon contortrix*) and the Timber Rattlesnake (*Crotalus horridus*).

Don't get into *histerics* when you see a snake. Let them be and know that they are an important part of the food web and are great at pest control!

Be Bear Aware

Remember in Bear Country:

- Pack out what you pack in.
- Keep all pets on a leash no longer than 6 feet in length.
- Make noise and hike in groups.
- Be aware of your surroundings.



If You See a Bear:

- Do NOT run, stay together.
- Back away from the bear slowly while making noise.
- If the bear continues towards you, make loud noises and make yourself as large as possible.

I have read and know how to *be aware* at
Hayfields State Park.

Signature

Date

What's Happening at the Park Office?

There's a lot of important park information and goodies at the Park Office. Here is where supplies are stored for ranger-guided programs, where rangers answer your phone calls and where you can purchase a souvenir.

With so many things happening at the Park Office, can you use the Map Features Key to find and circle it on the map?

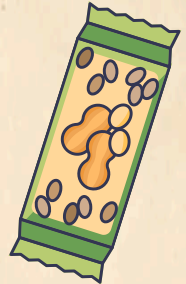


Park Office Pick-Up

Remember Leave No Trace?

Principle 3: Dispose of Waste Properly reminds us to pack out our trash but some people forget that. When you're out on the trails you can pick-up trash and help keep our park clean. But where should you dispose of that trash? The Park Office has several trash cans and plenty of trash bags.

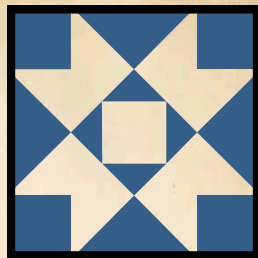
Not sure what to pick up? Circle the items that should be picked up along the trails.





Barn Quilt Bee

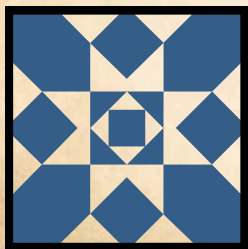
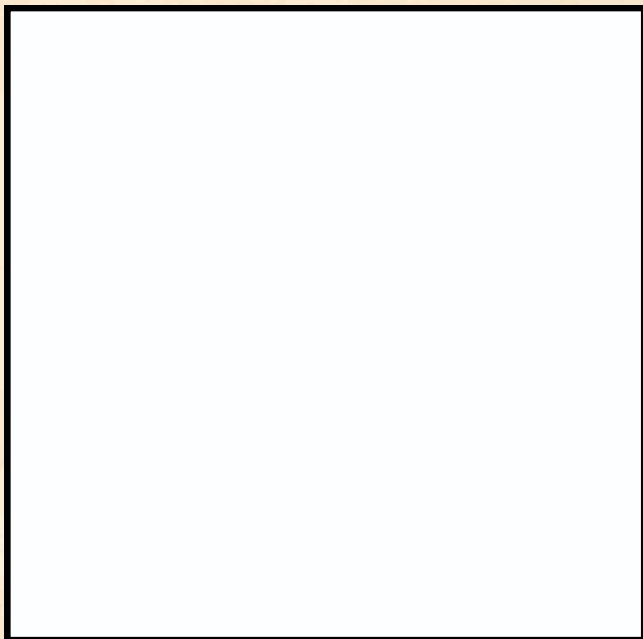
Did you see any barn quilts on your way to the park?



Barn quilts, a form of American folk art, are large squares, typically made of wood and painted in a vibrant geometric design meant to look like a quilt that are hung on the side of a barn.

Highland County is home to Virginia's first Barn Quilt Trail. There are approximately 80 wooden barn quilts throughout the county.

Quilting bees are gatherings of people working together to complete a quilt. Can you design and color in your own barn quilt in the space below?



**For Information On
The Barn Quilt Trail
Scan the QR Code!**



Design Your Own Farmhouse

The two-story building that is now the Park Office was once a farmhouse. John and Elizabeth Robson built the house in 1879 and the building would be owned by Katie Bell Robson and David Coiner Sr. in the 1940s through the 1980s until it was purchased by Kenneth McGraw in 1985 and underwent renovations in the late 1990s.

**What might your dream farmhouse look like?
Design it below!**

Hike Around River Loop or Bear Pond Trail

Take a walk down one of Hayfields' easy trails
and explore what the park has to offer.

What critters did you see on your hike?
List or draw your observations below!

Animals in the Sky

Animals in the Water

Animals on the Ground

Did You See the Signs of an Animal?

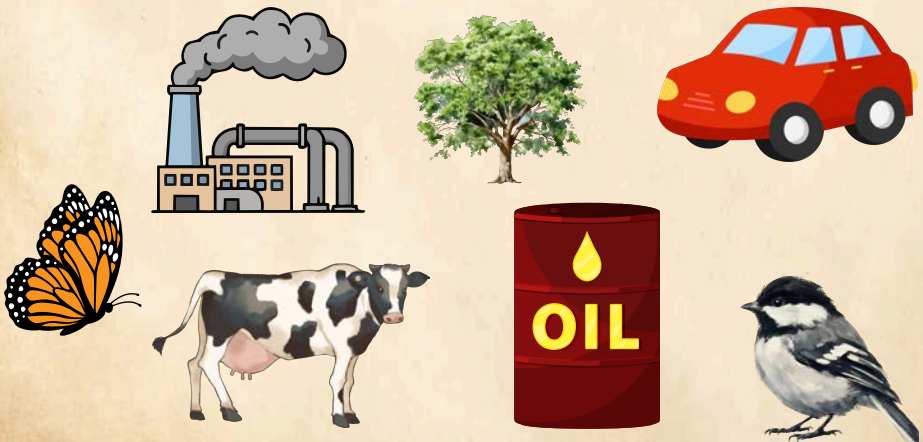
Tracks are one example of the signs an animal passed through.

Draw a line between each animal and their tracks.



Pollution Problems

We want to keep the water of Hayfields clean. Can you circle what things might do the most harm to our water?



Hike Around Laurel Loop or Eagle's Rest Trail

Take a walk down one of Hayfields' moderate trails and explore what the park has to offer.

Whether you start on Laurel Loop or Eagle's Rest, hike up to the overlook and look out at the valley below - write your observations below!

Overlook Observations

Birds' Eye View

From the hills of Hayfields, did you see or hear any birds?
Draw, describe or list the birds you saw around the park and
their location.

Bird

Location

Branch Out

Try to identify a tree or two while out on the trails.
Have a favorite leaf? Sketch it below!

Leaf Sketch

Certificate of Completion

has completed all the necessary requirements to earn
the rank of Junior Ranger at Hayfields State Park.



Ranger: _____

Date: _____

**THIS FIELD JOURNAL
BELONGS TO:**

**VIRGINIA
STATE PARKS**