

JUNIOR
RANGER
ACTiViTY BOOK



NEW RIVER TRAIL STATE PARK

JUNIOR RANGER PLEDGE

AS A JR RANGER I PLEDGE TO:

Preserve and protect our parks.

Care for natural and
historical resources.

Share what I have learned with others.

Stay safe by following all the rules.

Continue to explore and discover!



NEW RIVER TRAIL STATE PARK

DISCOVERY ADVENTURE

New River Trail Park is 57 miles long and follows the New River Trail for 39 miles.

Lead your family on a “Discovery Adventure.” Grab a trail map, choose one of the trails and become a guide for your family. Stop along the way and ask your family:

What do you smell?

What do you hear?

What do you see?

Trail Access: _____

of Miles you hiked / biked _____

Remember – Safety first. Take plenty of water and a first aid kit.



SAFETY FIRST



JUNIOR RANGERS NEED TO BE AWARE OF POTENTIAL DANGERS WHILE EXPLORING OUTDOORS. PLEASE READ THIS PAGE CAREFULLY SO YOU KNOW WHAT TO LOOK OUT FOR.

POISON IVY

You may run across this plant growing as a bush or a fuzzy vine. **The leaves are shiny and grow in clusters of 3.** They can have either smooth or notched edges. Poison Ivy contains urushiol, an oil that causes a **serious allergic reaction** or rash.



TICKS

Ticks can make you very itchy and some carry *diseases*. If you find a tick on you, tell an adult so they can help you remove it. Do **NOT** burn or use oils to remove them. Use a pair of tweezers to pull them away from your skin.

SNAKES

There are many snake species that can be found at New River Trail, but the only venomous snakes in the park are the timber rattlesnake and copperhead. If you come across a snake, give it **plenty of space** and back away slowly.



DID YOU KNOW?

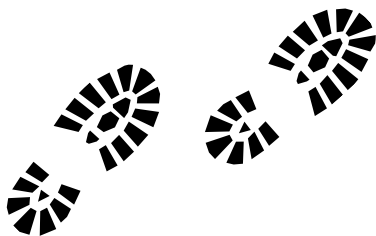
Venomous animals must bite something to release their toxin.

Poisonous animals must be eaten to release their toxin.

LEAVE NO TRACE

AS YOU EXPLORE THE WORLD AROUND YOU, MAKE SURE YOU REMEMBER TO LEAVE ONLY FOOTPRINTS. HERE ARE SOME TIPS TO HELP KEEP THE OUTDOORS CLEAN AND PRESERVED FOR OTHERS TO ENJOY!

1. PLAN AHEAD AND PREPARE
2. TRAVEL AND CAMP ON DURABLE SURFACES
3. DISPOSE OF WASTE PROPERLY
4. LEAVE WHAT YOU FIND
5. MINIMIZE CAMPFIRE IMPACTS
6. RESPECT WILDLIFE
7. BE CONSIDERATE OF OTHERS



CHALLENGE:

CAN YOU FIND 3 PIECES OF TRASH AND PROPERLY DISPOSE OF THEM IN OUR TRASH BINS?

BIRDING BASICS

Did you know there are
over 400 species of birds
in Virginia?

You can easily identify
birds by sight and sound.
Each bird has unique
markings and calls.

Most birders use a
checklist to keep track of
the birds they have
identified.

See how many of the birds
on the next page you can
identify in the park!

BIRDING CHECKLIST



AMERICAN CROW

Call: Caw, Caw, Caw

NORTHERN CARDINAL

Call: Pew, Pew, Pew,
purTy-purTy-purTy



PILEATED WOODPECKER

Call: Kik, kik, kik

BLUE JAY

Call: Jay! Jay! Jay! Jay!



AMERICAN GOLDFINCH

Call: Potato chip. Potato Chip.

AMERICAN ROBIN

Call: Cheerio, Cheery-me.
Cheerio. Cheery-Me,



BALD EAGLE

Call: Chitter Chatter
(rapid & high-pitched notes)



ANIMAL SUPERPOWERS



TURKEY VULTURE

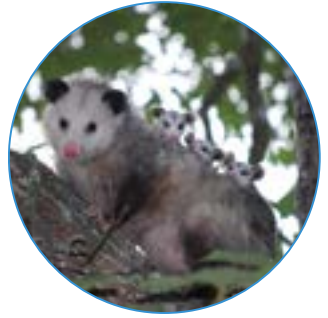
These birds use have an AMAZING sense of smell! They can smell things from miles away. They use this superpower to locate dead animals (carrion) to eat.

SUPERPOWER: SUPER SMELL

VIRGINIA OPOSSUM

These mammals are North America's only marsupial (they carry their young in a pouch). They can play dead to fend off predators.

SUPERPOWER: DEFYING DEATH



EASTERN RAT SNAKE

These nonvenomous snakes are common in our park. They are great climbers and can go up trees as well as rock faces.

SUPERPOWER: CLASSY CLIMBING



BOLD JUMPING SPIDER

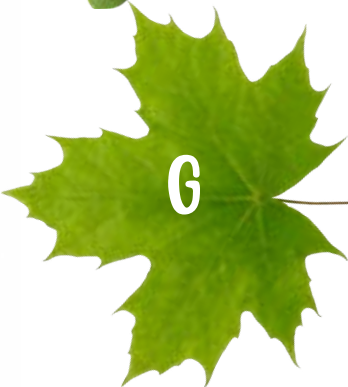
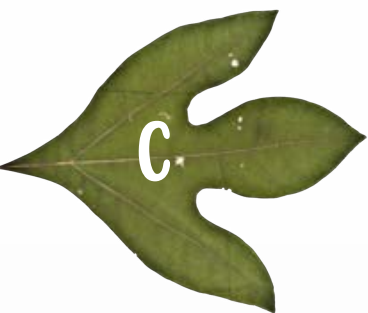
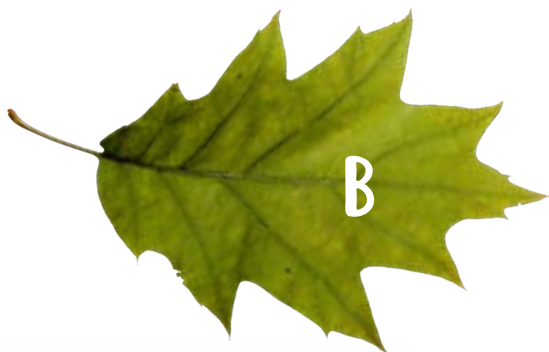
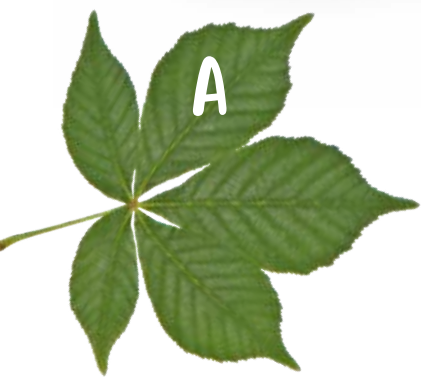
These spiders have eight eyes and eight legs. They can jump 10 to 40 times their body length!

SUPERPOWER: JAZZY JUMPING



WHICH ANIMAL SUPERPOWER
WOULD YOU MOST LIKE TO HAVE?

TREE DETECTIVE



MATCH THE LEAVES TO THEIR DESCRIPTIONS TO FIND OUT WHAT SPECIES THEY ARE!

1. Sassafras looks like a ghost with its arms raised up. ____
2. Poison Ivy has three leaves: You can remember, “leaves of three, leave them be” and “Furry vine, no friend of mine.” ____
3. Black walnut is a pinnate leaf, which means it looks like a feather. ____
4. Buckeye leaves are compound and have five leaflets. ____
5. Red oaks have pointed tips (lobes). ____
6. White Oaks have round tips (lobes). ____
7. Maples are palmate, which means they look like a hand. ____



Bonus: What tree do acorns grow on? ____



MATCH THE FISH TO THEIR DESCRIPTIONS TO FIND OUT WHAT SPECIES THEY ARE!



1. This fish is known for its sharp teeth. It also has two separate dorsal fins (fins on top of the fish) and has “cloudy” eyes that help it hunt in low light. This fish is often olive green with hints of gold and dark spots along its dorsal fin. _____

2. This fish is a member of the sunfish family, which is characterized by a round body. It also has a black ear flap extending off the gill plate, as well as bluish coloring at the base of the gill plate. _____



3. This fish is known as the “fish of 10,000 casts” because of how hard it is to catch. It is also known for its pointed fins and long, slim body, often with vertical stripes or spots. It is a top predator in freshwater, so it has a long mouth with many teeth for hunting. _____



4. This species of fish is unique in that it can live in both fresh and salt water. It can be identified by its long horizontal stripes starting behind the gills. It also has two dorsal fins, one of which is spined, meaning it is sharp. _____

5. This fish is known for being strong for its size and giving anglers of any experience a run for their money. It is often olive green or bronze in color with darker vertical strips/spots. It has one dorsal fin, with the front half being spiny and the rear half softer. _____

6. This fish is one of the most popular sport fish in the U.S. It is identifiable by its jaw extending past its eye and its distinct dark horizontal stripe that separates a darker upper half from a lighter lower half. _____



7. This fish is famous for the whisker-like barbels it uses to search for food in muddy water, which is where it gets its name, and for its lack of scales. _____



FISH OF THE NEW RIVER



MUSKIE



WALLEYE



CATFISH



SMALLMOUTH BASS



LARGEMOUTH BASS



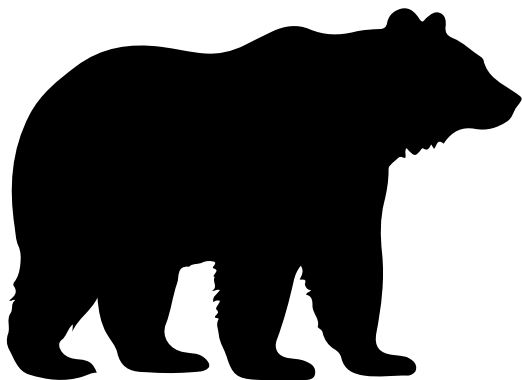
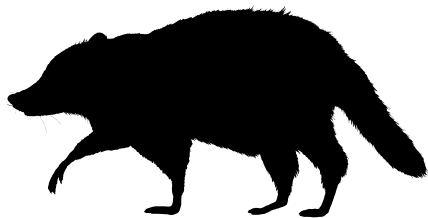
BLUEGILL

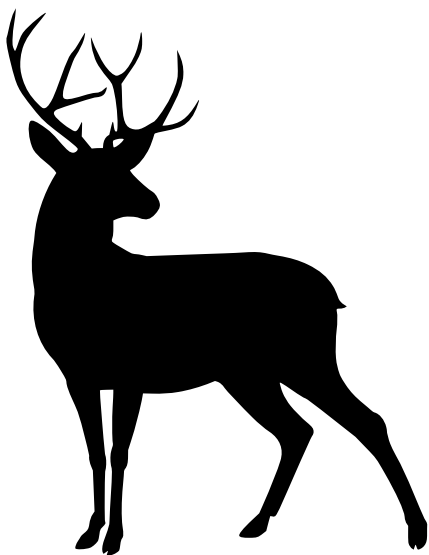
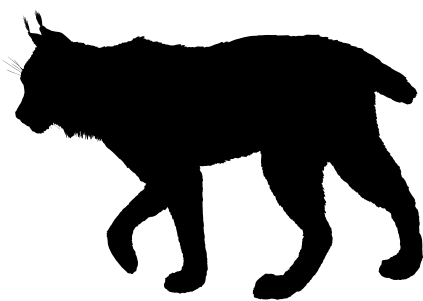


STRIPED BASS

SIGNS OF LIFE

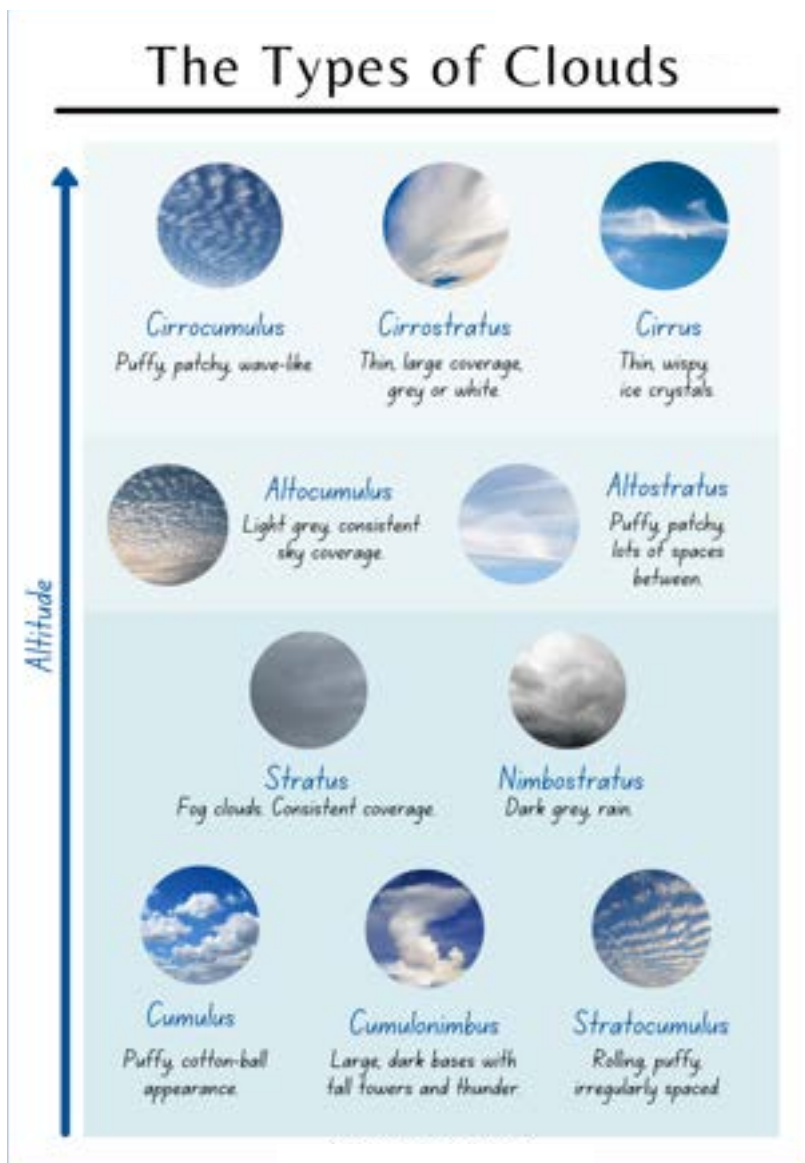
YOU CAN LEARN A LOT ABOUT WHAT TYPES OF ANIMALS LIVE NEARBY JUST BY LOOKING AT THE SIGNS THEY LEAVE BEHIND. CAN YOU DRAW A LINE TO MATCH THE TRACK TO THE CORRECT ANIMAL?



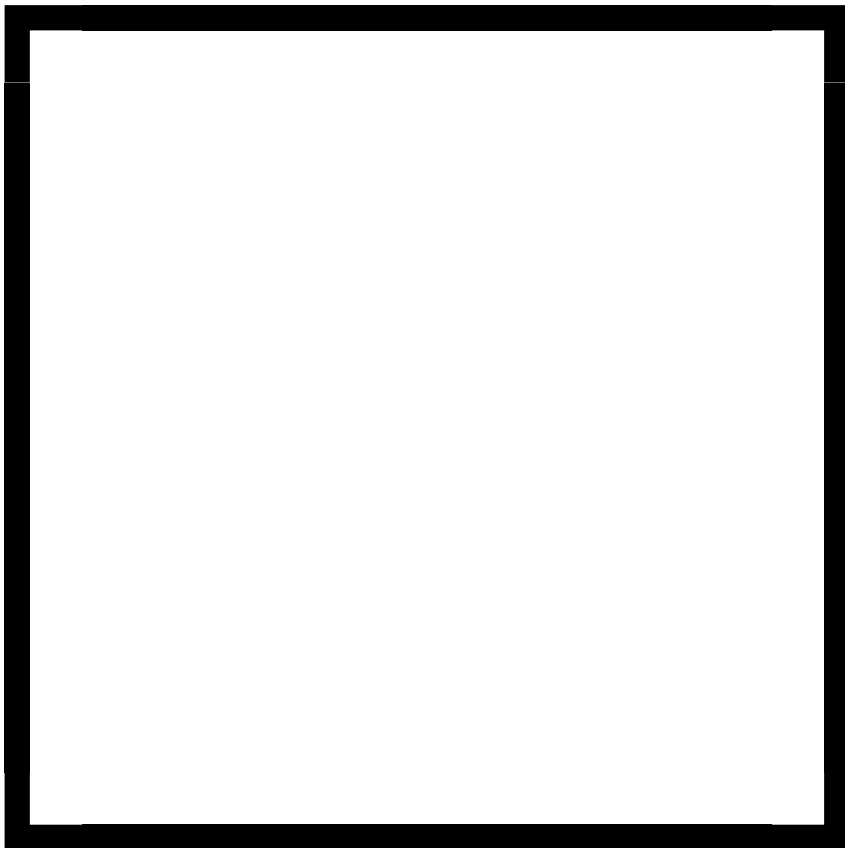


CLOUD WATCHiNG 101

THERE ARE SO MANY DIFFERENT TYPES OF CLOUDS! WHAT KIND
DO YOU SEE TODAY?



**DRAW WHAT THE CLOUDS
LOOK LIKE TODAY**



AWESOME OBSERVATIONS!

DID YOU NOTICE ANYTHING ELSE INTERESTING THAT WAS
NOT MENTIONED? WRITE IT DOWN!

A spiral-bound notebook with a cream-colored cover and a dark brown spiral binding on the left side. The notebook is open to a blank page with horizontal ruling lines. The bottom right corner of the page is folded over, revealing a light brown underside. The notebook is set against a white background.

A WALK THROUGH HISTORY

CHECK OUT SOME OF THE COOL HISTORIC SITES
WE HAVE IN THE PARK!

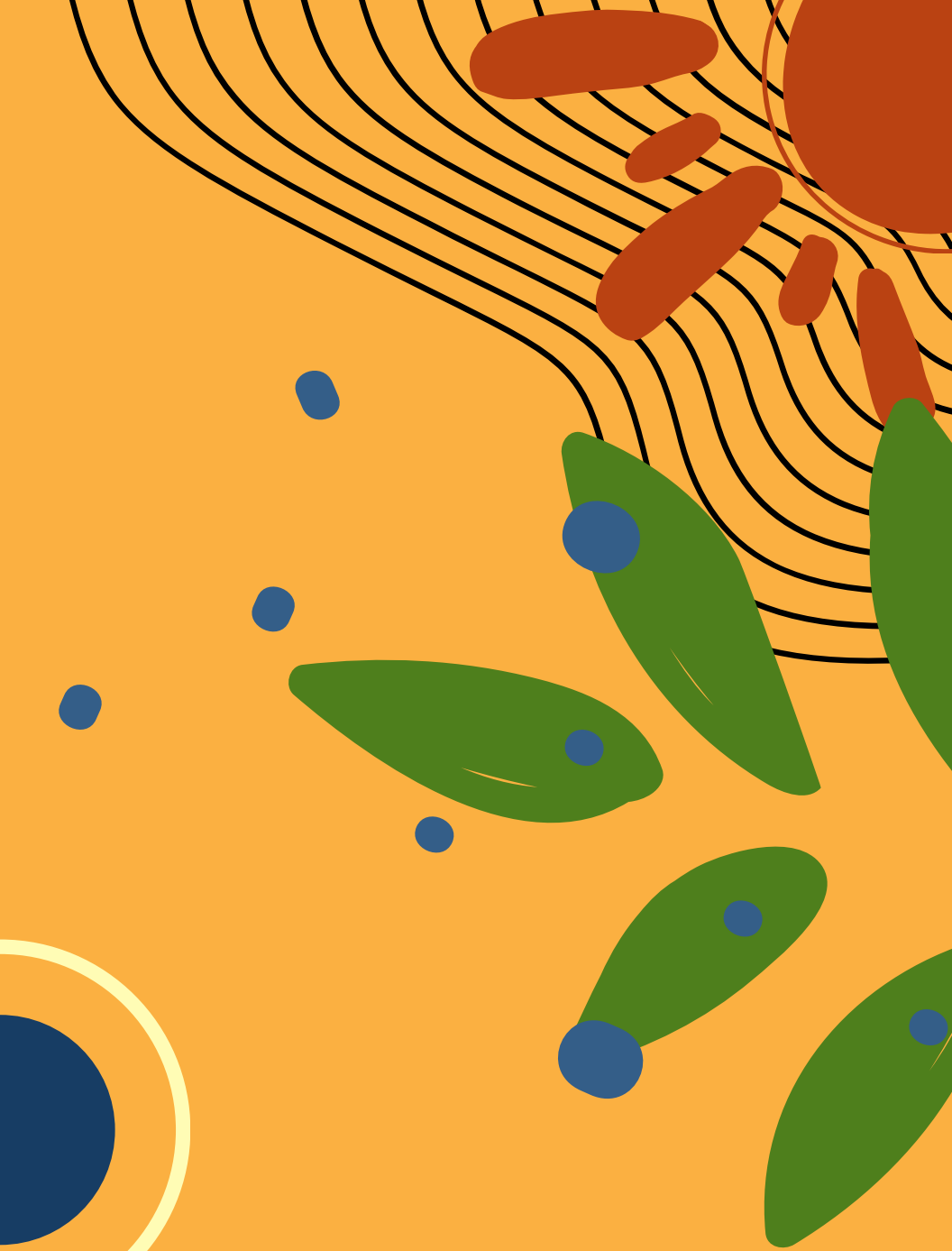
PICK UP A BROCHURE
AT THE DEPOT OR ASK A
RANGER WHERE TO
EXPLORE!



THE SHOT TOWER
AN AMMUNITION PRODUCTION
TOWER FROM THE EARLY 1800S

FOSTER FALLS VILLAGE
FOLLOW THE SELF GUIDED
TOUR SIGNS TO LEARN
ABOUT THE IRON INDUSTRY
OF THE 1900S.





VIRGINIA
STATE PARKS