

A Guide to the Trail Guide



A wonderful way to come to know and enjoy our chapter's many acres of fields, forests, ponds and streams is to visit them using the B-CC IWLA Trail Guide. Walking the farm can be a very satisfying experience, which is greatly enhanced by understanding some of the natural flora, fauna, and processes that we see.

This guide to the Trail Guide will help you begin to observe with a more practiced eye, some of the geological features, the plants, both herbaceous and woody, and evidence of the different species of animals, birds, and reptiles that inhabit our conservation farm. The more familiar you become with what plants grow and what animals live on our property, the more you will appreciate it. Greater appreciation leads to better conservation and management practices.

Each trail in the guide has an associated narrative in this book. Also included in the guide is a list of the GPS coordinates of the principal locations on our conservation farm. So as you walk a particular trail we can follow the associated narrative and observe and learn about the unique features of that trail. Each trail is different in distance and ease of travel. While some common features and flora and fauna can be seen on all the trails, each one will provide a unique experience. Each trail looks different depending on the season. Spring brings flowers and new growth and greenery on the trees. Summer brings mature leaves and (believe it or not) higher oxygen levels in the forest as photosynthesis takes place. You can actually feel better

in the woods due to this phenomenon. The fall season brings colors and a healthy acorn and hickory nut crop to feed our wildlife as they prepare for winter. The lack of leaves in winter brings a better view of the forest and an appreciation of the variety of woody plants and trees growing on our property.

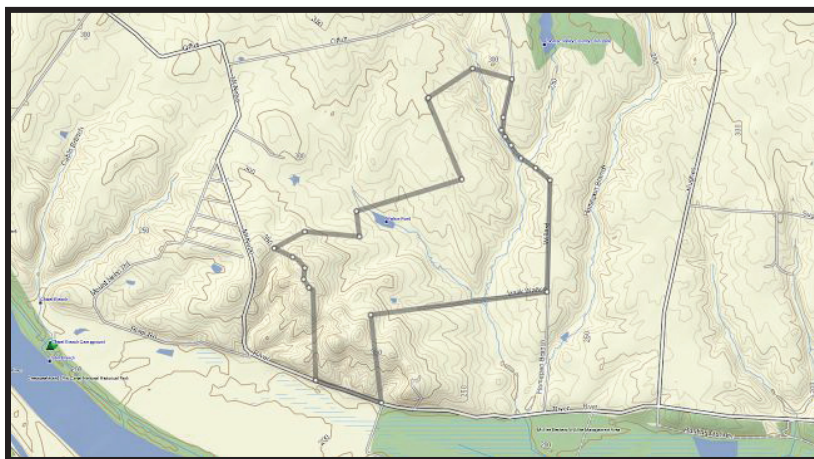
A walk in the woods is very enjoyable. It is even more rewarding to walk through the forest and observe and learn about the diversity of wildlife and plant species.

Please use this book as you walk the trails. Following the text can bring a heightened understanding of what is around you. This enhanced view of our surroundings is a primary benefit of your walks in the woods.

There are certain things you should be aware of when hiking on our trails. There are insects living here that are very difficult to see and which can cause discomfort and disease. Chiggers will bite ankles and legs leaving small red irritated areas, which itch. Ticks will bury their heads in flesh and suck blood. Some ticks can carry Lyme disease, a debilitating ailment which can persist for years if not treated. A good insect repellent, long pants and sturdy shoes are recommended for your hike.

Likewise, some plants can cause irritations. Poison Ivy abounds at some places on our farm and multiflora rose with its thorns can tear clothing and skin. Our trails are mainly free of these plants. Walking off the trails is permitted and encouraged but please be aware that this land is wild and plan accordingly. A compass or GPS device is suggested when hiking cross-country. It is also a good idea to take water along for all members of your party.

You can see the B-CC IWLA Property Boundaries on your computer, on your GPS device, or GPS-enabled tablet or smartphone. See instructions and web links detailed on the chapter's web page, bcciwla.org. Select the Facilities & Grounds tab and then select the Property Boundaries tab.



Enjoy our conservation farm!