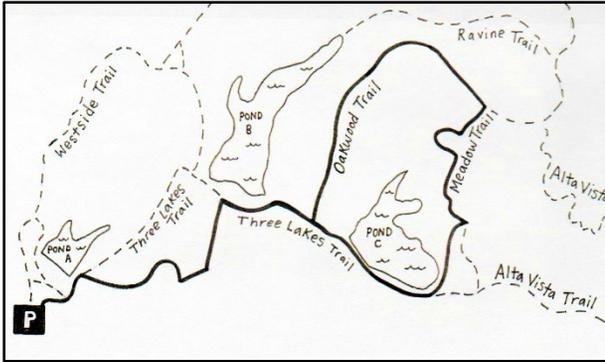




Foothill Regional Park Quest

Find all the hidden treasures
Foothill Regional Park has to offer!

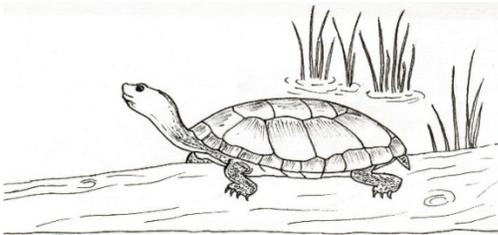


Start in the parking lot by the bathrooms.

1. Look towards the park and take the trail to the right, come around the corner and you'll see a watery sight. This is pond A, take a seat by the shore, where you may see ducks, turtles and more!

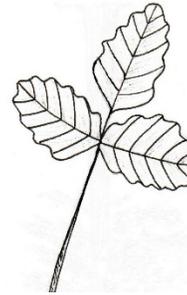
Do you think this pond is a home to anybody? Animals not only call this pond home but so do many water plants which animals need to eat. How do you think animals survive in the water? What do they need on their body in order to live in water?

What do animals need to live in water? Think of as many things as you can!



2. Aside the main trail a small path with a post can be found, pass three medium oaks, at the fourth stop and look to the ground. Do you see any rocks that look shiny and dark? There's a lot of obsidian found in this park.

While you look for obsidian, keep an eye out for poison oak. It often grows at the base of the oak trees. The leaves can be green, red, brown or it might just have a stem. Poison oak is great for animals to hide, but not for people. In this park you will find it off the trail. Take note of it with your eyes, and not your hands.



Repeat this rhyme as you walk along the trail:

*"Leaves of three
leave me be,
If it's hairy, it's a berry."*

3. Walk up the hill and see the oak woodland view, find some red barked shrubs known as manzanita to you.

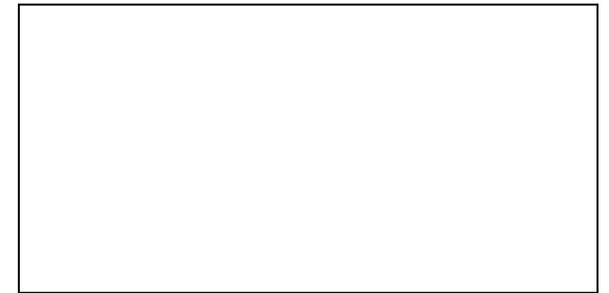
A typical plant you will find in an oak woodland is the manzanita bush. These are shrubs easy to identify as since they have red bark. The word manzanita is Spanish for "little apple." In the spring through fall these plants have small fruits which look like apples.

Draw a manzanita bush in the space below.



4. The trail rises and falls as you cross over a ditch, continue to hike at an upward pitch. At the end of this path Pond B does appear, sit on the bench where the view is quite clear.

Close your eyes for a minute. Can you hear anything? Open them and create a sound map. Put a dot in the middle of the square which is you. Then listen. Is the sound close to you or far away? Put a dot which represents the sound on the square.



5. Follow the dam with the fence at your side, look over the valley where people reside. Across from the lot a trail going left can be found, see where fire once burned, is new life all around.

Do you see burned ground and trees around you? In October 2019, the Kincade Fire swept through Foothill Regional Park.

Looking out at the hills, how do you think the fire changed the landscape?



6. As you walk up the hill it might be hot, bring out your water and guzzle a lot. Notice the spot where the rock turns to sand, this is where the trail goes up again.

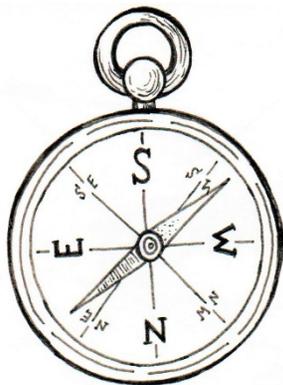
You might have been noticing bits of obsidian in the park but please look and do not take with you. Do you think obsidian is used for anything in our lives? Obsidian has been an important tool for a group of people that have lived in California for a very long time and are still here today.

How do you think obsidian was used? I will give you a hint; obsidian helped Native Americans hunt their prey.



7. With the telephone pole in the distance as your guide, go up the hillside, then on a flattening path you will stride. Stop at the bench where two trails converge, watch as a view of Sonoma County does emerge.

With an expanding view, it is fun to test your knowledge. Do you know the four cardinal directions? North, south, east, and west. Start with pointing where the sun rises (east) and sets (west). Now point to the north and south. Can you locate the direction of the Sonoma County airport?



8. Walk down the rock strewn Meadow trail, pass by a bench and a trailside rail. Join Three Lakes Trail and follow the arrow, at Pond C look for a red winged blackbird or sparrow.

As you have been walking around on these trails, have you observed all these trails have names, but the ponds don't.

Take a moment to look out at this pond. Do you feel inspired to give this pond a name? What would you name it and why? Can you name the other two ponds?

A large, empty rectangular box with a thin black border, intended for the user to write their answers to the questions about naming the ponds.

9. Continue on Three Lakes Trail toward the houses you see, cross the iron bridge with sights set on a bench under the oak tree.

Do you think Foothill Regional Park is a habitat for animals, birds and insects? What is a habitat? A habitat is where an animal, bird or insect lives. Do we have a habitat? Draw the habitat of your favorite wild animal.

A large, empty rectangular box with a thin black border, intended for the user to draw the habitat of their favorite wild animal.

10. Now you know about the beauty of this place, choose it as your resting place.

As you finish out your hike, take a moment to practice gratitude. What are some things you are feeling grateful for today? The weather? Maybe a friend or family member?

Write down 5 things you are feeling grateful for today.

A large, empty rectangular box with a thin black border, intended for the user to write down five things they are feeling grateful for.

This is the end of the Foothill Regional Park Quest. We hope you had a fun time exploring.



If you had a good time there are more quests to be found at SonomaCountyParks.org. Thank you for participating!