



## Pinnacle Gulch Regional Park Quest



**Start in the parking lot, a trailhead you'll see.  
Just around the corner adventure awaits thee!**

*1. At the seventh step look back towards the road, on the hillside different seeds have been sowed. Let your eyes wander, what plants do you see? Beware of the plants that have leaves of three.*

Do you see some plants with three leaves? Some may be brown, green, or red, or stems sticking up. These plants might look pretty, but avoid walking in it. This plant is called poison oak. You might have heard of it.



**Look for it off the trail as you walk and repeat this rhyme with your group:**

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

*2. Stop at the first sharp turn in the trail, at the curved fence with the lichen rail. Take a minute to listen to what nature unveils...*

**We all use our senses every day: touch, taste, smell, sight, and hearing. Be absolutely quiet for one minute and count the different sounds you can hear. Make a cup with your fingers and cup your ears forward so they stick out. These are like deer ears. You can turn your head to focus on a sound.**



*3. At the bottom of the steps the trail flattens out, the trees heavily shade this part of the route. Take a rest there and listen, do you hear a sound? Maybe wind through the trees or bird song all around.*

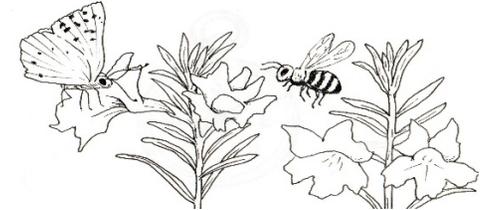
Why do you hear birds at this spot? Can you see birds around you? If you listen, you might be able to hear a faint trickle of water. This is a creek running down the canyon called a riparian corridor. A riparian corridor provides food and shelter for many birds.

**What other animals need food and shelter? Write your thoughts in the space below.**

*4. Keep track of the stairs as you exit the shade, at stair number two go fifteen steps down the grade. When you reach fifteen steps look up at the hillside, see places where insects might hide.*

From where you are standing, can you see any insects? Many of these insects are pollinators. Pollinators play an important role in helping flowers become fruit.

**What do you think would happen if all the insects disappeared? Take a minute and say either a silent thank you or out loud to all the pollinators for providing food.**



*5. At the next boardwalk let your pace be slow. Stop where you see the grey house on the hill and the sea down below.*

Do you know what the four cardinal directions are? Have you ever seen a compass? North, South, East, and West. When you are out in nature it is fun to test your knowledge.

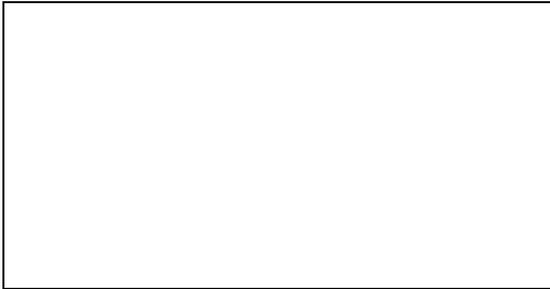
**Point to where you think the sun rises and sets (East and West). Then see if you can figure out where North and South are.**



6. Down from the boardwalk a trailside railing can be seen, stop for a moment to gaze up and down the ravine. As you look around you, observe what is growing on the trees. It may be green but it's not leaves.

What is the green material hanging from the trees? This is lichen. Lichen comes in many different colors and is very vibrant. It is even used to dye clothing.

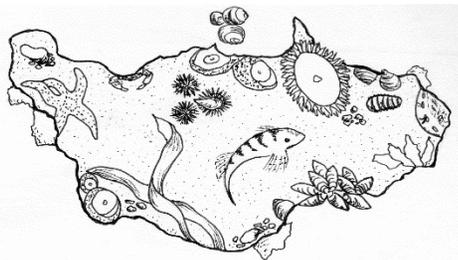
**Take some time and do your best to draw some lichen.**



7. Look around and soak in the beautiful views, how lucky are we? Say a thank you! Sonoma County is filled with visual treasure, having access to the coast is a real pleasure.

Sonoma County is a biodiversity hotspot. This means that there are many different types of plants, animals and ecosystems.

**Take a moment to list your favorite aspects of nature in Sonoma County.**



8. When you come to a fork don't elevate, head down the hill you're doing great! You will know you have it right when along the trail; you'll stop at a little piece of rail.

Are the sounds you hear at this spot different or the same from stop number two?

**Make a sound map. Make a dot in the middle of the square below, which is you. Now listen! For every sound you hear make a dot either close to you or far away, depending on where you hear it come from.**



9. Walk down the trail past the caution sign, head down towards the sand keeping safety in mind. Find the big rock at the bottom of the stairs; you have finally arrived so take care.

Look out to the ocean where you will see landmarks you may recognize. Landmarks are objects we see which can help guide us.

**Try to find these landmarks: Pt. Reyes, Tamales Point and Bay, Bodega Head, Doran Beach.**

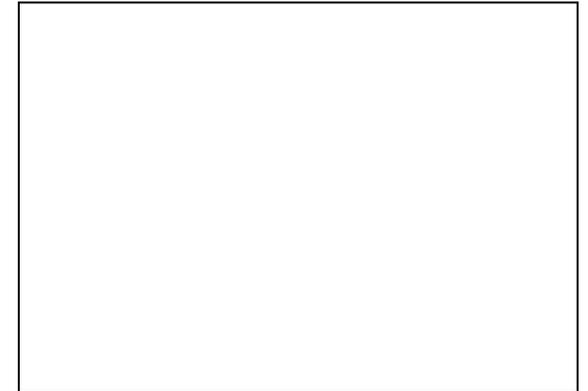
Point Reyes is Southwest; Bodega Head is West; Doran Beach North; Tomales Point and Bay South.



10. As you walk along, look for tracks in the sand, you may find a mark where a creature did stand. Find a dry sandy spot and then take a seat, gaze out at the ocean, your quest is complete.

What kinds of animals do you think walk on the beach, domestic or wild? What footprints can you find? What do you think made those tracks?

**Draw your favorite wild animal's footprints in the box below.**



Head back up the trail once you have completed your quest.

**Thank you for completing your quest! You did a great job! How do you feel? Did you learn anything new?**

If you enjoyed this quest, check out others at [SonomaCountyParks.org](https://www.sonomacounty.org/parks).