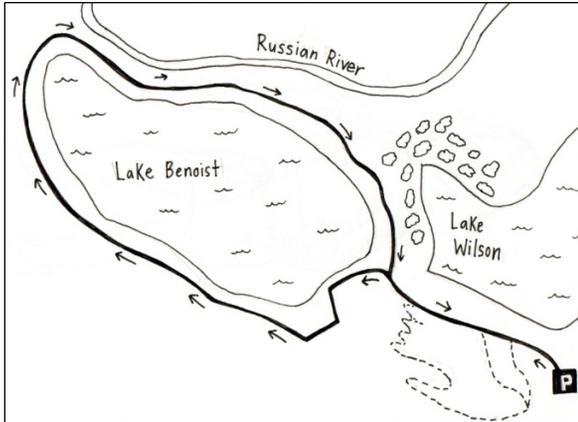




Riverfront Regional Park Quest

Welcome to Riverfront Regional Park! Follow this 3 mile quest to see beautiful landscapes and learn about the unique ecology

and history of this area. Are you ready for an adventure?



Start the quest at the main entrance near the restrooms and tables.

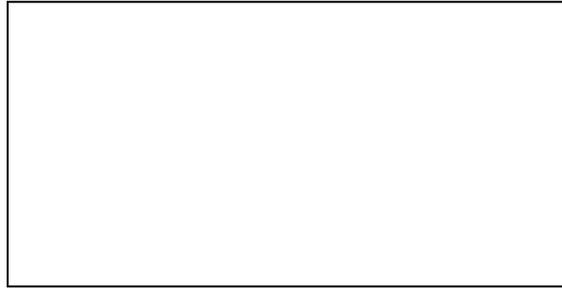
1. Begin on the trail that heads southwest, this is where you will start your quest! Riverfront Park has three lakes of blue, Our quest begins with a question for you:

At this park there are two lakes, Lake Wilson on your right and Lake Benoist up ahead. Do you think these lakes are natural or human made? Why?

Both Lake Wilson and Lake Benoist are human made lakes! This land was mined for gravel and left large quarry pits in the ground. When Sonoma County Water Agency became the land owners, it was decided to turn them into lakes for canoeing and fishing for the community.

2. Look for a bench that faces another, you could sit across from your mother- or brother! The view that unfolds is really quite grand, can your eyes find where the lake meets the land?

These benches offer the greatest view of Lake Wilson. From this spot, draw a panoramic view of the lake. Focus on the variety of plants around the lake and what you see further in the distance.



3. Is there a difference- from your left and right? The towering redwoods sure are a great sight! The other side offers riparian vegetation- They are different because of their location.

As you are walking down the trail, look at the different types of plants around you. What kind of plants are growing on your left? On your right? On your left is a grove of redwood trees. The area around a lake or creek is called riparian vegetation.

Describe the differences between the redwood grove and the area by the water. Why do you think different plants are growing here?



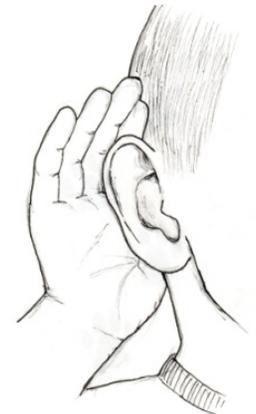
4. At the fork, take a left to stay on track, remember to always stay with your pack. Don't wander in nature without a mate, and always take care to stop and hydrate!

It is a good idea to explore parks with friends or family. It is also a good idea to always bring water and stay hydrated.

Think of other guidelines you should follow to stay safe while you explore parks!

5. Choose a spot along the trail that is beautiful to you, take a moment to listen while looking out at the view. Try closing your eyes, or spinning around, there are many different sounds to be found!

Take a moment to listen to your surroundings. Then, close your eyes and listen. Cup your hands and place them behind your ears- these are your deer ears. Can you hear more with them? What if you slowly rotate in a circle?



6. Some plants in the park have been here without change, others have journeyed outside of their range. Can you tell which plants have come from afar? You can figure it out, you're a nature star!

Native plant species occur naturally in an area. Non-native plant species are species living outside of its natural range, and arrived here by human activity. There are two types of blackberry species in Sonoma County, the native blackberry and the non-native Himalayan blackberry.

This is an image of the non-native Himalayan blackberry; can you find it along the trail? I will give you a hint, it prefers the riparian areas!



7. We need to give thanks every day, for the world we live in, where we get to play. We are awfully lucky for what we possess, what are you grateful for? Let's profess!

Have you practiced gratitude before? It can help you feel better if you are ever feeling down.

List 5 things you are grateful for in the box below.

8. Water, agua, H2O!
Life requires it, did you know?
Plants and animals and humans like you!
Let's keep it clean, can you help too?

Clean water is essential for plants and animals at our parks. We need clean drinking water too!

Practice being a scientist and observe the water.

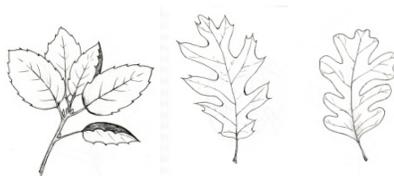
Describe the color and clarity of the water.

Do you see signs of life? What are they?

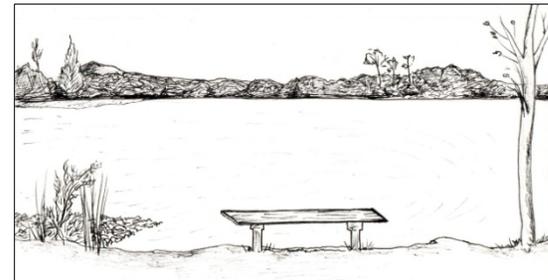
Take a deep breath in and describe what you smell. (Ex: sweet, sour, rotten, foul, etc...)

9. Great oaks from little acorns grow, so big and tall, they run the show. Search close and far, look up high and down low, Can you notice differences above and below?

There are three different kinds of oak trees at this park including the coastal live oak, black oak and valley oak (in order). Here are what their leaves look like:



Can you find all three before you leave?



10. Before you make your way out of the park, Reach out to the redwoods and touch their bark. Take a break, take a breath while under these trees, and watch as they gently sway in the breeze.

Coastal Redwood trees are the tallest trees on earth! They can grow up to 300 ft. Redwood trees have been around since dinosaurs existed and can live over 2,000 years!

If you feel comfortable, lay under the redwood trees and draw them, or watch them sway.

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 on our website at SonomaCountyParks.org.