



**BurkeRiverTrail.net**

*This Trail Activity Book Belongs To:*

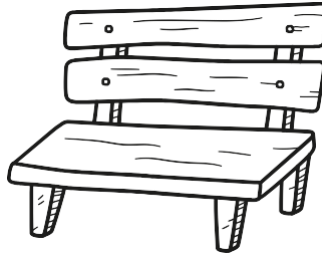


# SCAVENGER HUNT

Color in as you go!



wildflower



bench



colorful leaf



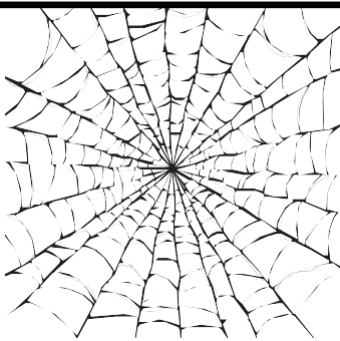
butterfly



mushroom



backpack



spider web



acorn



berries



tent



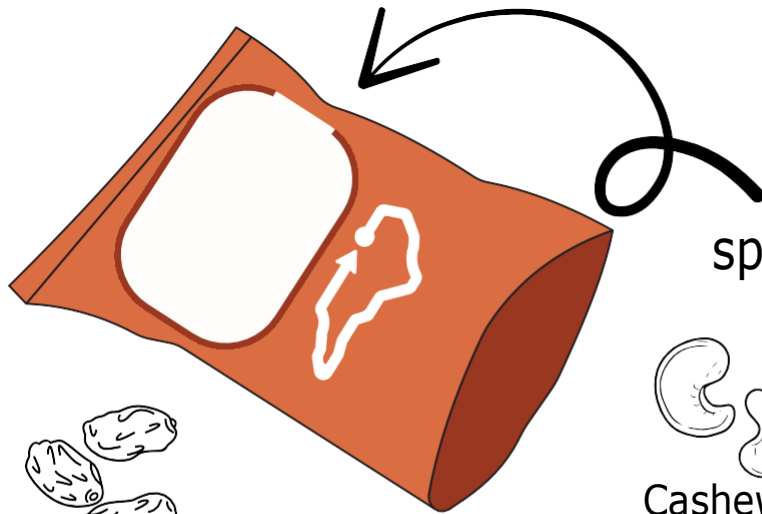
pine cone



trail blaze

# MAKE YOUR OWN TRAIL MIX

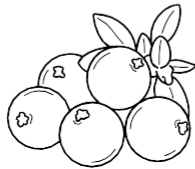
Which ingredients are you choosing?



Give it a special name!



Raisins



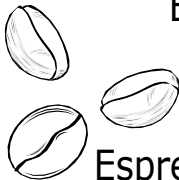
Cranberries



Gummy Bears



Banana Chips



Espresso Beans



Graham

Crackers



Popcorn

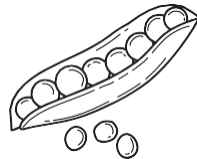


Mini

Marshmallows



Dried Apple



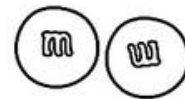
Wasabi Peas



Sesame Sticks



Cashews



M&Ms



Peanuts



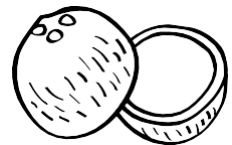
Almonds



Chocolate Chips



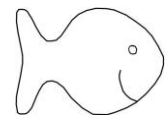
Pistachios



Coconut Flakes



Walnuts



Goldfish



Sunflower Seeds

# TRAIL MAD LIBS

Fill in the blanks with your own silly words, then read your story out loud!

One \_\_\_\_\_ day in October, I grabbed my  
(adjective)  
\_\_\_\_\_ and set out on the \_\_\_\_\_ trail. The  
(piece of gear) (adjective)  
trees were full of \_\_\_\_\_, and the ground crunched  
(plural noun)  
with every \_\_\_\_\_ I stepped on.  
(noun)

Along the way, I saw a \_\_\_\_\_ chasing a  
(animal)  
\_\_\_\_\_ across the path. I stopped to take a  
(animal)  
\_\_\_\_\_, but my \_\_\_\_\_ got caught on a  
(noun) (piece of clothing)  
\_\_\_\_\_.  
(nature item)

After hiking for \_\_\_\_\_ miles, I found a \_\_\_\_\_  
(number) (adjective)  
view of the \_\_\_\_\_. I ate my snack of \_\_\_\_\_  
(geographic feature) (food)  
and drank some \_\_\_\_\_ while listening to the sound  
(drink)  
of \_\_\_\_\_ in the distance.  
(plural noun)

At the end of the trail, I felt \_\_\_\_\_ and promised  
(adjective)  
myself I'd come back with my \_\_\_\_\_ to explore  
(noun)  
again.

# DESIGN YOUR OWN GREAT TRAIL

Now it's your turn to imagine and create your very own trail!

## STEP 1: NAME YOUR TRAIL

Trail Name: \_\_\_\_\_

## STEP 2: CHOOSE YOUR SETTING

- Mountain
- Forest
- River
- Lake
- Meadow
- Coast

## STEP 3: WHO WILL USE YOUR TRAIL?

- Hikers
- Mountain Bikers
- Horses
- Families with Children
- Dogs

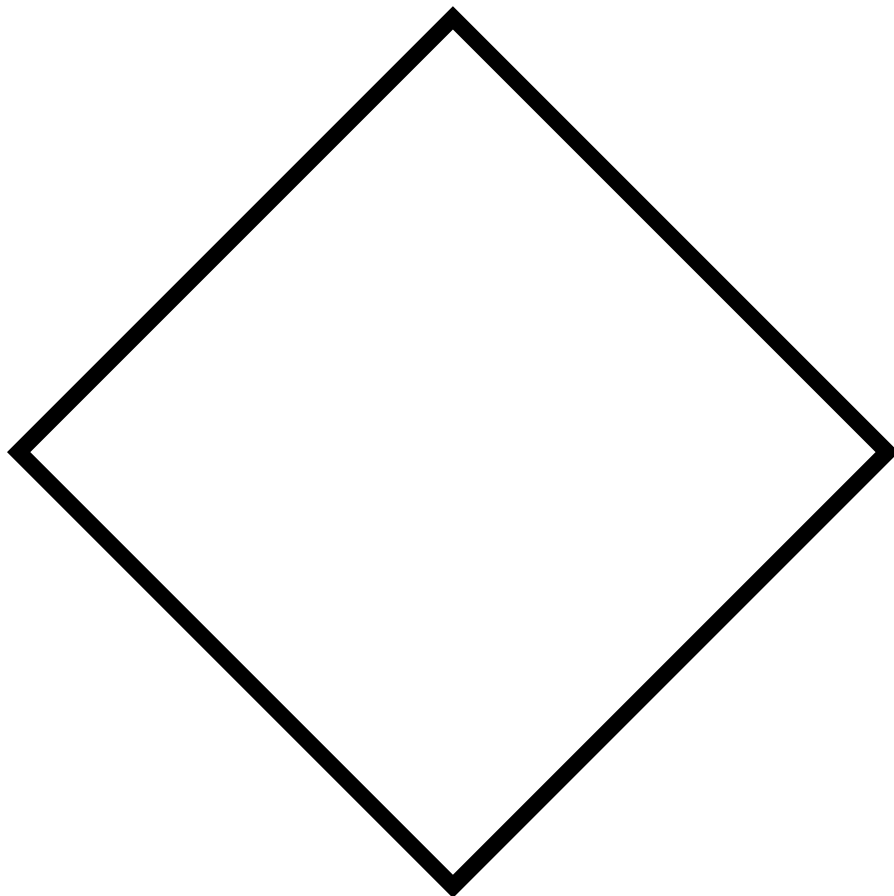
## STEP 4: ADD FEATURES

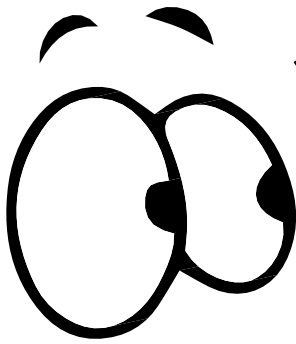
What makes your trail special?

- A bridge
- A waterfall
- A lookout tower
- A hidden cave
- Something else: \_\_\_\_\_

## STEP 5: DESIGN A TRAIL BLAZE

In the area below, design a special trail blaze to help trail users follow the trail!





# SIGHTS AND SOUNDS

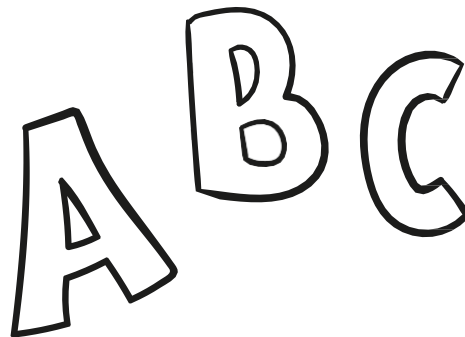
Close your eyes and listen.  
What do you hear on the trail?

- Songbirds
  - Running Water
  - Rustling Leaves
  - Insects
  - Frogs or Toads
  - Something else: \_\_\_\_\_
- \_\_\_\_\_

## TRAIL WORD HUNT

Find trail-related words that begin  
with each letter

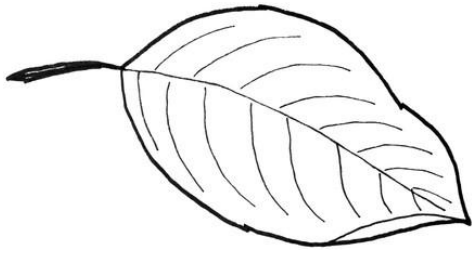
**T** \_\_\_\_\_  
**R** \_\_\_\_\_  
**A** \_\_\_\_\_  
**I** \_\_\_\_\_  
**L** \_\_\_\_\_



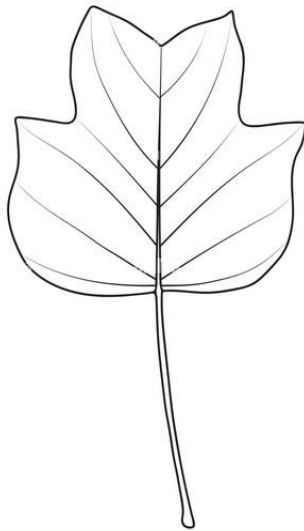
# LEAF HUNT

On your trail outing, see if you can spot these common North Carolina leaves.

When you find one, color it in to match what you see on the trail!



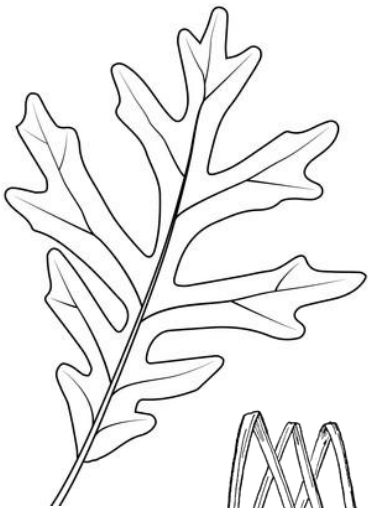
Dogwood



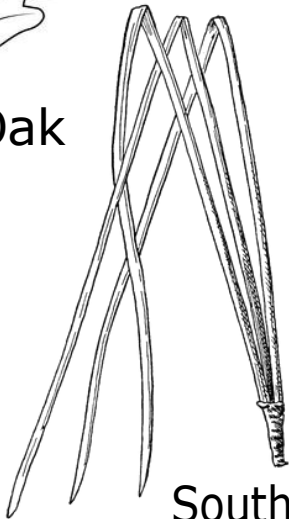
Tulip Poplar



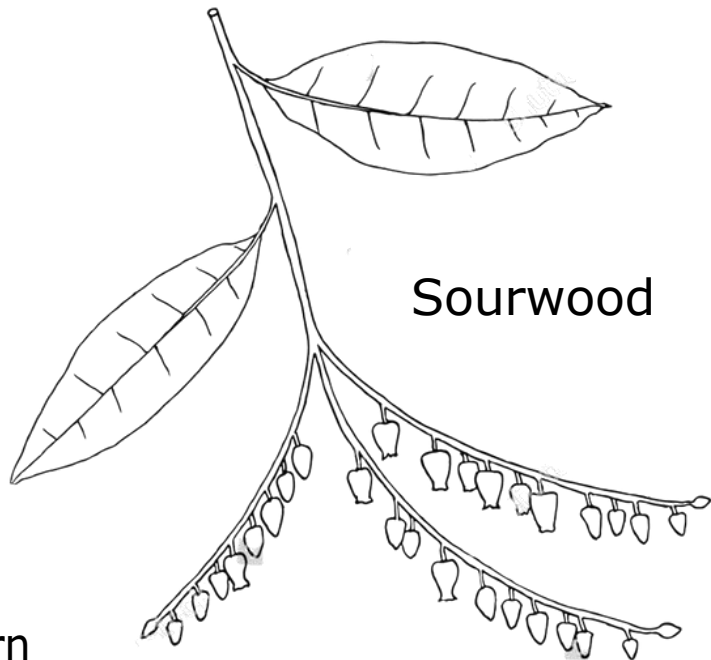
Red Maple



White Oak

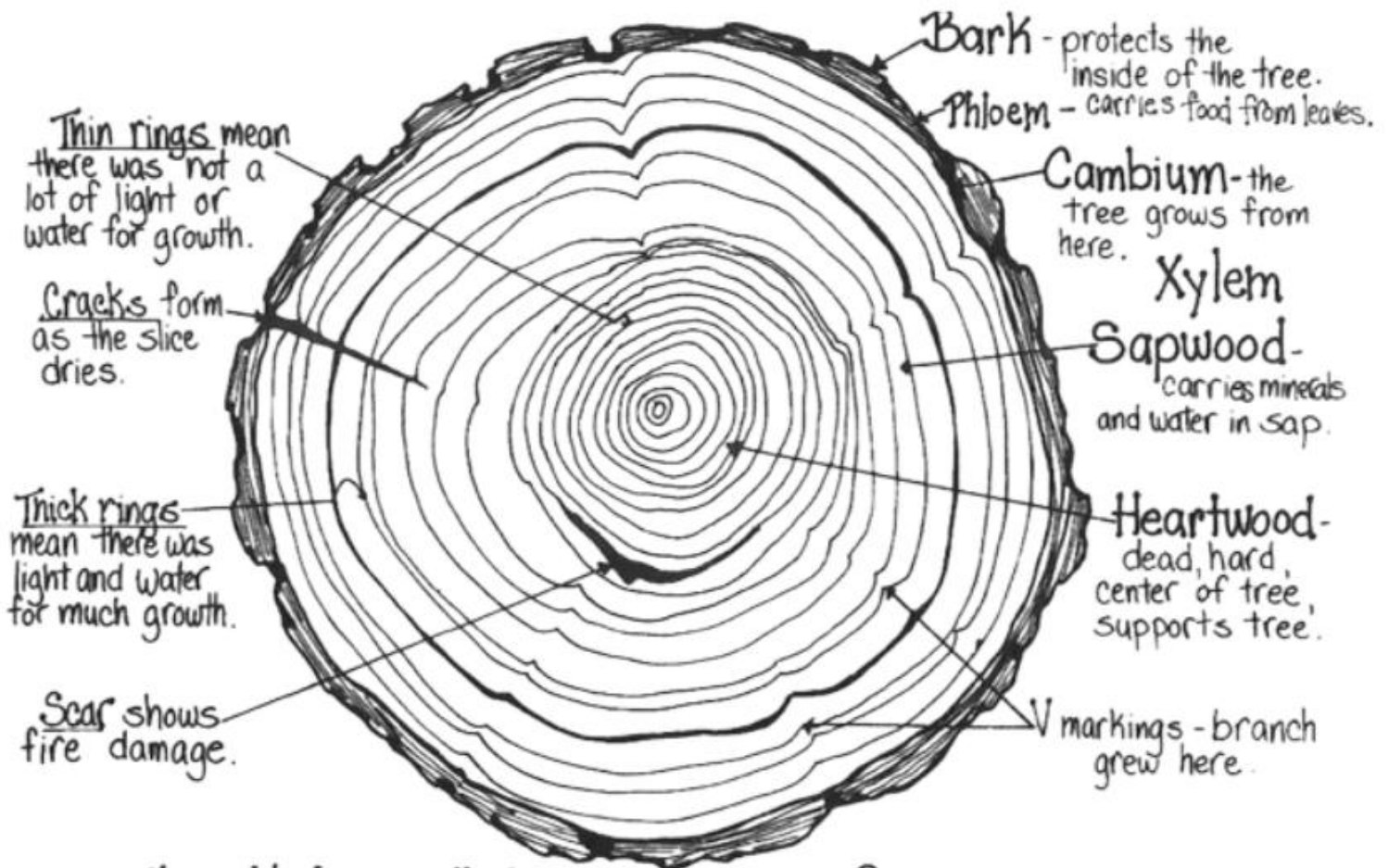


Southern  
Pine



Sourwood

# ALL ABOUT TREES



How old do you think this tree was?

## More about trees-

Tell their age by counting their rings

Never die of old age

Trees grow from the top - so branches will always be at the height where they bud

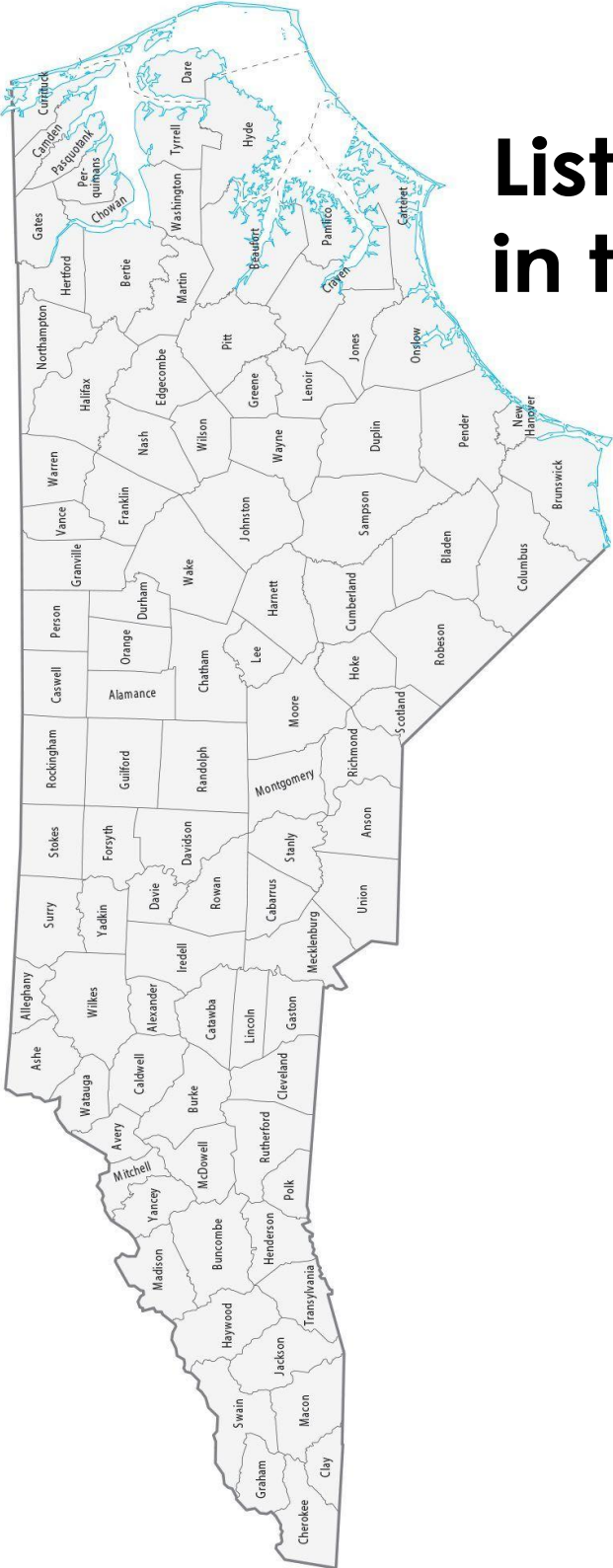
Trees communicate with each other by emitting chemicals

## Why trees-

Trees give off oxygen that we need to breathe.

They clean the air, reduce flooding, provide habitat for wildlife, cool communities, reduce stress in people and block noise

# FIND BURKE COUNTY on the NC map



List the 9 towns  
in the county

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

# LEAVE NO TRACE



1. **Know Before You Go (Plan Ahead):** Pack the right gear, check the weather, and make sure you have enough food and water.
2. **Stick to Trails and Camp on Durable Surfaces:** Walk in the middle of the trail, even if it's muddy, to avoid crushing plants.
3. **Trash Your Trash (Dispose of Waste Properly):** Pack out all your garbage, wrappers, and food scraps.
4. **Leave What You Find:** Leave rocks, feathers, and plants for others to enjoy. Take pictures, not souvenirs.
5. **Be Careful with Fire:** Keep fires small and in designated rings or use a camp stove instead.
6. **Respect Wildlife:** Watch animals from a distance; never feed them or chase them.
7. **Be Kind to Others:** Keep noise levels down, share the trail, and don't disturb other hikers



# BURKE RIVER TRAIL

**9 Towns**  
**40 Miles**  
**1 Trail**



**Start  
Here**

Scan to Explore



BurkeRiverTrail.net



## TRAIL MAP

