

Guided Hike on South End Trails

Trail map can be found at:

<http://www.pomptonlakesgov.com/documentcenter/view/548>

For older kids (8 and up), starting at the Lincoln Trail Head:

1. Welcome them to the trails and cover "Leave No Trace." Leave no trace means you leave a place the same way you found it, with no evidence that people were ever there. You do not leave trash or man made objects behind and you do not take natural objects away.
2. Show the kids the trail map. Review the route and trail colors.
3. At the first trail marker, ask the kids to identify the start of trail marker.
4. At the bend before the first bridge, ask the kids which way to go based on the trail marker.
5. Stop at the bridge. Point out litter if it's there. Identify the storm pipe outfall explain that when it rains, rain water from the streets ends up here, along with any trash that was in the streets.
6. At the open field, the kids should find and follow the markers.
7. At the start of the blue trail, pause and decide on the route. (For a shorter Hike, follow blue. For a longer Hike, follow Blue/white)
8. If you follow the Woodpecker Loop (blue/white), stop and point out a dead tree. This is called a snag and has an important purpose. Woodpeckers and other animals find food and shelter here.
9. Back on the blue trail, stop and point out poison ivy. Explain "leaves of 3, let it be" (but it can be 3, 5, or 7), "hairy rope, don't be a dope," and "berries white, take fright."

10. If you take the blue/black loop (Merrill Loop), stop quietly at the hollow and look for frogs.
11. Stop at the marshy area. What's different here? How does the amount of light reaching the ground change what grows?
12. At the end of the blue and blue/black, remind the kids to be very quiet, as they approach the river. The turtles like to hang out on a log just a little ways down the yellow trail. But they are very shy.
13. At the open area by the pump house, ask the kids if they know where they are. Point out Riverdale Blvd. The concrete footings are from a bridge.
14. As you continue down yellow trail, watch out for the ruins. This was a summer cottage once. This area was a vacation spot until the river became polluted (by septic systems upstream) and people began traveling farther for summer vacations.
15. You'll pass the entrance to the Oakwood Connector (yellow/black) loop. You can stay on yellow for a shorter Hike. If you take the Oakwood Connector Loop, watch for the turn. You're by the back field of the Willow Field complex.
16. Point out the telephone pole. There were houses and a street back here once! The Rivercrest trail follows the road alignment of Rivercrest Drive.
17. You made it to the end! Take a minute at the map at the Rivercrest Trail Head and remind kids and parents to check for ticks when they get home.